

EXPLORATION OF SPOUSAL ACCURACY,
FREQUENCY, EMOTIONAL IMPACT AND IMPORTNANCE
OF POSITIVE AND NEGATIVE MARITAL BEHAVIOR
IN DISTRESSED AND NONDISTRESSED COUPLES

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Approval of the Graduate School of Social Sciences

Prof. Dr. Sencer Ayata
Director

I certify that this thesis satisfies all the requirements as a thesis for the degree of
Master of Science

Prof. Dr. Nebi Sümer
Head of Department

This is to certify that we have read this thesis and that in our opinion it is fully
adequate, in scope and quality, as a thesis for the degree of Master of Science.

Prof. Dr. Hürol Fıfşılıođlu
Supervisor

Examining Committee Members

Prof. Dr. Hürol Fıfşılıođlu (METU, PSY) _____
Assoc. Prof. Tülin Gençöz (METU, PSY) _____
Assoc. Prof. Şennur Tutarel Kıfşlak (AU, PSY) _____

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Name, Last name : Sergül Oğur

Signature :

ABSTRACT

**EXPLORATION OF SPOUSAL ACCURACY, FREQUENCY, EMOTIONAL
IMPACT AND IMPORTANCE OF POSITIVE AND NEGATIVE MARITAL
BEHAVIOR IN DISTRESSED AND NONDISTRESSED COUPLES**

Oğur, Sergül

M.S., Department of Psychology

Supervisor : Prof. Dr. Hürol Fıfılođlu

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The study explored spousal accuracy and positive marital behavior (PMB) and negative marital behavior (NMB) areas' three different evaluations which were frequency, emotional impact and attributed importance in distressed and nondistressed couples. Participants of the study were 81 married couples. All 162 spouses filled out Positive and Negative Affect Schedule (PANAS), Dyadic Adjustment Scale (DAS), Communication Skills Inventory and Information Form.

Additionally one spouse in each couple filled out Spouse Observation Checklist (SOC) Form A whereas the other spouse filled out SOC Form B. Spousal accuracy were assessed by partial pairwise intraclass correlation. R-to-z transformation was used to find on which PMB and NMB areas' accuracy distressed and nondistressed couples differ. Six Repeated Measures MANOVAs were conducted to explore differences in distressed and nondistressed couples; wives and husbands; self-report and spouse-report in three evaluations of PMB and NMB. In order to find most important PMB and NMB areas' frequencies in terms of their relationship with marital adjustment, two Roy-Bargmann Stepdown Analysis were conducted by controlling for positive affect, negative affect and communication skills. Principal component analysis was employed to the self and spouse reports of marital behavior areas' frequencies and then two stepwise multiple regression analyses were used to identify which factors of marital behavior play a significant role in predicting marital adjustment. Results revealed that nondistressed spouses were more accurate in predicting their partners' reports of emotional impact and attributed importance; more frequently engaging in PMB, less frequently engaging in NMB, feel more positive about and attribute more importance to PMB compared to distressed spouses. Spouse report of marital behavior explained more variance than self report of marital behavior; NMB and affectional marital behavior explained more variance than PMB in marital adjustment.

Keywords: Spousal Accuracy, Marital Behavior, Emotional Impact, Attributed Importance, Marital Adjustment

ÖZ

STRESLİ VE STRESSİZ ÇİFTLERDE EŞ ALGI DOĞRULUĞU, OLUMLU VE OLUMSUZ EVLİLİK DAVRANIŞLARININ SIKLIĞI, DUYGUSAL ETKİSİ VE ÖNEMİNİN ARAŞTIRILMASI

Oğur, Sergül

Yüksek Lisans, Psikoloji Bölümü

Tez Yöneticisi: Prof. Dr. Hürol Fışiloğlu

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Bu çalışmada sıkıntılı ve sıkıntısız çiftlerde eş algı doğruluğu ile olumlu ve olumsuz evlilik davranışlarının sıklık, duygusal etki ve atfedilen önem açısından üç ayrı değerlendirilmesi araştırmaktadır. Çalışmanın katılımcıları 81 evli çifttir. Eşlerin 162'si de Pozitif ve Negatif Duygu Durum Ölçeği, Çift Uyum Ölçeği, İletişim Becerileri Envanteri ve Bilgi Formu'nu doldurmuştur. Ayrıca her çiftten bir eş Eş Gözlem Listesi (EGL) A Formunu doldururken, diğer eş de EGL B Formu'nu doldurmuştur. Eş doğruluğu, kategorisi belli çiftler için kullanılan karşılıklı bağımlılık durumları için kısmi korelasyon analizi ile değerlendirilmiştir. R-z

dönüşümü sıkıntılı ve sıkıntısız çiftlerin eş algı doğruluğu açısından olumlu ve olumsuz evlilik davranış alanlarından hangilerinde farklılaştıklarını bulmak için uygulanmıştır. Olumlu ve olumsuz evlilik davranışlarının sıklık, duygusal etki ve atfedilen önem açısından değerlendirilmesinde sıkıntılı ve sıkıntısız çiftler; karı-koca; kendi için dolduran ve eş için dolduran arasındaki farkların incelenmesi için altı ayrı Tekrarlı Ölçümlerle Çoklu Varyans Analizi yürütülmüştür. Evlilik uyumu ile ilişkileri açısından en önemli olumlu ve olumsuz evlilik davranış alanlarını bulmak için pozitif duygu, negatif duygu ve iletişim becerileri kontrol edilerek iki ayrı Roy-Bargmann Analizi yapılmıştır. Kişinin kendi ve eşi tarafından rapor edilen evlilik davranışları sıklığına Temel Bileşenler Analizi uygulanmıştır ve bulunan faktörlerden hangilerinin evlilik uyumunu yordamada anlamlı role sahip olduğunu bulmak için iki ayrı Çoklu Regresyon Analizi kullanılmıştır. Sonuçlar, sıkıntısız eşlerin sıkıntılı eşlere göre eşlerinin rapor ettiği duygusal etkiyi ve atfettikleri önemi tahmin etmede daha yüksek doğruluğa sahip olduklarını; daha sık olumlu evlilik davranışları ve daha seyrek olumsuz evlilik davranışları sergilediklerini; olumlu evlilik davranışları ile ilgili daha olumlu hissettiklerini ve olumlu evlilik davranışlarına daha fazla önem atfettiklerini göstermiştir. Eş tarafından rapor edilen evlilik davranışlarının sıklığı, kendi evlilik davranışlarını rapor edenlerin belirttiği sıklığa göre; olumsuz evlilik davranışları ve sevgi gösteren evlilik davranışları ise olumlu evlilik davranışlarına göre evlilik uyumunda daha çok varyans açıklamıştır.

Anahtar Kelimeler: Eş Doğruluğu, Evlilik Davranışları, Duygusal Etki, Atfedilen Önem, Evlilik Uyumu

To my family:
My Parents Serdar -Gülhan Oğur
&
My Brother Serhan Oğur

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CHAPTER 1

INTRODUCTION

1.1 Background Information for the Topic of the Study

In the course of everyday life, spouses spend a considerable time together and interchange a wide range of behaviors in different frequencies. Generally, the studies focusing on marital behavior in the literature can be categorized into two main methodological approaches. The first category consists of studies which examined and emphasized the role of verbal and nonverbal spouse behavior at the microcosmic level by relying on observer reports in laboratory settings (e.g. Filsinger & Thoma, 1988). The Studies in the second category explored marital behavior in a wider time interval ranging from one day (e.g. Christensen & Nies, 1980) to 4 weeks (e.g. Gable, Reis & Downey, 2003) by using spouse observation reports or retrospective recall of marital behavior (e.g. Fincham & Lindfield, 1997). Both of the approaches have their own disadvantages and limitations. There are also studies using both approaches together and exploring the role of marital behavior in marital happiness

or success by a multimethod approach integrating observer reports with self and spouse reports of marital behavior (e.g. Birchler, Weiss & Vincent, 1975).

Studies in the first category widely used experimental procedures and examined communication behavior; especially the problem solving behavior of couples in conflict situations. The observational studies of marital interaction seem to be more preferred compared to the second approach probably because they reflect more objective information about spouse behavior. On the other hand, this methodology is criticized for the reliance on objective reality by using observer reports alone, which results in the negligence of the subjective experience of the spouses (Gable, Reis & Downey, 2003). Bersheid (1994) stated that, in the relationship studies, the individual's reconstruction of past events -be it accurate or not- may represent the meaning of those events to the individual, thus reflect the individual's current point of view about the relationship.

Moreover, experimental studies are limited in number of interactional context and in general, the role of the frequency of the observed interaction in the everyday life of couples can not be explored (Bradbury, 1995). Hinde (1995) emphasized the importance of including as many types of couple interactions as possible and of exploring the frequencies in the study of relationships in order to make generalizations about the participant dyads and their relationships. The majority of the research relying on observational procedures focuses on conflict behavior and negativity; however, since marital behavior occurs in diverse situations, settings and areas, positivity is also a major aspect in marital quality and stability. Bersheid

(1994) stated that, instead of a single cohesive and affectively homogenous schema, in long-term relationships, partners might establish various schemas according to situations and self and partner roles. Therefore the affective tone of the interactions varies according to the partner-in-situation schemas (partner-as-lover, partner-as-parent, partner-as-household manager etc.). Thus the study of marital behavior in various areas –which is limited in laboratory observations of couple interaction-, may contribute to a more comprehensive understanding of marital relationships.

Among those studies examining marital behavior according to the second approach which relies on self and spouse reports of marital behavior, some studies used quasi-observational method and some used retrospective reports. Some studies examined the consensus level in spouses' reports on occurrence or nonoccurrence of marital behaviors in different areas and found significant differences in spouses' reports of same marital behaviors (Christensen & Nies, 1980; Jacobson & Moore, 1981). Therefore, the second approach is interpreted as limited in terms of objectivity compared to experimental interaction procedures. It is clear that the spouse reports of behavior do not represent accurately what had actually occurred in the relationship, and partner-observer consistencies found to be higher compared to partner-partner consistencies of marital behavior (Christensen & Nies, 1980; Floyd & Markman, 1983; Jacobson & Moore, 1981). However it is also stated by the researchers that these inconsistencies of the reports do not have to indicate the irrelevancy of spouse reports. On the contrary, using spouse reports of marital behavior is proposed as a method of investigating the spouses' phenomenological realities about their partners' behavior -the way the spouses interpret the actually occurring marital behavior.

Moreover, Jacobson & Moore (1981) asserted the importance of the spouse reports of marital events for clinical application:

How spouses in a marital relationship perceive and process information relevant to the relationship, the kinds of attributions they make regarding their own as well as their partner's behavior and the factors that influence these cognitive events potentiate the development of more useful assessment instruments, a richer understanding of the characteristics of marital distress, and the creation of a more effective treatment technology. Clinicians need to know not just what is actually happening in a distressed relationship but also what each spouse perceives as happening. (Jacobson & Moore, 1981, p.276)

Current study uses the second methodological approach to marital behavior by modifying a widely used instrument –Spouse Observation Checklist (SOC; Weiss, 1979, cited in Weiss & Perry, 1983). SOC was originally developed to assess spouses' daily marital behavior frequencies by spouse observation reports. The modification of SOC for the current study contains using the marital behavior list of SOC for making two more evaluations in addition to marital behavior frequency assessment, which are emotional impact and attributed importance. Furthermore the original SOC was used as a daily observation checklist, whereas the present study uses it as a self and spouse report form for evaluating the marital behavior that occurred in the previous month. In order to control for the relationship between recall memory bias -which is reported to be influenced by positive and negative affect (Barrett, 1997) – and reports; positive and negative affect are assessed by Positive and Negative Affect Schedule (PANAS; Watson, Clark & Tellegen, 1988) and used as controlling variables.

By using the second study approach to marital behavior, in addition to the examination of marital behavior frequency, emotional impact and importance in distressed and nondistressed couples, the present study also aims to examine spousal

accuracy and perceptual biases which may explain the inaccuracies seen in spouse reports of marital behavior's frequency, emotional impact and importance. As stated above, the inconsistencies found in spouses' own observation reports of marital behavior in previous studies, led some researchers to address the question of what accounts for these differences between two spouses' reports. These differences between two partner reports were thought to be good indicators of cognitive processing by some researchers and gave rise to an increase of studies exploring the relationship between cognition and marital behavior (Bradbury, 1995; Floyd & Markman, 1985).

The previous studies that examined spousal accuracy differences in distressed and nondistressed couples in terms of marital behavior frequency, mostly found that nondistressed couples are more in consensus in their reports compared to distressed spouses (Christensen, Sullaway, & King, 1983; Elwood & Jacobson, 1983) except for the study of Jacobson & Moore (1981). However, the inconsistencies in partner reports were not further analyzed in terms of cognitive biases by those authors. Only recently, Gable et al. (2003) explored the inconsistencies in partner reports of relationship behavior frequencies and found that general sample of dating partners were more biased toward reporting positive partner behaviors rather than negative ones.

The present study has some similarities with and differences from empathic accuracy studies (Ickes, 1993) that explored the accuracy of predictions of spouses on their partners' feelings, thoughts and intents during a videotaped interaction task. The

present study aims to investigate the prediction accuracy of spouses on their partner's ratings of emotional impact of marital behavior similar to the empathic accuracy studies that examined spousal accuracy on feelings about marital behavior; and also aims to explore prediction accuracy on their partners' ratings of attributed importance to marital behavior similar to spousal accuracy on thoughts about marital behavior. Although the investigated variables are similar to empathic accuracy studies, in the current study spouses make their evaluations for a wider time interval and on a wider range of areas compared to empathic accuracy studies which rely on spouse evaluations of videotaped marital interaction period per se. Even though a longer period between the recall situation and the time marital behavior have occurred may lower the spousal accuracy, it is also thought to increase the perceptual biases that this study aims to uncover.

There are various sources of spousal inaccuracy studied and proposed in the literature; however the findings are mostly inconsistent with each other. Study of Kenny & Acitelli (2001) showed that as the relevance of feelings for the relationship increases, spousal accuracy on partner's feelings decreases and biased perception increases; whereas Gill & Swann (2004) found that spousal accuracy was higher for partner's relationship relevant traits compared to relationship irrelevant traits. Findings of Murray, Holmes, & Griffin (1996) study revealed that relationship satisfaction is unrelated to spousal accuracy but related to positive perceptions of partner, whereas there are also studies that found relationship between marital distress and spousal accuracy (Christensen, Sullaway, & King, 1983; Elwood & Jacobson, 1983). Even though there are a few consistent and replicated findings on

spousal accuracy and perceptual biases in marriage, there is a growing body of research on this topic.

A review of the literature on marriage yielded that the evaluation of marital behavior in terms of frequency is studied more than the evaluation of marital behavior in terms of emotional impact and attributed importance. Despite the differences in the methodological approaches, a common focus for all of the studies exploring the relationship between marital behavior frequency and perceived marital quality seems to be the positive and negative dimensions of marital behavior. There is considerable evidence for negative and positive behaviors accounting for discrete variance in marital satisfaction. Wills et al (1974) found significant intercorrelations among the behavior categories that are under displeasing domain and among pleasing domain, although the behavior categories under one domain did not indicate significant relationships with the categories under the other domain. Jacobson, Waldron, & Moore (1980) replicated the same findings in their analysis of two different groups of distressed wife and husband reports. These findings implied that the change in positive behavior might not affect the increase or decline in the negative behavior or vice versa (Wills et al., 1974). This finding seems very important for the clinical practice of couples: since clinical focus on negative marital behavior will not increase positive marital behavior and vice versa, the finding implies the significance of assessing both positive and negative marital behavior frequency and using clinical interventions to increase positive marital behavior together with interventions to decrease negative marital behavior.

Most of the studies examining behaviors and events occurring in the daily lives of couples compared negative and positive marital behaviors in terms of their relationship with marital outcomes (e.g. Jacobson, Follette & McDonald, 1982; Johnson & O’Leary, 1996). Among those studies, some explored the relative importance of marital behavior categories in predicting daily relationship satisfaction ratings whereas some investigated the relative importance of marital behavior categories in predicting overall marital quality perceived by spouses. Langhinrichsen-Rohling, Schlee, Monson, Ehrensaft and Heyman (1998) explored the role of positive marital behavior in three groups of couples who were happy, distressed but nonaggressive and physically aggressive and distressed. The comparison was made in terms of 4 categories of positive behavior which were communication, companionship, affection and instrumental marital behaviors. The study indicated that the happy couples were found to be engaging in significantly more positive communication, companionship and affective behaviors than the two groups of maritally distressed couples (nonaggressive distressed and husband-to-wife physically aggressive distressed couples).

Some studies also explored whether there are gender differences in terms of the relationship between marital behavior categories’ frequency and marital satisfaction. The study of Wills et al. (1974) indicated that husband marital satisfaction was predicted by pleasing instrumental behavior whereas that of the wives was predicted by pleasing affectional behavior frequency; even though there were no differences in received pleasurable behavior frequencies. Depending on these findings researchers suggested that “marital satisfaction” has different meanings for husbands and wives.

In their study, Jacobson et al. (1980) compared distressed and nondistressed spouses as well as husbands and wives in terms of the behavior categories that predict the individuals' daily ratings of marital satisfaction and found different patterns for four groups. In nondistressed couples total variance in husbands' daily satisfaction ratings were mostly explained by wives' pleasing behaviors and total variance in wives' daily satisfaction ratings were mostly explained by husbands' pleasing behaviors. The best predictor among the marital behavior areas was found to be the shared activities for happy husbands and pleasing interactive events for happy wives. On the other hand distressed couples' daily satisfaction ratings were explained mostly by the displeasing behaviors and the best predictor was found to be the displeasing interactive events both for distressed husbands and wives.

What determines a behavior's positivity or negativity is its emotional impact on the individual. However, exploring the relationship between the emotional impact of marital behavior and marital quality has some limitations. Since most of the marital behaviors take place in a private environment as an ongoing continuum of behaviors, it is not easy to gather the immediate data of perceived emotions.

Gottman (1994) studied the role of positive and negative affect in marriage with the help of physiological measures in laboratory settings. Even though they have provided insight about the role of affect in marital communication, these studies address to a limited range of the marital behavior areas. On the other hand the

retrospective reports of the emotional impact regarding the marital behavior are prone to recall memory bias so they also have their own limitations.

Research on marital behavior consistently explored the relationship between various areas of marital behavior and a range of components of marital quality. Commitment, marital satisfaction and marital stability are the mostly studied factors as displays of marital quality in the literature (Bradbury, 1995; Karney & Bradbury, 1995). Among those; marital satisfaction, happiness, adjustment and success have been used interchangeably by the researchers (Fincham & Bradbury, 1987). In the marriage literature, various tools have been used to measure various variables of marriage quality perceived by spouses and inconsensus in measurement issues still continues. Bradbury (1995) refers to the proliferation of assessment instruments and states that the “marital and family assessment literature has become a victim of its own success” (p.459).

Dyadic Adjustment Scale (Spanier, 1976) is probably the most frequently used instrument in research measuring marital satisfaction (Bradbury, 1995; Kurdek, 1992). This 32-item instrument is a product of Spanier (1976)’s endeavor to develop a measure relying on operational description of marital adjustment. Spanier (1976) describes marital adjustment as “a process, the outcome of which is determined by the degree of: (1) troublesome dyadic differences; (2) interpersonal tensions and anxiety; (3) dyadic satisfaction; (3) dyadic cohesion; and (4) consensus on matters of importance to dyadic functioning.” (p. 17). Spanier (1976) stated that even though

marital adjustment is a continuing process, a “‘snapshot’ of the continuum” (p.16) can be taken and so DAS was developed in this direction.

Dyadic Adjustment Scale (Spanier, 1976; Spanier & Thompson 1982) is criticized for being multidimensional rather than measuring general sentiment towards the relationship (Busby, Christensen, Crane & Larson, 1995; Fincham & Bradbury, 1987; Kurdek, 1992). Especially the items referring to marital behavior and dyadic consensus were points in issue. However, since temporal frame is not indicated in DAS except for two of the items, the items are open to the evaluations of couples (Fincham & Lindfield, 1997) and differ from the other instruments that are measuring marital behavior (e.g. Spouse Observation Checklist) in the sense that they measure global perceptions of these relationship dimensions. DAS is found to differentiate distressed and nondistressed participants with a sample of 2822 married individuals (Eddy, Heyman, & Weiss; 1991). In the present study DAS is mainly used to form two groups of couples -distressed and nondistressed- in order to compare them in terms of spousal accuracy and three evaluations of positive and negative marital behavior which were frequency, emotional impact and attributed importance.

In the light of literature summarized above, ten study aims were determined for the present study to explore spousal accuracy, marital behavior frequency, emotional impact and importance in the general couple sample and distressed and nondistressed couple samples. The aims of the study are presented in the following section 1.2.

1.2 Aims of the Study

1. to conduct the translation procedure of Spouse Observation Checklist (SOC) and to examine the psychometric properties of two different versions of SOC which were SOC Form A and SOC Form B in Turkish sample of couples
2. to explore spousal accuracy in the general couple sample for three different evaluations of positive and negative marital behavior which were frequency, emotional impact and attributed importance
3. to compare the distressed and nondistressed couples in terms of spousal accuracy for three different evaluations of positive and negative marital behavior which were frequency, emotional impact and attributed importance
4. to examine the effect of the reporter spouse's point of view (self-report or spouse-report) on three different evaluations of positive and negative marital behavior which were frequency, emotional impact and attributed importance
5. to find if the reporter's point of view have (has) distinct effects on the direction of the difference between spouse reports for the distressed and nondistressed couple samples by exploring the interaction effect of the reporter's point of view and the marital adjustment on three different evaluations of positive and negative marital behavior which were frequency, emotional impact and attributed importance
6. to investigate the differences between the distressed and nondistressed couples in terms of three different evaluations of positive and negative marital behavior which were frequency, emotional impact and attributed importance

7. to explore the difference between the wives and the husbands in terms of three different evaluations of positive and negative marital behavior which were frequency, emotional impact and attributed importance
8. to find if the gender differences in three different evaluations of positive and negative marital behavior which were frequency, emotional impact and attributed importance vary in the distressed and nondistressed spouses by exploring the significant gender and the point of view of the reporter (self or spouse report) interaction effect on positive and negative marital behavior's frequency, emotional impact and attributed importance scores
9. To find which positive and negative marital behavior areas' frequencies are more important for marital adjustment after controlling for self report's positive and negative affect and spouse communication skills?
10. to find some underlying factors for self and spouse reports of positive and negative marital behavior areas and to explore which reporter's point of view (self-report or spouse-report of marital behavior) and which factors of marital behavior found (affectional behavior, positive behavior or negative marital behavior) explain more variance in self-reporter's and spouse-reporter's marital adjustment.

1.3 Significance and Implications of the Study

Present study explores four variables from three important fields of study related to marital outcome variables which are spousal accuracy and attributed importance from cognitive/perceptual field, emotional impact of marital behavior from

affective field and marital behavior from behavioral field that are found to be important predictors of marital outcomes. This study includes both exploration of some study questions related to marital research that have been studied in literature however not been examined in Turkish culture; and some incompletely explored study questions in the literature.

According to previous research findings spouses are not accurate reporters of the same events or marital behaviors occurring in their daily lives; this is a consistent result of various studies in the literature; however it is not clear if the direction of inaccuracy is different in nondistressed couples compared to distressed couples. Even though perceptual biases regarding global personality characteristics, online thoughts and feelings were compared for distressed and nondistressed couples, there is not a specific perceptual bias explored for distressed and nondistressed couples in terms of recalled positive and negative marital events happened more than a week ago. Nondistressed and distressed couples may differ in their report biases for marital behavior. For example inconsistencies in distressed couples' reports may occur because a distressed spouse who is reporting on his own negative behavior may report lower levels of negative behavior compared to his partner's reports on his negative behavior; conversely a nondistressed spouse may report higher levels of own negative marital behavior compared to his spouse's reports on him. Similarly an inverse relationship may be present between reporter-marital adjustment interaction and reported positive behavior. This predicted bias is similar to Murray, Holmes & Griffin (1996)'s "seeing virtues in faults" concept; however the studies focusing on this concept consistently explored spousal accuracy in terms of self-concept or

personal qualities. Exploration of this concept in spousal accuracy of marital behavior may contribute to relationship perception field.

Furthermore, a retrospective self and spouse report approach was used in this study, since there were more time interval between occurrence of the events and recall situation in this approach compared to most of the studies which used SOC as a daily rating form; consistency of spouse reports may be lower however this approach may indicate more clear differences between distressed and nondistressed spouses in terms of perceptual bias since recalling is related to cognitive bias.

Study of daily marital behavior by self and spouse reports have roots in researches of 1970s based on behavior exchange theory and have been studied consistently since then in terms of consensus between partner reports and relative contribution of positive and negative marital behavior to perceived marital quality; however self and partner reports of behavior are not explored if they are distinct factors and if they explain distinct variances in marital adjustment of spouse reporter and self reporter partners. It is not clear in the literature which reporter's (self reporter or spouse reporter) accounts on marital behavior are more predictive of perceived marital adjustment. This study explores the relative importance of self and spouse reports of marital behavior in predicting perceived marital adjustment of the actor and receiver of the marital behaviors. This exploration may still contribute important information about the relationship between daily marital behavior and perceived marital quality and relative importance of self and spouse reports of marital behavior. This study

question's examination may also add on to information about marital perceptual biases also studied by exploring spousal accuracy.

One of the aims of the present study is to contribute translation and psychometric properties of Spouse Observation Checklist (SOC) in Turkish Culture. SOC is an important instrument for a few reasons. It is developed as an instrument containing universe of positive and negative marital behaviors and SOC is a salient measure for exploration of private and intimate behaviors that can only be observed by spouses and can not be observed in laboratory studies or in therapeutic environment. It is widely used in research and there are therapeutic interventions using SOC as a tool in Behavioral Marital Therapy. Furthermore, SOC is modified by adding emotional impact and attributed importance evaluations in addition to frequency evaluation of marital behavior in the original form. Limitations of the traditional behavioral marital therapies led emergence of therapeutic approaches focusing on emotion in marital relationships. Emotion research also gains more importance and brings in new findings regarding human emotion and its function in human life with every passing day. Albeit these findings, exploration of role of emotion in marriage is still very limited in the literature. Huston & Vangelisti (1991) also suggests the study of intensity differences in felt affect related to marital behaviors and behaviors that are later remembered may also contribute to explain the link between satisfaction and behavior. The extended form of SOC may be used as an assessment and intervention tool in marital therapy, advancing the behavioral focus by adding cognitive and affective factors related to behavior.

CHAPTER 2

LITERATURE REVIEW

2.1 Spousal Accuracy

The accuracy between the partner reports regarding one partner's states and traits like thoughts, feelings, personality characteristics and attitudes have been widely studied to explore various concepts related to marriage and close relationships (Ickes, 1993; Kenny & Acitelli, 2001, Thomas, Fletcher & Lange, 1997). Among the variables that were proposed to be reflected by the accuracy between spouses, some were understanding, quality of communication, empathy, sensitivity, mind reading, self-verification, conflict over issues and knowledge about partner.

Spousal accuracy is also used as a method to explore the perceptual biases in marital relationships. Perceptions of the partner, the partner behavior or the partner's psychological states are studied as important determinants of marital quality. A review of the literature reveals exploration of accuracy between partners in three major fields according to two major perspectives. Among the major fields, a

relatively earlier approach explored the accuracy in reports of one spouse's behavior towards the other or their shared activities reported by both spouses. The second field of study related to spousal accuracy is empathic accuracy which received the most substantial attention in recent studies. Empathic accuracy studies examined the accurate prediction of one partner's reports of feelings, thoughts or intents (short term goals of communication) during an interaction task by the other partner. The third field of accuracy contained accurate prediction of partner's relatively stable and enduring traits or qualities.

The third - The major perspectives studying accuracy are accuracy and bias in perception of the partner. Accuracy perspective proposes that spouses married to individuals who are more accurately predicting their partners' reports are more likely to perceive their relationships as qualified than spouses who are married to individuals inaccurate in predicting their partners' reports. Bias perspective on the other hand proposes that, rather than accuracy, there are perceptual bias differences between distressed and nondistressed couples.

2.1.1 Spousal Accuracy on Marital Behavior Frequency

Studies based on behavioral exchange theory looked for consensus level in occurrence or not occurrence of an interpersonal event between spouses and consistently found that spouses are modestly in agreement with the events occurring in their daily marital lives. These studies previously explored spousal accuracy to test the reliability of a new quasiobservational method called spouse observation developed to collect data on daily marital behavior as a behavioral measure. After the

differences found in spouses' reports of same behaviors (Christensen & Nies, 1980; Elwood & Jacobson, 1983; Jacobson & Moore, 1981), the question of what accounts for these differences is addressed and some perceptual biases in terms of marital behavior are studied (Floyd & Markman, 1983).

Jacobson & Moore (1981) in their study with a 16 distressed and 20 nondistressed couple sample analyzed percentage agreement within couples and found overall spouse agreement on marital behavior areas ranging from 31% to 78.6%. Comparison of the two groups of couples yielded that the nondistressed couples were significantly more in consensus than distressed couples. By the examination of the categories in terms of couple consensus, it was found that the distressed couples did not differ in consensus on reports of marital behavior after the probability of chance agreement was partialled out. Christensen & Nies (1980) reported that the couples in their study had agreement levels ranging from 11% to 66% with an overall mean of 46% and showed that the spouses are not reliable observers of each other.

Different from previous studies that used recruited couples, Elwood & Jacobson (1983) used a relatively motivated couple sample who seek therapy and explored consensus level of spouses for only joint behaviors in the marital behavior areas of companionship, affection, sex, communication and coupling activities. Average agreement percentages for marital behavior categories ranged between 25.6% (Communication) and 61.2% (affectional behavior) with an overall average of 38.6%. Researchers interpreted this finding as even though the sample is motivated for change, spouse observation is still not a reliable measure and the distressed couples are more inaccurate in spouse observation.

Elwood & Jacobson (1988) trained a group of couples for spouse observation using all 400 items of SOC and compared them to two groups of couples in terms of increase in spousal agreement after two weeks of spouse observation procedure. One control group was aware that their agreement level will be explored but was not trained; the other group was neither trained nor was aware that their agreement level will be examined. The researchers successfully showed that spouse observation training considerably increases spousal agreement level (from 43.2% to 61.9% agreement) while the other groups did not significantly differ in spousal agreement after two weeks.

Floyd & Markman (1983) examined perceptual bias in spouse observational reports of behavior by comparing spouse reports with observer reports of the same behavior. Results of the study implied that there is not a systematic partner report bias but the perception of spouse behavior is different in distressed and nondistressed spouses. Researchers interpreted this finding as momentary evaluations of spouse behavior may be influenced by the “marital sentiment override” - overall evaluation of the marital relationship.

Christensen, Sullaway & King (1983) in their two different studies –with a dating and a marital couple sample- used two different measures derived from SOC containing 179 and 195 marital behaviors received, enacted and shared by partners. One of the studies included couples who reported on behaviors during previous 24 hours and the other one on previous 3-4 days period. Christensen et al. (1983) analyzed absolute partner agreement upon occurrence of marital events by using

Cohen's kappa. The overall sample of couples agreed upon half of the marital events occurred. Researchers also found a consistent significant relationship between marital adjustment and agreement upon occurrence of marital events. More nondistressed couples were more likely to agree upon the occurrence of recent marital events in their daily lives compared to distressed couples (Christensen et al., 1983).

Recently, with a relatively nondistressed dating couple sample, Gable et al. (2003) found higher levels of consensus within couples ranging from 73% through 89% using a daily behavior checklist consisting of 20 self and partner item pairs. However, the number of behaviors in the subscales was relatively small; positive and negative behavior subscales each contained 4 item pairs and supportive behaviors subscale contained 2 item pairs. Authors further analyzed the inaccuracies in spouses' reports of same relationship related behaviors. Couples were found to be more biased toward reporting positive behaviors they received from partner rather than negative ones when they reported the behaviors their partner's did not report ("false alarms"). They found that the couples were more accurate (depending on the ratio of hits to misses) in reporting positive behaviors than reporting negative behaviors. The authors discussed this finding is contradictory to the results reported in laboratory studies and can be explained by Murray & Holmes' (1993) concept of "seeing virtues in faults" concept which is a perceptual bias that helps the couples to maintain their relationships by seeing the positives in the negatives. Another suggested explanation was positive behaviors in natural settings being less ambiguous or more intense than in the laboratory settings, therefore couples may be

reporting more positives in natural settings. Or this cognitive processing may be not specific to relationships and can be an artifact of adaptive memory bias reported by other studies present in all individuals which protects from destructive memories (Gable et al., 2003).

2.1.2 Spousal Accuracy for Partner Thoughts and Feelings

Other than spousal accuracy on marital behavior frequency reports, a newer field of studies explored empathic accuracy between spouses. Empathic accuracy operationally described by Ickes (1993) as the comparison of “the content of a target person’s actual thoughts and feelings with the content of the corresponding inferred thoughts and feelings reported by the perceiver”. Empathic accuracy is closer in meaning to empathic understanding component of empathy process rather than empathic expression or empathic communication. The measurement procedure for empathic accuracy involves the videotaping of the interaction task and then the reviewing of the videotaped interaction by both partners separately twice. Firstly the individuals stop the tape at the points they recall having a thought or feeling. After these self reported points are determined, the time points that the individuals reported having a thought or feeling are presented to the partner and each individual is instructed to infer the thoughts and feelings of her/his partner during these time points (Ickes, 1993). Finally, the written statements about self and partner thoughts and feelings are coded by judges in terms of accuracy.

Kenny & Acitelli (2001) stated that there are sufficient reasons to expect both accuracy perspective and bias perspective in close relationships. Three reasons are claimed to support for accuracy perspective in close relationships. Firstly individuals in close relationships are probably more motivated to have accurate information about their partners. Secondly they have an advantage in terms of time spent together and therefore have many opportunities to enhance accurate information about their partners. Finally close relationships include intimacy and thus partners are more likely to disclose information about inner states that are not observable. Although there are considerable basis to expect accuracy perspective in close relationships to be supported by research findings, literature also contains contradictory findings, also supporting bias perspective or judgments about partner (Murray & Holmes, 1993; Murray, Holmes & Griffin, 1996).

Kenny & Acitelli (2001) also specify some rationale to expect support for bias in perception of the partner. Firstly there is evidence that perception is influenced by idealization and similarity effects in marriage and close relationships. Seeing partner in disagreement with own self-concept or seeing partner as having undesirable characteristics or behaving unfavorably are emphasized as may be threatening for a relationship; so being in a relationship brings some perceptual bias. Another perceptual bias may come from idealization of the partner, Murray & Holmes (1993)'s "seeing virtues in faults" approach and findings are line with this proposition. Prior knowledge about partner also may have distortional effects on accuracy. Understanding and knowing each other constitutes a considerable effort in earlier stages of relationships and marriages; however both marriage and

relationships have developmental stages. Partners may be relying on their formerly attained knowledge about partner and the relationship and not updating the information according to changes through later marital stages. For example Thomas, Fletcher & Lange (1997)'s study indicated that the couples who are married for a longer period of time have lower levels of empathic accuracy compared to the couples married for a shorter period of time.

Even though cognitive biases have been called as cognitive errors most of the time and associated with inaccuracy and negative outcomes; there is evidence coming from literature on perception related to close relationships that some cognitive biases may also have advantages (Krueger & Funder, 2004) and bias does not have to mean inaccuracy. For example Kenny & Acitelli (2001)'s findings have shown that bias is not equal to inaccuracy. Kenny & Acitelli (2001) explored support for the hypothesis that when the relevance of the feelings are high for the relationship the accuracy will be lower and bias will be greater compared to the predicted feelings that are less relevant for the relationship. Their hypothesis was supported; participants predicted their partners' more relationship relevant feelings less accurately and less relationship relevant feelings (e.g. job satisfaction) were predicted more accurately. Source of bias examined in the study was specified as assumed similarity and assumed similarity effects were high for relationship relevant variables and lower for relationship irrelevant variables. However both accuracy and bias were present for all variables in the study, although their strength of associations with variables differed according to the variables' relevance for the relationship. Kenny & Acitelli (2001) suggested explanations for these findings: probably spouses who believe that they are

similar with their partners were relying on their knowledge about themselves in relationship relevant feelings, on the other hand they have to rely on their knowledge on partner about feelings they can not predict from their own feelings.

Another evidence for the advantage of bias comes from Murray, Holmes & Griffin (1996): accuracy in predicting partners' self-perceptions was modest: obtained partial correlations ranging between $-.36$ and $.82$ for the dating sample; and ranging between $-.30$ and $.89$ for the married sample. The researchers explored the partial correlations' associations with relationship satisfaction of the predictor spouse and the spouse reporting on his/her own self-perceptions; and could not find any link. However, both married and dating sample partners were more satisfied when their partners evaluated them more positively. This study's results also supported the bias perspective rather than the accuracy perspective.

Swann (1984) proposed an alternative view called "pragmatic accuracy" to the exploration of accuracy of personality judgments. According to this approach, accuracy in inferences that serve to relationship-specific interaction goals are relevant in understanding the relationships while accuracy in inferences that are out of context of the relationship are not critical for relationship outcomes. Gill & Swann (2004) conducted two studies to support the pragmatic accuracy theory. One of those studies involved a group sample and the other one a dating couple sample. Their study with the dating couple sample showed that the couples are more accurate in terms of traits that are more relevant for romantic relationships compared to low relevance traits. Furthermore, this was true when the low and high relevant trait

categories are balanced in terms of evaluativeness (positive or negative valence) and stereotype based (specific to men and women) traits are controlled. Therefore Gill & Swann (2004) demonstrated successfully that the results are not an artifact of evaluativeness of the traits in high relevance category or ratings of traits based on stereotypes. The most substantial finding for relationship outcomes was accuracy in traits that are highly relevant and moderately relevant for romantic relationships were significantly related to relationship quality, low relevance traits on the other hand did not show significant relationships with any of the relationship quality measures. Although Gill & Swann (2004) found support for accuracy approach, authors made an interesting explanation relying on “pragmatic accuracy” theory (Swann, 1984) how both views of idealization or positive illusions and accuracy may be operating concurrently. According to their suggestion, partners may be accurately referring to their partners’ relationship specific traits and at the same time seeing them more positively compared to another person referring to those traits rather than compared to their partners’ own view of themselves.

Thomas, Fletcher & Lange (1997) proposed a process model of how distal variables may have effects on empathic accuracy mediated by some psychological constructs and explored some variables that are thought to predict empathic accuracy in married couples. In this exploratory model, shared cognitive focus, diagnostic behavior (available behavioral cues) and verbal positivity during problem solving tasks later coded by observers were supposed to mediate the relationship of distal variables as education, length of marriage, relationship satisfaction, and depression with empathic accuracy. Researchers failed to find a significant relationship between empathic

accuracy during problem solving task and relationship satisfaction. Empathic accuracy was found to be negatively associated with the length of marriage and the shared cognitive focus during problem solving interaction mediates this relationship implying that the couples who in their earlier stages of marriage, are more likely to focus on their partners' thoughts and feelings and this in turn leads to empathic accuracy.

Although considerable research has been focused on spousal or partner accuracy, it is clear that there is not a consensus in research findings exploring the association between accuracy and relationship outcomes. This contradiction may be the result of the differences of focus of the studies, each considering the accuracy of different marital and individual variables.

2.2 Marital Behavior

2.2.1 Marital Behavior Frequency

Earlier studies of marital behavior that relied on the social exchange theory and social learning theory developed a method to explore daily marital behavior. This quasi-observational method was used to collect data on daily marital behaviors by spouses tracking each other's behavior and was utilized to minimize memory bias by relying on daily reports. Spouse Observation Checklist (SOC; Weiss, 1979, cited in Weiss & Perry, 1983) is the primary comprehensive instrument developed to provide information about daily marital behaviors from spouse reports.

One of the former studies examining the role of daily marital events in marriage (Wills, Weiss & Patterson, 1974) using a former and less comprehensive version of SOC found that the frequency of positive marital behavior and that of the negative marital behavior were not associated with each other; implying that the positive and the negative marital behaviors are independent from each other. Jacobson, Waldron & Moore (1980) with their findings replicated the results of Wills et al. (1974) and supported that change in pleasing behavior frequency may not affect the increase or decline in the displeasing behavior level or vice versa.

Finding that the positive and negative behavior areas are distinct from each other led to one of the major issues explored in marital behavior literature which was the contribution of positive and negative behaviors to daily or overall perceived marital quality. Wills et al. (1974)'s study with a nondistressed couple sample showed that the displeasing behaviors accounted for 65% of the explained variance in mean daily satisfaction (44% coming from displeasurable instrumental and 21% coming from displeasurable affectional behaviors) and the pleasing behaviors accounted for 25% of the explained variance in mean daily satisfaction (7% coming from pleasurable instrumental and 18% coming from pleasurable affective behaviors); even though displeasing behaviors listed were 1/3rd of pleasing behaviors in terms of frequency. Outside experiences on the other hand did not account for significant variance in mean daily satisfaction ratings. Barnett & Nietzel (1979) conducted a similar study with distressed and nondistressed couples and explored relationship of daily marital behavior with both daily marital satisfaction and overall marital adjustment. The

distressed couples were found to be more likely to report negative instrumental behaviors from spouse, less likely to share activities and less likely to engage in sexual activity compared to nondistressed couples. However the two groups of couples did not differ in terms of reported positive instrumental or affectional behaviors and negative affectional behaviors. Even though the two groups of couples did not differ in their reports of negative affectional behavior, daily marital satisfaction was significantly associated to negative affectional behavior for the overall sample.

Birchler, Weiss & Vincent (1975) in addition to finding that through 5 days of spouse observation procedure distressed spouses report more frequent displeasing behaviors and less frequent pleasing behaviors. The researchers also found that distressed spouses indicate less proportion of pleasing to displeasing behaviors and share fewer recreational activities with their spouses compared to nondistressed spouses.

Jacobson et al. (1980) used 350 items of SOC and modified marital behavior categories into seven content categories which were shared activities, pleasing interactive events, displeasing interactive events, pleasing affectionate behavior, displeasing affectionate behavior, pleasing instrumental events and displeasing instrumental events. The only behavior category that explained significant unique variance in satisfaction is found to be the displeasing interactive behaviors. In a second study, Jacobson et al. (1980) compared distressed and nondistressed spouses according to which behavior categories predict their daily ratings of marital

satisfaction and found different patterns for two groups of couples. In nondistressed couples 69% of total variance in husbands' daily satisfaction ratings were explained by wives' pleasing behaviors and 93% of total variance in wives' daily satisfaction ratings was explained by husbands' pleasing behaviors. Best predictor was shared activities for happy husbands and pleasing interactive events for happy wives. On the other hand distressed couples' daily satisfaction ratings were explained mostly by displeasing behaviors and the best predictor was found to be the displeasing interactive events for both distressed husbands and wives.

Jacobson & Moore (1981) in their study with a 16 distressed and 20 nondistressed couple sample were able to analyze only five pleasing behavior categories from 12 SOC content categories which were companionship, affection, sex, consideration and communication. Authors stated that after 12 days of spouse observation procedure only these categories had frequent enough reported behaviors for analysis. The distressed couples were more likely to engage in pleasing behaviors of affection, sex, consideration and communication compared to nondistressed couples.

Jacobson, Follette & McDonald (1982) compared distressed and nondistressed couples in terms of positive, neutral and negative marital behavior frequencies and two proportional behavior categories calculated from those three categories with five distinct ANOVAs (positive, neutral, negative, positive/(negative+positive) and negative/(positive+negative+neutral). The distressed couples were found to report lower frequencies of positive and neutral events; greater frequencies of negative events compared to nondistressed couples. Two groups of couples also differed in the

proportion of positives to positive and negatives, and negatives to reported overall behavior frequencies.

Relative importance of negative marital behavior categories in predicting daily marital satisfaction especially in distressed couple samples emerged as a consistent finding in daily marital behavior research and this finding was parallel to literature on marital interaction studies which analyzed communication behavior of couples in laboratory settings.

A recent study replicated previous findings on negative behavior's strong association with marital satisfaction with a relatively nondistressed dating couple sample by showing that negative behavior is related to both daily relationship well-being and daily mood more than daily positive and supportive behaviors (Gable et al., 2003).

Research on daily marital behavior also indicated some gender differences. Wills et al. (1974) found gender differences in the prediction of daily satisfaction ratings from pleasurable spouse behavior. Even though wives and husbands did not differ in frequency of received pleasurable behaviors; husbands' daily marital satisfaction was best predicted by instrumental marital behavior while wives' daily satisfaction was best predicted by affectional behaviors in terms of pleasing behaviors. Researchers interpreted this finding as husbands emphasized instrumental and wives emphasized affectional behaviors and suggested that "marital satisfaction" has different meanings for husbands and wives. This suggestion was supported when researchers told the husbands to double their affectional behaviors toward their spouses in order to do a reliability check of SOC: the reliability check was successful wives reported

significant increase in affectional pleases received from husbands, however there was also a significant increase in instrumental pleasing behavior enacted by husbands. Authors interpreted this result as the consequence of attribution of different meanings to affectional behavior by husbands and wives.

Langhinrichsen-Rohling et al. (1998) examined the role of positive marital behavior in three groups of couples who were happy, distressed but nonaggressive and physically aggressive and distressed couples and found some gender differences for spouse reported marital behavior frequencies. This study contained 4 categories of positive marital behavior which were communication, companionship, affection and instrumental marital behaviors. Results indicated husbands from all three groups of couples reported more companionship and instrumental behaviors than the wives. Moreover, two groups of distressed husbands reported more instrumental behaviors received from spouse compared to wives' spouse reports. Scope of the study was restricted with positivity, therefore the three groups of couples were not compared in terms of negative behavior. The sample size was small ($N= 43$ couples) and mean years of marital duration was a little over 4 years. Researchers stated that the replication of the study with a greater sample size and with couples who are married for longer periods time is important for the generalizability of the results.

There is also support from a longitudinal study for gender differences in terms of relationship between marital behavior and marital satisfaction (Huston & Vangelisti, 1991). This study explored the predictors of marital satisfaction 2 years after marriage in terms of marital behavior spouses reported when they were newlyweds

and findings indicated that different mechanisms account for wife and husband marital satisfaction. Wife satisfaction after two years was predicted by early negative husband behavior and early self sexual interest and self negativity above and beyond initial levels of self marital satisfaction. On the other hand, marital behavior indicated neither by self nor by the wife early in the marriage predicted husbands' later marital satisfaction above and beyond the initial marital satisfaction level. Huston & Vangelisti (1991) also examined if initial marital satisfaction and marital behavior levels predicted later marital behavior and found some gender differences for this question too. Wives' later affectional behavior was predicted by early husband satisfaction and same type of early husband behavior and wives' later negativity was also predicted by early same type husband behavior. However neither self nor wife behavior predicted husbands' later marital behavior after controlling for the initial levels of behavior. The only significant relationship found for husbands was prediction of later husband behavior from early wife satisfaction. Researchers suggested a mechanism accounting for these gender differences and stated that husbands' negativity may be creating dissatisfaction in wife, dissatisfaction in wife creating more negativity in husband and so a vicious cycle may be formed between husband negativity and wife dissatisfaction deteriorating each other.

Huston & Vangelisti (1991) suggested some explanations for wives' marital satisfaction finding to be more dependent on husband behavior and stated that wives may be experiencing emotional impact more intensely or wives' negative marital behaviors may be less stable over time and this may lead to the minimization of the wives' negativity. Those explanations made by the researchers for gender

differences are parallel to “reactivity” or “event dependency” concept which is another considerably studied issue related to marital behavior. Reactivity is described as “the tendency for marital satisfaction to vary according to the frequency of recently occurring positive or negative events” (Jacobson et al., 1982, p.706). Reactivity hypothesis varies from behavior-exchange models of marital distress in the sense that reactivity hypothesis makes an additional distinction between distressed and nondistressed couples in terms of reactivity to events while behavior exchange model propose a distinction only in terms of frequency of exchanged positive and negative marital behaviors.

Jacobson et al. (1980) explored the reactivity hypothesis by comparing distressed and nondistressed wives and husbands in terms of r-to-z transformed scores of correlations between daily satisfaction ratings and reported spouse behaviors. The nondistressed couples’ marital satisfaction ratings were significantly more associated with shared activities than distressed couples’ and distressed couples’ marital satisfaction were significantly more associated with negative interactive behaviors compared to nondistressed couples’ ratings. Additionally nondistressed wives’ marital satisfaction was significantly more prone to increase according to husbands’ pleasing instrumental behaviors and pleasing interactive behaviors compared to distressed wives. These findings indicated that evidence for positive reactivity is present in nondistressed couples and negative reactivity is present in distressed couples. The distressed couples were more satisfied in the days they received lower levels of displeasing behaviors and conversely nondistressed couples were happier in

the days they received more pleasing behaviors from their spouses (Jacobson et al., 1980).

The reactivity hypothesis enhances behavioral models because it suggests that the punishing behaviors are important for the satisfaction of distressed spouses and rewarding behaviors are important for the satisfaction of nondistressed couples. Another support for reactivity differences to marital behavior between distressed and nondistressed couples came from Jacobson et al. (1982). Although daily satisfaction ratings of both nondistressed and distressed couples were found to be positively associated with positive behavior frequencies and negatively related to neutral and negative behavior frequencies, the results of the study also indicated that distressed couples' reactivity to all three categories of behavior are significantly higher. The distressed couples were found to be more prone to evaluate satisfaction according to daily marital behaviors above and beyond the reported frequency differences. The authors interpreted these results as happy and distressed spouses differ in the way they cognitively process both positive and negative marital behaviors. Therefore the independence of relationship satisfaction evaluations from the recently occurred marital events (lower levels of reactivity) was proposed as an important feature of successful marriages.

2.2.2 Emotional Impact of Marital Behavior

The role of emotion and affect gained considerable attention from research on marriage and marital therapy in the past two decades. Integrative Behavioral Couples

Therapy and Emotion Focused Couple Therapy are marital therapy approaches emphasizing the role of emotional reactions in maintenance of marital distress. According to these approaches, a new view is gaining relevance on emotion suggesting that emotion also may have direct effects on cognition (Greenberg, 2002), different from the traditional cognitive behavioral view on emotion which proposed that the emotions were evoked by events as a consequence of cognitive schemas about those events and were mediators of cognition and behavior.

The Integrative Behavioral Couples Therapy (IBCT) which was developed to advance the effectiveness of traditional behavioral couple therapy (TBCT) emphasizes the role of emotional reactions given to problem behaviors in addition to the behaviors themselves. Christensen et al. (2004)'s outcome study with a seriously distressed sample consisting of 134 marital couples showed that IBCT is as effective as TBCT. Furthermore, although the improvement by TBCT found to be more rapid early in therapy and the improvement slows down later in the treatment period, IBCT makes a continuous improvement with a more stable rate on couple distress all through the treatment.

Even though the role of emotions in close relationships gained importance in recent literature on couple therapy, researches examining emotional experience in marriage and close relationships are still very restricted. Huston & Vangelisti (1991) also suggests some incompletely studied important factors as intensity differences in felt affect related to marital behaviors can explain the gender differences in terms of marital satisfaction's association to marital behavior. The association for wives and

disassociations for husbands between marital satisfaction and spouse negativity may be an artifact of husbands' negative behaviors being more intense, wives recalling negative behaviors of husbands better or wives' reactivity to husband negativity (Huston & Vangelisti, 1991). These possible links can also hold for differences between distressed and nondistressed couples found in terms of reactivity for spouse behavior.

In an earlier study, Notarius et al. (1976) found that distressed spouses perceive the intend and emotional impact of interaction behaviors of their spouses' interaction behaviors as more negative compared to nondistressed spouses' evaluations of their own spouses' behavior. With a similar method, study of Margolin, John & Gleberman (1988) compared physically aggressive (PA), verbally aggressive (VA), withdrawing (WI) and nondistressed-nonaggressive (NA) couples in terms of phenomenological experience of emotions, self reported physiological reactions and observer coded expressions of affect during two 10 minute conflictual discussion tasks. They found that nondistressed-nonaggressive husbands and wives reported significantly lower levels of negative emotions on anxiety, anger and feeling attacked. Sadness did not significantly differ among groups. Nondistressed-nonaggressive couples showed higher positive behavior and less negative offensive behavior in terms of observer coded affect compared to the PA, VA and WI couples. NA couples also reported lower levels of physiological arousal compared to other three groups of couples.

In addition to affective arousal, distinct emotions are seen as serving distinct and important functions for close relationships; and understanding emotions are also critical in order to understand positive and negative marital outcomes. Sanford & Rowatt (2004) conducted three studies with three different samples in order to examine the function of emotion in close relationships. In two studies the sample was married individuals and in other one the sample was college student roommates. The studies explored three types of emotions (hard emotions, soft emotions and fear based emotions) reported by participants to be evoked by negative partner behaviors. The unique effect of hard emotion is found to be negatively related to relationship satisfaction and positively related to conflict and relationship avoidance. On the other hand, soft emotion was positively associated with relationship satisfaction and negatively associated with conflict and relationship avoidance after controlling for the effects of hard emotions. This finding about soft emotion and relationship satisfaction association supports the intervention approaches suggested by Emotionally Focused Couple Therapy and Integrative Behavioral Couple Therapy emphasizing on expression of soft emotions like sadness in order to advance marriages.

Moreover, Sanford & Rowatt (2004) proposed some pathways to explain how expression of soft emotions may lead to increased relationship satisfaction. They stated that expression of sadness and vulnerability may lead to supportive behavior, understanding and soothing behavior from partner, which are found to be important correlates of marital happiness in the literature. Emotional disclosure is also likely to be followed by intimacy within couple. Soft emotions are more likely to be

positively related to these factors and in turn more likely to be associated with higher levels of relationship satisfaction compared to hard emotions.

In a very recent study, Waldinger & Schulz (2006) used a videotape recall procedure to investigate mediator role of emotional balance in the relationship between relationship satisfaction and intend of spouse behavior perceived by partners. The couple interactions were first videotaped, then the spouses reported on self and spouse emotions and intends of behavior during 4 negative and 2 positive high affect moments (HAM) half chosen by wife and half chosen by husband. The emotional balance score was attained by subtracting mean scores of rated negative emotion subscales (angry and sad/vulnerable) from mean score of positive emotion scale of happy. Four factors of self reported and partner attributed momentary intend of behavior were dominate (power), facilitate (affiliation), control emotion (emotion regulation) and explain. Greater positive emotional balance and relationship satisfaction was found to be significantly related to relationship satisfaction and emotional balance fully mediated the relationship between three subscales for attributions of spouse behavior's intend (dominate, facilitate and control emotion) and marital satisfaction. Among four intends, controlling emotion was found to be the most consistently associated intend with relationship satisfaction. Interpreting this finding and the positive relationship found between negative emotional balance and intend of behavior, researchers emphasized the role of emotional arousal in couple interaction (Waldinger & Schultz, 2006).

2.2.3 Attributed Importance to Marital Behavior

The discrepancies found between spouse reports of behavior turned marital research focus from behavior to cognition and led to the exploration of cognitive variables discriminating distressed couples from nondistressed couples. Among those cognitive factors, the role of causal and responsibility attributions for marital outcomes are widely studied. However, a review of the literature reveals that attributed importance to marital behavior gained very little attention from researchers, different from causal and responsibility attributions.

One of the studies trying to extend behavioral exchange theory of marital satisfaction by considering cognition's role in evaluations of marital behavior (Johnson & O'Leary, 1996) used an idiosyncratic way of reporting marital behaviors. In order to examine the role of importance given to some spouse behaviors or marital events, they compared a group of spouses who selected 10 displeasing and 10 pleasing items from Daily Checklist of Marital Activities (DCMA; a 109 item shortened form of Spouse Observation Checklist) which they believed to be important for their own marital satisfaction with the other group who reported the full list of marital behaviors (DCMA). The study failed to find evidence that spouses' evaluations of importance given to behaviors contribute to relationship between exchange of marital behaviors and marital satisfaction or daily relationship satisfaction. However researchers discussed that this finding may also be an artifact of applying an invalid method to assess the dimension of importance or the spouses may not be competent in determining the important behaviors for their satisfaction.

2.3 Comparison of Distressed and Nondistressed Couples

Marital Adjustment is a process, the outcome of which can be indicated by a composite of five factors which are differences between spouses that cause difficulties, tensions and anxiety between spouses, marital satisfaction, consensus between couples regarding important relationship issues and marital cohesion (Spanier, 1979). Dyadic Adjustment Scale (DAS; Spanier, 1979) that measures marital adjustment has been widely used in marriage and close relationship studies to explore marital satisfaction and marital distress as marital outcome variables. Eddy, Heyman & Weiss (1991) explored appropriateness of utilizing DAS to measure marital satisfaction and to classify couples as distressed and nondistressed with a sample of 2822 married individuals using archival data source. The authors showed that DAS discriminates distressed from nondistressed participants, however marital adjustment is not a synonym for marital satisfaction. Therefore it is not appropriate to use marital satisfaction and marital adjustment interchangeably but it may be correct to use them to classify couples as distressed and nondistressed. Even though marital or relationship satisfaction and adjustment are distinct constructs, commonly measures of both are used to discriminate distressed and nondistressed couples.

There is support in the literature for the link between negative health outcomes and marital distress. Robles & Kiecolt-Glaser (2003) state that this link exists because the distressed couples are likely to express or experience negative affect during conflictual discussions; and negative affect and stress have a negative impact on long term cardiovascular, immune and endocrine function of the individuals.

Research focusing on couple communication indicated that the distressed wives show demand pattern while the distressed husbands withdraw from conflictual situations (Heavey, Christensen & Malamuth, 1995). Considerable body of research on expression of affect during spousal interactions indicated expression of positive and especially negative affect distinguishes distressed and nondistressed couples.

In a longitudinal study (Gill, Christensen & Fincham, 1999), reduction in wives' perceived marital satisfaction is predicted by their own and their husbands' negativity during a problem-solving task coded and rated a year ago and the improvement in their satisfaction is predicted by positivity in their own and their husbands' behavior. However the study failed to find any behavioral predictor of husbands' marital satisfaction.

Baucom, Sayers & Duhe (1989) explored the explanation styles of couples for hypothetical partner behaviors and concluded from the results that the distressed spouses are more prone to use one consistent attribution even though the spouse behaviors are changing in context. Additionally, the distressed couples are more likely to view their partner's negativity as stable and global characteristic while nondistressed couples attribute their partner's negativity to situational and temporary causes (Cutrona, 1996). Fincham & Grych (1991) found that the distressed couples are not only more likely to attribute global causes to spouse behavior but also to problem behaviors of their children and other negative marital events. Differences

found in attributions for family events between distressed and nondistressed couples were present even after controlling for depression levels.

Furthermore, the research on daily marital or family events and marital interaction indicated that distressed couples seem to be more event dependent (Margolin, Christensen & John, 1996). Distressed couples' daily or post interaction satisfaction ratings are more prone to change according to recently happened events compared to nondistressed couples and nondistressed couples on the other hand seem to rely on their global relationship satisfaction when making judgments about immediate satisfaction levels.

CHAPTER 3

METHOD

3.1 Participants

The participants of the study consisted of 162 individuals who were 81 wives and 81 husbands married with each other. Participation criteria were being married and both spouses' contribution in the study. Table 1 and Table 2 displays characteristics of the sample both reported by wives and husbands. Mean marital duration for the sample was 10.95 years ranging between less than 1 year and 43 years of marriage. Mean age was 35.72 ($SD = 8.87$) for wives and 38.88 ($SD = 9.47$) for husbands. The income level of the sample was relatively high; 87.6% of wives and 93.8 % of husbands evaluated their income level as either medium or high according to Turkish socio-economic standards, 9.9% of wives and 4.9% of husbands rated their income level as low; 2.5 % of wives and 1.2 % of husbands evaluated their income as very high. Most of the spouses had at least a university diploma (70.4% of wives and 82.7% of husbands), 22.2 % of wives and 14.8 % of husbands had high school

degree, and only 7.4% of wives and 2.4% of husbands had a degree lower than high school. Thirty seven percent of wives and 6.2% of husbands were not working. About ten percent of wives and 37% of husbands were working more than 51 hours a week, 25.9% of wives and 30.9% of husbands reported working 41 to 50 hours a week, and 27.2 % of wives' and 25.7 % of husbands' working hours ranged between 1 to 10 and 31 to 40. Relatively low percent of spouses were married more than once; 5.9 % of wives and 6.2 % of husbands were remarried. Thirty seven percent of couples had no children living in the same house, 34.6 % of wives and 35.8% of husbands reported 1 child is living with them, 24.7 % percent of wives and 23.5 % of husbands accounted their 2 children is living in the same house with them and 3.7 % of the couples had 3 children and all three were living with them. Mean age for the youngest child was 10.19 years ($SD = 8.35$ for wife reports and $SD = 8.28$ for husband reports). Table 1 indicates other categorical sample characteristics which are

Table 1 *Sample Characteristics (Categorical Variables)*

Variables	Wives		Husbands	
	Frequency	Percent	Frequency	Percent
Education				
elementary school	2	2.5	1	1.2
middle school	4	4.9	1	1.2
high school	18	22.2	12	14.8
bachelor's degree	43	53.1	50	61.7
master degree	12	14.8	11	13.6
Ph.D.	2	2.5	6	7.4
Income				
low	8	9.9	4	4.9
medium	38	46.9	44	54.3
high	33	40.7	32	39.5
very high	2	2.5	1	1.2

Table 1 Continued

Working Hours per week				
0	30	37	5	6.2
1-10 hours	3	3.7	2	2.5
11-20 hours	0	0	3	3.7
21-30 hours	8	9.9	4	4.9
31-40 hours	11	13.6	12	14.8
41-50 hours	21	25.9	25	30.9
more than 51 hours	8	9.9	30	37.0
Type of Marriage*				
arranged marriage	5	6.2	2	2.5
met by themselves	43	53.1	50	61.7
friends introduced	24	29.6	22	27.2
relatives introduced	6	7.4	7	8.6
other	3	3.7	0	0
Number of marriages				
1	77	95.1	76	93.8
2	3	3.7	5	6.2
3	1	1.2	0	0
Number of children				
0	28	34.6	27	33.3
1	24	29.6	26	32.1
2	26	32.1	25	30.9
3	3	3.7	3	3.7
Number of children living in the house*				
0	30	37	30	37
1	28	34.6	29	35.8
2	20	24.7	19	23.5
3	3	3.7	3	3.7
Other people living in the same house*				
yes	7	8.6	9	11.1
no	74	91.4	72	88.9
Self chronic illness				
yes	14	17.3	12	14.8
no	67	82.7	69	85.2
Child chronic illness				
yes	3	3.7	2	2.5
no	50	61.7	52	64.2
Separations before marriage*				
0	57	70.4	63	77.8
1	14	17.3	13	16
2	7	8.6	3	3.7
3 or more	3	3.7	2	2.4
Idea or attempt of seperation or divorce in the past*				
Thought of divorce	23	28.4	25	30.9
Decided to separate or divorce	2	2.5	1	1.2
Lived separately for a while	4	4.9	3	3.7
Sued for divorce	1	1.2	1	1.2

* There were some minor differences between husbands' and wives' reports of information regarding the dyadic relationship.

type of marriage, presence of other people living in the same house other than nuclear family, self chronic illness, child chronic illness, separations before marriage and idea or attempt of divorce in the past. Descriptives of other quantitative sample characteristics (age at marriage, months between meeting and marriage, months between being together and marriage, number of hours together with spouse in a week and days being apart last month) are displayed in Table 2.

Table 2 *Sample Characteristics (Quantitative Variables)*

Variables	Wives (N = 81)				Husbands (N = 81)			
	<i>M</i>	<i>SD</i>	Min	Max	<i>M</i>	<i>SD</i>	Min	Max
age	35.72	8.87	24	64	38.88	9.47	23	68
marriage duration	10.90	10.14	0	43	10.91	10.15	0	43
age at marriage	24.81	3.80	17	38	27.96	4.22	19	40
months between meeting and marriage	46.05	53.42	1	300	47.83	56.45	1	300
months between being together and marriage	29.15	25.54	1	120	28.49	25.74	1	120
hours together in a week	42.16	17.59	11	112	43,93	15.63	8	112
days being apart past month	3.69	5.19	0	20	4,05	5.23	0	20
youngest child's age	10.19	8.35	1	36	10,19	8.28	1	36

3.2 Instruments

In the present study five instruments were used. Positive and Negative Affect Schedule (PANAS, see Appendix A) was applied to measure positive and negative

affectivity of the individuals, Communication Skills Inventory (see Appendix B) was used to measure general interpersonal skills of spouses. Dyadic Adjustment Scale (DAS, see Appendix C) was applied to assess spouses' evaluation of their marital adjustment. Two modified and enhanced versions of Spouse Observation Checklist Form A and B (SOC, see Appendix D and Appendix E) was employed to assess spouses' evaluations of marital behavior, emotional impact of marital behavior and attributed importance of marital behavior. One partner of a couple filled out SOC Form A (Spouse Observation Checklist Retrospective Report of Spouse Behavior - Retrospective Self Report of Emotional Impact and Attributed Importance Form) (see Appendix D), therefore reported on spouse behavior and his/her own emotions and importance attributions about partner behavior. On the other hand, the other partner of the couple (partner of the spouse who filled the form in Appendix D) made her/his reports on SOC Form B (Spouse Observation Checklist Retrospective Self-Report of Behavior - Retrospective Spouse Report of Emotional Impact and Attributed Importance) (see Appendix E) by evaluating the same constructs from a different perspective. Information Form (Appendix F) was formed and used to collect information about the individual and the couple characteristics.

3.2.1 Positive and Negative Affect Schedule (PANAS)

PANAS is a brief 20-item instrument developed by Clark (1988) measuring affectivity. Ten items measure on negative affect and ten items measure positive affect. Examples for positive affect items are adjectives like interested, excited, enthusiastic, attentive, active and negative affect items include distressed, upset,

guilty and irritable (Gençöz, 2000). The reliability and validity study of the PANAS with Turkish sample is conducted by Gençöz (2000).

3.2.2 Dyadic Adjustment Scale (DAS)

DAS is a 32-item scale developed by Spanier in 1976. DAS assesses marital quality by measuring perceptions of couples on dyadic satisfaction, dyadic cohesion, dyadic consensus and affectional expression. DAS contains both likert type and dichotomous response format items. The reliability and validity study of the DAS with Turkish sample is performed by Fıfılođlu and Demir (2000).

3.2.3 The Spouse Observation Checklist (SOC)

SOC is a 402 item questionnaire developed by Weiss and Perry (Weiss, 1979, cited in Weiss & Perry, 1983). Originally SOC consists of items that require spouse to track the behavior of the partner or their joint activities and report the occurrence of that behavior or event for the last 24 hours. In the present study this checklist was used to measure how often the spouses perceive to engage in these behaviors in the last month so the wording was changed and the response format was likert-type ranging 1-always to 7-never. In the original form of SOC spouses also rate every behavior they report in terms of pleasantness as pleasing or displeasing. SOC includes items from 12 content categories which are affection, companionship, sex, communication process, coupling activities, child care and parenting, household management, financial decision making, employment-education, personal habits and

appearance, self and spouse independence. In the present study each couple filled out two different versions of SOC modified for the present study: one spouse in each couple filled out SOC Form A whereas the other spouse in the couple filled out SOC Form B. Translation process and modification of SOC for the present study is explained in detail in the Procedure section (see 3.3).

3.2.3.1 SOC Form A (Spouse Observation Checklist Retrospective Report of Spouse Behavior - Retrospective Self Report of Emotional Impact and Attributed Importance Form)

In addition to using SOC Form A as an instrument for one of the spouses in a couple to report frequency of spouse behavior in the last month, SOC items were also used for those spouses to make two more evaluations. One of them was emotional impact of marital behavior: spouses were asked to rate how they feel regarding each marital behavior in SOC Form A ranging between -3 (very negative) and +3 (very positive). The other evaluation was attributed importance to marital behavior: spouses were asked to rate how important each marital behavior in SOC Form A ranging between -3 very unimportant and +3 very important.

3.2.3.2 SOC Form B (Spouse Observation Checklist Retrospective Self-Report of Behavior - Retrospective Spouse Report of Emotional Impact and Attributed Importance)

SOC Form B is formed by exchanging all the “my spouse” phrases in the SOC Form A items with “I” in order the spouses of the individuals who filled out SOC Form A to report on the same thing with their partners. Jacobson & Moore (1981) formed a similar instrument with the same method called “Self-Monitoring Checklist” (SMC). SOC Form B differs from SMC because with this form spouses report on the marital behavior frequency regarding last month whereas SMC is a daily checklist and in addition to using SOC Form B as an instrument for one of the spouses in a couple to report frequency of self marital behavior in the last month, SOC Form B items were also used for spouses to make two more evaluations. One of them was emotional impact of self marital behavior on partner: spouses were asked to rate how their partners might feel regarding each marital behavior in SOC Form B ranging between -3 (very negative) and +3 (very positive). The other evaluation was attributed importance to marital behavior: spouses were asked to rate how important each marital behavior in SOC Form B might be for their partners ranging between -3 very unimportant and +3 very important.

3.2.4 Information Form

Information Form is developed by the investigator and requires spouses to report on individual characteristics as age, gender, work status and education, and also on some dyadic characteristics like type of marriage, duration of marriage, and number of children.

3.3 Procedure

Prior to administration Spouse Observation Checklist (SOC) items were translated into Turkish and modified into two different versions of self (SOC Form B) and spouse report (SOC Form A) forms with the permission of the developer (Weiss, 1979, cited in Weiss & Perry, 1983). Translation of SOC took place according to Savaşır (1994)'s suggested principles of translation procedures in adaptation of psychological scales to Turkish Culture. Three Turkish people who were living in U.S. (the culture the original form is developed for) more than five years, translated SOC items into Turkish. All three translators were Ph.D. candidates in three different Social Sciences fields (Clinical Psychology, Marriage and Family Therapy and Economics). Three separate translations were incorporated into one by the researcher; and then an executive editor from a Turkish publishing company examined the language used in unified translation in terms of suitability to Turkish language and fluency. Editor also made necessary changes. One item that was not a common companionship activity in Turkish population was excluded ("We played frisbee"). "Spouse talked to me when I asked" item in Sex subscale found to be ambiguous and an item similar in meaning was added as "spouse was communicative during sexual activity" (item 380). Questions about sexual life are categorized as sensitive or threatening questions by Bailey (1987) and in this study in order to increase the response rate 8 items present in SOC original form Sex subscale was removed from Turkish form ("we enjoyed petting and other sex play", "we tried some new sexual behaviors that we liked", "we had oral-genital sex", "spouse read something pornographic aloud", "spouse engaged in other sexual behaviors that I

especially like”, “spouse petted me”, “spouse participated in a sexual fantasy”, “spouse presented himself/herself in the nude”) and two items (“spouse caressed me with hands” and “spouse caressed me with mouth”) were combined in one (“spouse caressed me” (item 377)).

For data collection snowball and convenient sampling (Bailey, 1987) was utilized by using networks and by using various e-mail groups related to family life and childcare to invite individuals to join the study. 750 application envelopes are distributed in 4 cities (İstanbul, Ankara, İzmir and Eskişehir) of Turkey. Inside every self-addressed envelope there were two more envelopes on which a seal (male or female) indicated which spouse should fill out which form and a statement indicating the content of the other two envelopes and the procedure they may follow to send it back after completion. It was explained that they might send it back with the person who delivered the envelope or if they wish they might also ship it back cash on delivery just by calling the given number of delivery service. In half of the 750 application envelopes wives were instructed to fill out SOC Form A and husbands were instructed to fill out SOC Form B; whereas in the other half of the application envelopes husbands were instructed to fill out SOC Form A and wives were instructed to fill out SOC Form B. Among approximately 200 application envelopes that returned between April 2006 and July 2006, 81 that had no or less than 5% incomplete data were included in the study.

3.4 Data Analysis

Prior to analysis every one of 12 areas of behavior represented in Spouse Observation Checklist were divided into two categories in terms of their items' average self-reported emotional impact score. If the item had an average emotional impact score over zero, it was placed in the positive behavior category; if it had a score below zero, it was placed in the negative behavior category. No item in the affectional behavior and companionship area yielded self-reported emotional impact score less than zero so those two marital behavior areas were only presented in the positive behavior subscales. This categorization was used for all reports on marital behavior frequency, emotional impact of marital behavior and attributed importance to marital behavior; yielding 22 subscales for each report: 12 being positive behavior categories and 10 being negative behavior categories.

Reliability of the subscales of both SOC Form A and SOC Form B were examined (1st aim of the study). In order to assess interspousal accuracy on reports of positive and negative marital behavior, emotional impact of positive and negative marital behavior and attributed importance to positive and negative marital behavior (2nd aim of the study); partial pairwise intraclass correlation coefficients and their significance levels were calculated (Gonzalez & Griffin, 2000) for 66 subscales of self and spouse reports after partialling out the effects of gender and reporter's point of view. Positive and negative employment and education subscales were not used further in the analyses because both internal consistency cronbach alpha coefficients and partial pairwise intraclass correlation coefficients were low for these subscales.

Two groups of couples were formed in terms of average marital adjustment scores in order to examine distressed and nondistressed couples according to spousal accuracy, marital behavior frequency, emotional impact of marital behavior and attributed importance to marital behavior. Partial pairwise intraclass correlation coefficients, their significance levels and Pearson correlation coefficients were calculated for two groups of couples separately and r-to-z transformation (Preacher, 2002, May) was used to compare differences of Pearson correlation coefficients retained from distressed and nondistressed couple groups (3rd aim of the study). One couple in the nondistressed group was excluded from further analyses because reports of one spouse were found to be univariate outliers and indicated significant violating effect on correlations. Deletion of the couple left 80 couples for further analyses.

Dyad level data was used to explore differences in distressed and nondistressed couples; wives and husbands; self-report and spouse-report in terms of positive and negative marital behavior frequencies, emotional impact of positive and negative marital behavior and attributed importance to positive and negative marital behavior. In order to maintain data from both spouses' reports, 6 Repeated Measures MANOVAs were conducted in which reporter's point of view (spouse report vs. self report) was a within subject factor; the gender of the spouse (wife vs. husband) which both spouses reported on his/her marital behavior and marital adjustment (distressed vs. nondistressed spouses) were between subjects factors. Repeated measures in each of MANOVAs were positive marital behavior frequency, negative marital behavior frequency, emotional impact for positive marital behavior,

emotional impact for negative marital behavior, attributed importance to positive marital behavior and attributed importance to negative marital behavior. These analyses provided assessment of 4th, 5th, 6th, 7th and 8th aims of the study.

Relationships among study variables were explored with Correlation analysis.

Subscales of positive and negative marital behavior frequency had high intercorrelations. Therefore, in order to examine relative importance of different marital behavior areas' frequencies in terms of their relationship with marital adjustment, a series of Roy-Bargmann Stepdown Analysis were conducted (9th aim of the study). Some covariates that were included in the study (positive affect, negative affect and communication skills) were also used as dependent variables in these Step-down F Tests in order to control for their shared variance with study variables.

Because of restricted sample size and multicollinearity among the variables exploring subscales of both positive and negative behavior categories in a Regression Analysis together was not possible. To overcome multicollinearity and decrease the number of variables; a principal component analysis with varimax rotation was employed to the list of self and spouse reports of marital behavior areas. Therefore lower number of orthogonal factors which were linear combinations of the study variables was obtained from the principal component analysis and these factors were subjected to reliability analyses. Then stepwise multiple regression analyses were used to identify the reports of marital behavior that played a significant role in predicting marital adjustment. Two separate stepwise multiple regression analyses

were conducted for perceived marital adjustment of spouse reporter of marital behavior and self reporter of marital behavior as criterion variables. Factor scores of factors that had adequate internal consistencies were entered into two stepwise multiple regression equations as predictor variables. In forward stepwise regression, predictor variables are entered one at a time to find how much each adds to the explanation of the criterion variable when considered with all of the other predictor variables. The predictor that accounts for the greatest amount of variance in the criterion variable is entered into the equation first, followed by the second predictor. An entrance order was not used by the researcher; the order of the predictors was determined by SPSS. The final model included only components of marital behavior that contributed significantly to the prediction of marital adjustment at a significance level of $p < .05$ or below. The component analysis and regression analyses were conducted to explore 10th aim of the study.

CHAPTER 4

RESULTS

4.1 Psychometric Properties of Spouse Observation Checklist

Spouse Observation Checklist (SOC; Weiss, 1979, cited in Weiss & Perry, 1983) Turkish version consisted of 390 items reflecting various spouse behaviors, marital events and joint activities of spouses in 12 content areas (22 subscales formed by relying on mean emotional impact scores of items: see 3.4) . Two different forms were used in the present study, one of them consisted of the original spouse report of behaviors (SOC Form A; e.g. “ my spouse packed up lunch for me”) and the other version consisted of items that the wording was modified as self report of the same behaviors (SOC Form B; e.g. “I packed up lunch for my spouse”). Each spouse filled out one version while their partners filled out the other version of SOC. Each version of SOC consisted of three evaluations on 390 items of marital behaviors which were frequency, emotional impact and attributed importance. Results of analysis conducted to explore psychometric properties of three evaluations reported by one spouse on SOC Form A (Retrospective Report of Spouse Behavior - Retrospective

Self Report of Emotional Impact and Attributed Importance) items are presented in section 4.1.1.1 and psychometric properties of three evaluations on SOC Form B (Retrospective Self-Report of Behavior - Retrospective Spouse Report of Emotional Impact and Attributed Importance) items reported by the spouses' partners are presented in section 4.1.1.2 (1st aim of the study).

All three evaluations on both SOC versions depended on the same 390 items and 22 subscales, therefore their subscales also have the same n of items. Affectional behavior subscale has 11 items, companionship subscale has 48 items, positive consideration subscale has 47 items, negative consideration subscale has 33 items, positive communication subscale has 19 items, negative communication subscale has 8 items, positive coupling activities subscale has 14 items, negative coupling activities has 14 items, positive childcare and parenting subscale has 26 items, negative childcare and parenting subscale has 13 items, positive household management subscale has 37 items, negative household management subscale has 12 items, positive financial decision making subscale has 12 items, negative financial decision making subscale has 9 items, positive personal habits and appearance subscale has 4 items, negative personal habits and appearance subscale has 30 items, positive behavior about employment- education subscale has 5 items, negative behavior about employment- education subscale has 7 items, positive behavior about self and spouse independence subscale has 11 items, negative behavior about self and spouse independence subscale has 8 items, positive sexual behavior subscale has 12 items and negative sexual behavior subscale has 10 items.

4.1.1 SOC Form A (Spouse Observation Checklist Retrospective Report of Spouse Behavior - Retrospective Self Report of Emotional Impact and Attributed Importance)

Cronbach alpha coefficients and descriptives of the subscales of Retrospective Report of Spouse Behavior are showed in Table 3. Reliability Analysis revealed α value of .89 for affectional behavior subscale, .95 for companionship, .96 for positive consideration, .93 for negative consideration, .92 for positive communication, .87 for negative communication, .88 for positive coupling activities, .90 for negative coupling activities, .92 for positive childcare and parenting, .81 for negative childcare and parenting, .88 for positive household management, .81 for negative household management, .91 for positive financial decision making, .80 for negative financial decision making, .77 for positive personal habits and appearance, .91 for negative personal habits and appearance, .71 for positive behavior about employment- education, .66 for negative behavior about employment- education, .84 for positive behavior about self and spouse independence, .78 for negative behavior about self and spouse independence, .93 for positive sexual behavior and .79 for negative sexual behavior subscale of Retrospective Report of Spouse Behavior.

Cronbach alpha coefficients and descriptives of the subscales of Retrospective Self Report of Emotional Impact of Marital behavior are indicated in Table 4. Reliability Analysis results showed α value of .90 for affectional behavior subscale, .96 for companionship, .97 for positive consideration, .95 for negative consideration, .93 for positive communication, .85 for negative communication, .92 for positive coupling

Table 3 *Internal Consistency (α) Coefficients for Spouse Observation Checklist Retrospective Spouse Report of Marital Behavior*

Subscale	<i>M</i>	<i>SD</i>	<i>N</i>	<i>N</i> of <i>Items</i>	α
Affection	52.63	12.18	81	11	.89
Companionship	136.11	40.57	81	48	.95
Positive Consideration	209.02	46.21	81	47	.96
Negative Consideration	76.13	24.90	81	33	.93
Positive Communication	80.30	18.99	81	19	.92
Negative Communication	19.58	7.96	81	8	.87
Positive Coupling Activities	29.08	10.82	81	14	.88
Negative Coupling Activities	50.50	19.91	81	14	.90
Positive Childcare and Parenting	130.70	28.09	51	26	.92
Negative Childcare and Parenting	25.62	8.49	51	13	.81
Positive Household Management	150.48	29.69	81	37	.88
Negative Household Management	29.16	9.23	81	12	.81
Positive Financial Decision Making	55.22	15.30	81	12	.91
Negative Financial Decision Making	19.47	7.19	81	9	.80
Positive Personal Habits and Appearance	22.28	4.35	81	4	.77
Negative Personal Habits and Appearance	61.38	20.15	81	30	.91
Positive Behavior About Employment-Education	17.32	5.42	81	5	.71
Negative Behavior About Employment-Education	15.6	5.07	81	7	.66
Positive Self and Spouse Independence	31.82	10.78	81	11	.84
Negative Self and Spouse Independence	15.73	6.33	81	8	.78
Positive Sexual Behavior	61.00	14.04	81	12	.93
Negative Sexual Behavior	18.03	6.53	81	10	.79

activities, .89 for negative coupling activities, .92 for positive childcare and parenting, .80 for negative childcare and parenting, .95 for positive household management, .83 for negative household management, .94 for positive financial decision making, .80 for negative financial decision making, .87 for positive personal habits and appearance, .96 for negative personal habits and appearance, .76 for positive behavior about employment- education, .77 for negative behavior about employment- education, .70 for positive behavior about self and spouse independence, .82 for negative behavior about self and spouse independence, .92 for positive sexual behavior and .89 for negative sexual behavior subscale of Retrospective Self Report of Emotional Impact of Marital behavior.

Cronbach alpha coefficients and descriptives of the subscales of Retrospective Self Report of Attributed Importance are given in Table 5. Reliability Analysis indicated α value of .90 for affectional behavior subscale, .95 for companionship, .96 for positive consideration, .96 for negative consideration, .95 for positive communication, .93 for negative communication, .94 for positive coupling activities, .95 for negative coupling activities, .93 for positive childcare and parenting, .94 for negative childcare and parenting, .95 for positive household management, .90 for negative household management, .93 for positive financial decision making, .94 for negative financial decision making, .87 for positive personal habits and appearance, .97 for negative personal habits and appearance, .82 for positive behavior about employment- education, .92 for negative behavior about employment- education, .92 for positive behavior about self and spouse independence, .89 for negative behavior about self and spouse independence, .96 for positive sexual behavior and .95 for

Table 4 *Internal Consistency (α) Coefficients for Spouse Observation Checklist Retrospective Self Report of Emotional Impact*

Subscale	<i>M</i>	<i>SD</i>	<i>N</i>	<i>N</i> of <i>Items</i>	α
Affection	22.53	8.43	81	11	.90
Companionship	55.15	37.29	81	48	.96
Positive Consideration	88.04	37.08	81	47	.97
Negative Consideration	-36.16	30.05	81	33	.95
Positive Communication	33.08	15.16	81	19	.93
Negative Communication	-10.03	7.84	81	8	.85
Positive Coupling Activities	19.44	11.19	81	14	.92
Negative Coupling Activities	-23.65	12.09	81	14	.89
Positive Childcare and Parenting	49.57	18.32	51	26	.92
Negative Childcare and Parenting	-21.61	13.03	51	13	.80
Positive Household Management	51.78	26.09	81	37	.95
Negative Household Management	-8.79	8.97	81	12	.83
Positive Financial Decision Making	21.89	10.56	81	12	.94
Negative Financial Decision Making	-9.56	7.36	81	9	.80
Positive Personal Habits and Appearance	7.69	4.13	81	4	.87
Negative Personal Habits and Appearance	-33.90	28.69	81	30	.96
Positive Behavior About Employment-Education	6.56	4.47	81	5	.76
Negative Behavior About Employment-Education	-8.69	5.98	81	7	.77
Positive Self and Spouse Independence	6.03	7.99	81	11	.70
Negative Self and Spouse Independence	-10.21	6.91	81	8	.82
Positive Sexual Behavior	26.31	9.90	81	12	.92
Negative Sexual Behavior	-16.05	10.25	81	10	.89

Table 5 *Internal Consistency (α) Coefficients for Spouse Observation Checklist Retrospective Self Report of Attributed Importance to Marital Behavior*

Subscale	<i>M</i>	<i>SD</i>	<i>N</i>	<i>N</i> of <i>Items</i>	α
Affection	22.87	8.57	81	11	.90
Companionship	48.23	35.75	81	48	.95
Positive Consideration	90.06	29.57	81	47	.96
Negative Consideration	49.75	27.78	81	33	.96
Positive Communication	37.22	13.22	81	19	.95
Negative Communication	12.05	8.50	81	8	.93
Positive Coupling Activities	21.43	10.97	81	14	.94
Negative Coupling Activities	23.82	13.91	81	14	.95
Positive Childcare and Parenting	56.53	16.01	51	26	.93
Negative Childcare and Parenting	26.67	12.84	51	13	.94
Positive Household Management	50.50	28.71	81	37	.95
Negative Household Management	13.74	9.95	81	12	.90
Positive Financial Decision Making	23.70	8.69	81	12	.93
Negative Financial Decision Making	14.09	9.41	81	9	.94
Positive Personal Habits and Appearance	7.97	3.13	81	4	.87
Negative Personal Habits and Appearance	40.25	30.39	81	30	.97
Positive Behavior About Employment-Education	8.53	3.90	81	5	.82
Negative Behavior About Employment-Education	11.78	6.51	81	7	.92
Positive Self and Spouse Independence	13.96	9.43	81	11	.92
Negative Self and Spouse Independence	12.05	7.41	81	8	.89
Positive Sexual Behavior	27.57	9.54	81	12	.96
Negative Sexual Behavior	20.85	9.33	81	10	.95

negative sexual behavior subscale of Retrospective Self Report of Attributed Importance.

4.1.2 SOC Form B (Spouse Observation Checklist Retrospective Self-Report of Behavior - Retrospective Spouse Report of Emotional Impact and Attributed Importance)

Cronbach alpha coefficients and descriptives of the subscales of Retrospective Self Report of Marital Behavior are showed in Table 6. Reliability Analysis results revealed α value of .88 for affectional behavior subscale, .93 for companionship, .95 positive consideration, .93 for negative consideration, .93 for positive communication, .87 for negative communication, .90 for positive coupling activities, .90 for negative coupling activities, .94 for positive childcare and parenting, .66 for negative childcare and parenting, .90 for positive household management, .85 for negative household management, .89 for positive financial decision making, .82 for negative financial decision making, .84 for positive personal habits and appearance, .90 for negative personal habits and appearance, .59 for positive behavior about employment- education, .66 for negative behavior about employment- education, .78 for positive behavior about self and spouse independence, .82 for negative behavior about self and spouse independence, .91 for positive sexual behavior and .82 for negative sexual behavior subscale of Retrospective Self Report of Behavior.

Table 6 *Internal Consistency (α) Coefficients for Spouse Observation Checklist Retrospective Self Report of Marital Behavior*

Subscale	<i>M</i>	<i>SD</i>	<i>N</i>	<i>N</i> of Items	α
Affection	54.77	10.77	81	11	.88
Companionship	144.41	35.42	81	48	.93
Positive Consideration	217.93	40.68	81	47	.95
Negative Consideration	69.16	20.40	81	33	.93
Positive Communication	83.76	18.87	81	19	.93
Negative Communication	19.07	7.43	81	8	.87
Positive Coupling Activities	50.72	13.37	81	14	.90
Negative Coupling Activities	28.39	10.79	81	14	.90
Positive Childcare and Parenting	133.59	26.81	51	26	.94
Negative Childcare and Parenting	23.16	5.38	51	13	.66
Positive Household Management	157.17	31.70	81	37	.90
Negative Household Management	28.09	9.02	81	12	.85
Positive Financial Decision Making	57.38	12.97	81	12	.89
Negative Financial Decision Making	20.77	7.83	81	9	.82
Positive Personal Habits and Appearance	21.59	4.52	81	4	.84
Negative Personal Habits and Appearance	57.25	17.54	81	30	.90
Positive Behavior About Employment-Education	17.62	4.99	81	5	.59
Negative Behavior About Employment-Education	15.96	4.98	81	7	.66
Positive Self and Spouse Independence	31.90	9.15	81	11	.78
Negative Self and Spouse Independence	15.85	6.04	81	8	.82
Positive Sexual Behavior	60.77	13.39	81	12	.91
Negative Sexual Behavior	20.15	7.90	81	10	.82

Cronbach alpha coefficients and descriptives of the subscales of Retrospective Spouse Report of Emotional Impact of Marital behavior are indicated in Table 7. Reliability Analysis results showed α value of .88 for affectional behavior subscale, α value of .88 for affectional behavior subscale, .93 for companionship, .95 for companionship, .97 for positive consideration, .94 for negative consideration, .93 for positive communication, .85 for negative communication, .91 for positive coupling activities, .93 for negative coupling activities, .94 for positive childcare and parenting, .94 for negative childcare and parenting, .94 for positive household management, .91 for negative household management, .92 for positive financial decision making, .83 for negative financial decision making, .85 for positive personal habits and appearance, .97 for negative personal habits and appearance, .52 for positive behavior about employment- education, .78 for negative behavior about employment- education, .79 for positive behavior about self and spouse independence, .81 for negative behavior about self and spouse independence, .95 for positive sexual behavior and .84 for negative sexual behavior subscale of Retrospective Spouse Report of Emotional Impact of Marital Behavior.

Cronbach alpha coefficients and descriptives of the subscales of Retrospective Spouse Report of Attributed Importance are given in Table 8. Reliability Analysis results indicated α value of .86 for affectional behavior subscale, .93 for companionship, .96 for positive consideration, .97 for negative consideration, .94 for positive communication, .93 for negative communication, .93 for positive coupling activities, .95 for negative coupling activities, .96 for positive childcare and parenting, .96 for negative childcare and parenting, .95 for positive household

Table 7 *Internal Consistency (α) Coefficients for Spouse Observation Checklist Retrospective Spouse Report of Emotional Impact*

Subscale	<i>M</i>	<i>SD</i>	<i>N</i>	<i>N</i> of Items	α
Affection	22.24	7.45	81	11	.88
Companionship	49.47	32.96	81	48	.94
Positive Consideration	90.52	32.51	81	47	.97
Negative Consideration	-41.53	26.00	81	33	.94
Positive Communication	31.98	13.37	81	19	.93
Negative Communication	-8.40	8.19	81	8	.85
Positive Coupling Activities	19.63	10.72	81	14	.91
Negative Coupling Activities	-20.91	14.52	81	14	.93
Positive Childcare and Parenting	53.34	17.51	51	26	.94
Negative Childcare and Parenting	-20.6	15.37	51	13	.94
Positive Household Management	48.53	24.59	81	37	.94
Negative Household Management	-10.30	10.71	81	12	.91
Positive Financial Decision Making	21.50	9.71	81	12	.92
Negative Financial Decision Making	-8.01	8.34	81	9	.83
Positive Personal Habits and Appearance	8.08	3.35	81	4	.85
Negative Personal Habits and Appearance	-36.94	27.30	81	30	.97
Positive Behavior About Employment-Education	5.55	3.86	81	5	.52
Negative Behavior About Employment-Education	-8.42	5.88	81	7	.78
Positive Self and Spouse Independence	2.72	8.79	81	11	.79
Negative Self and Spouse Independence	-8.27	7.15	81	8	.81
Positive Sexual Behavior	26.56	10.76	81	12	.95
Negative Sexual Behavior	-.15.26	9.21	81	10	.84

Table 8 *Internal Consistency (α) Coefficients for Spouse Observation Checklist
Retrospective Spouse Report of Attributed Importance to Marital Behavior*

Subscale	<i>M</i>	<i>SD</i>	<i>N</i>	<i>N</i> of <i>Items</i>	α
Affection	21.41	7.46	81	11	.86
Companionship	43.97	33.11	81	48	.93
Positive Consideration	90.07	28.34	81	47	.96
Negative Consideration	46.91	35.13	81	33	.97
Positive Communication	36.07	13.22	81	19	.94
Negative Communication	10.66	9.52	81	8	.93
Positive Coupling Activities	21.09	11.12	81	14	.93
Negative Coupling Activities	22.53	14.95	81	14	.95
Positive Childcare and Parenting	57.86	17.61	51	26	.96
Negative Childcare and Parenting	22.46	16.45	51	13	.96
Positive Household Management	49.95	28.58	81	37	.95
Negative Household Management	10.80	12.88	81	12	.92
Positive Financial Decision Making	22.45	10.00	81	12	.95
Negative Financial Decision Making	13.26	10.76	81	9	.95
Positive Personal Habits and Appearance	8.25	3.27	81	4	.88
Negative Personal Habits and Appearance	35.65	36.72	81	30	.98
Positive Behavior About Employment- Education	8.07	3.86	81	5	.76
Negative Behavior About Employment- Education	10.72	6.73	81	7	.90
Positive Self and Spouse Independence	12.94	10.37	81	11	.91
Negative Self and Spouse Independence	9.13	9.66	81	8	.92
Positive Sexual Behavior	27.93	6.79	81	12	.90
Negative Sexual Behavior	17.77	12.26	81	10	.95

management, .92 for negative household management, .95 for positive financial decision making, .95 for negative financial decision making, .88 for positive personal habits and appearance, .98 for negative personal habits and appearance, .76 for positive behavior about employment- education, .90 for negative behavior about employment- education, .91 for positive behavior about self and spouse independence, .92 for negative behavior about self and spouse independence, .90 for positive sexual behavior and .95 for negative sexual behavior subscale of Retrospective Spouse Report of Attributed Importance.

4.2 Spousal Accuracy in the General Couple Sample for Three Different Evaluations (Frequency, Emotional Impact and Attributed Importance) of Positive and Negative Marital Behavior

The degree of accuracy between two spouses' reports on one spouse's behavioral frequency in different areas of marital behavior, the emotional impact of the marital behavior areas on the other spouse and the importance of those marital behavior areas for the other spouse are explored (2nd aim of study) by partial pairwise intraclass correlation analysis described by Gonzalez & Griffin (2000). The pairwise intraclass correlation coefficient ($r_{xx'}$) reveals the intra-dyadic similarity for reports of dyads who are exchangeable cases (e.g. same sex friends) and partial pairwise intraclass correlation coefficient ($r_{xx'.c}$) on the other hand indicates intra-dyadic similarity partialling out the effect of distinguishing variable for dyads who have distinguishable characteristics (e.g. gender). In the present study there were two variables distinguishing the member of a dyad (in this study two spouses). One

distinguishing variable was gender of the reporter (wife or husband) and the other one was the reporter's point of view (self or spouse report). Accuracy on all subscales of spouse reports were explored by partial pairwise intraclass correlation coefficients which were obtained by using SPSS PARTIAL CORRELATION. Statistical significance of the partial pairwise intraclass correlation coefficients were calculated by using the formula given by Gonzalez & Griffin (2000, p. 278) for transformation of partial pairwise intraclass correlation coefficients to z-scores for a sample of N dyads.

4.2.1 Spousal Accuracy on Reports of Positive and Negative Marital Behavior Frequency

Table 9 indicates the partial pairwise intraclass correlation coefficients between self and spouse reports of positive and negative marital behavior frequency after partialling out both the effects of gender and the reporter's point of view and calculated z values of partial pairwise intraclass correlation coefficients. Partial Correlation Analysis yielded partial pairwise intraclass correlation coefficient of .71 for affectional behavior subscale, .54 for companionship, .49 for positive consideration, .50 for negative consideration, .38 for positive communication, .48 for negative communication, .27 for positive coupling activities, .42 for negative coupling activities, .39 for positive childcare and parenting, .41 for negative childcare and parenting, .47 for positive household management, .61 for negative household management, .40 for positive financial decision making, .41 for negative financial decision making, .23 for positive personal habits and appearance, .59 for

Table 9 Correlation Coefficients between self and spouse reports and Z Values for Positive and Negative Marital Behavior Frequency

Subscale	N (couples)	PCC	ICC ($r_{xx'.c}$)	Z VALUE ($r_{xx'.c}N^{1/2}$)
Affection	80	.69	.71	6.36**
Companionship	80	.52	.54	4.84**
Positive Consideration	80	.46	.49	4.34**
Negative Consideration	80	.46	.50	4.50**
Positive Communication	80	.35	.38	3.40**
Negative Communication	80	.44	.48	4.27**
Positive Coupling Activities	80	.25	.27	2.37*
Negative Coupling Activities	80	.40	.42	3.77**
Positive Childcare and Parenting	51	.39	.39	2.81**
Negative Childcare and Parenting	51	.36	.41	2.96**
Positive Household Management	80	.44	.47	4.22**
Negative Household Management	80	.57	.61	5.42**
Positive Financial Decision Making	80	.37	.40	3.58**
Negative Financial Decision Making	80	.37	.41	3.63**
Positive Personal Habits and Appearance	80	.22	.23	2.03*
Negative Personal Habits and Appearance	80	.54	.59	5.30**
Positive Behavior About Employment-Education	80	.29	.31	2.80**
Negative Behavior About Employment-Education	80	.42	.42	3.76**
Positive Self and Spouse Independence	80	.32	.37	3.31**
Negative Self and Spouse Independence	80	.43	.44	3.92**
Positive Sexual Behavior	80	.63	.63	5.63**
Negative Sexual Behavior	80	.49	.52	4.63**

Notes. * $p < .05$, ** $p < .01$, $N^{1/2}$ is the square root of couple number, PCC (Pearson correlation coefficients), ICC (partial pairwise intraclass correlation coefficients)

negative personal habits and appearance, .31 for positive behavior about employment- education, .42 for negative behavior about employment- education, .37 for positive behavior about self and spouse independence, .44 for negative behavior about self and spouse independence, .63 for positive sexual behavior and .52 for negative sexual behavior subscale of Emotional Impact of Marital Behavior.

4.2.2 Spousal Accuracy on Emotional Impact of Positive and Negative Marital Behavior

Table 10 shows partial pairwise intraclass correlation coefficients between self and spouse reports of emotional impact of positive and negative marital behavior areas after partialling out both the effects of gender and the reporter's point of view and z values of partial pairwise intraclass correlation coefficients. Partial Correlation Analysis yielded partial pairwise intraclass correlation coefficient of .58 for affectional behavior subscale, .33 for companionship, .41 for positive consideration, .37 for negative consideration, .39 for positive communication, .16 for negative communication, .42 for positive coupling activities, .43 for negative coupling activities, .35 for positive childcare and parenting, .20 for negative childcare and parenting, .31 for positive household management, .37 for negative household management, .42 for positive financial decision making, .38 for negative financial decision making, .30 for positive personal habits and appearance, .57 for negative personal habits and appearance, .30 for positive behavior about employment- education, .35 for negative behavior about employment- education, .40 for positive behavior about self and spouse independence, .22 for negative behavior about self

Table 10 Correlation Coefficients between self and spouse reports and Z Values for Emotional Impact of Positive and Negative Marital Behavior

Subscale	N (couples)	PCC	ICC ($r_{xx'.c}$)	Z VALUE ($r_{xx'.c}N^{1/2}$)
Affection	80	.58	.58	5.19**
Companionship	80	.32	.33	2.98**
Positive Consideration	80	.40	.41	3.69**
Negative Consideration	80	.34	.37	3.35**
Positive Communication	80	.38	.39	3.45**
Negative Communication	80	.15	.16	1.45
Positive Coupling Activities	80	.42	.42	3.77**
Negative Coupling Activities	80	.40	.43	3.80**
Positive Childcare and Parenting	51	.34	.35	2.51*
Negative Childcare and Parenting	51	.18	.20	1.39
Positive Household Management	80	.31	.31	2.77**
Negative Household Management	80	.36	.37	3.29**
Positive Financial Decision Making	80	.42	.42	3.75**
Negative Financial Decision Making	80	.36	.38	3.38**
Positive Personal Habits and Appearance	80	.29	.30	2.64**
Negative Personal Habits and Appearance	80	.56	.57	5.13**
Positive Behavior About Employment-Education	80	.28	.30	2.66**
Negative Behavior About Employment-Education	80	.34	.35	3.16**
Positive Self and Spouse Independence	80	.35	.40	3.60**
Negative Self and Spouse Independence	80	.14	.22	1.95
Positive Sexual Behavior	80	.63	.64	5.68**
Negative Sexual Behavior	80	.32	.33	2.96**

Notes. * $p < .05$, ** $p < .01$, $N^{1/2}$ is the square root of couple number, PCC (Pearson correlation coefficients), ICC (partial pairwise intraclass correlation coefficients)

and spouse independence, .64 for positive sexual behavior and .33 for negative sexual behavior subscale of Emotional Impact of Marital Behavior.

4.2.3 Spousal Accuracy on Attributed Importance to Positive and Negative Marital Behavior

Table 11 shows the partial pairwise intraclass correlation coefficients between self and spouse reports of attributed importance to positive and negative marital behavior areas after partialling out both the effects of gender and the reporter's point of view and z values of partial pairwise intraclass correlation coefficients. Partial Correlation Analysis yielded partial pairwise intraclass correlation coefficient of .43 for affectional behavior subscale, .49 for companionship, .48 for positive consideration, .32 for negative consideration, .48 for positive communication, .29 for negative communication, .40 for positive coupling activities, .25 for negative coupling activities, .40 for positive childcare and parenting, .19 for negative childcare and parenting, .41 for positive household management, .31 for negative household management, .42 for positive financial decision making, .28 for negative financial decision making, .31 for positive personal habits and appearance, .37 for negative personal habits and appearance, .47 for positive behavior about employment-education, .29 for negative behavior about employment- education, .29 for positive behavior about self and spouse independence, .23 for negative behavior about self and spouse independence, .20 for positive sexual behavior and .26 for negative sexual behavior subscale of Attributed Importance to marital behavior.

Table 11 *Correlation Coefficients between self and spouse reports and Z Values for Attributed Importance to Positive and Negative Marital Behavior*

Subscale	N (couples)	PCC	ICC	Z VALUE ($t_{xx',c}N^{(1/2)}$)*
Affection	80	.42	.43	3.84**
Companionship	80	.48	.49	4.35**
Positive Consideration	80	.46	.48	4.30**
Negative Consideration	80	.31	.32	2.90**
Positive Communication	80	.47	.48	4.28**
Negative Communication	80	.25	.29	2.55*
Positive Coupling Activities	80	.40	.40	3.59**
Negative Coupling Activities	80	.20	.25	2.26*
Positive Childcare and Parenting	51	.37	.40	2.82**
Negative Childcare and Parenting	51	.13	.19	1.36
Positive Household Management	80	.41	.41	3.70**
Negative Household Management	80	.30	.31	2.81**
Positive Financial Decision Making	80	.41	.42	3.73**
Negative Financial Decision Making	80	.26	.28	2.49*
Positive Personal Habits and Appearance	80	.30	.31	2.76**
Negative Personal Habits and Appearance	80	.36	.37	3.29**
Positive Behavior About Employment-Education	80	.46	.47	4.19**
Negative Behavior About Employment-Education	80	.26	.29	2.58**
Positive Self and Spouse Independence	80	.29	.29	2.62**
Negative Self and Spouse Independence	80	.19	.23	2.05*
Positive Sexual Behavior	80	.19	.20	1.79
Negative Sexual Behavior	80	.23	.26	2.36*

Notes. * $p < .05$, ** $p < .01$, $N^{(1/2)}$ is the square root of couple number, PCC (Pearson correlation coefficients), ICC (partial pairwise intraclass correlation coefficients)

4.3 Comparison of Distressed and Nondistressed Couples in terms of Spousal Accuracy for Three Different Evaluations (Frequency, Emotional Impact and Attributed Importance) of Positive and Negative Marital Behavior

In order to compare distressed and nondistressed couples in terms of spousal accuracy levels for three different evaluations of positive and negative marital behavior which were frequency, emotional impact and attributed importance (3rd aim of the study); partial pairwise intraclass correlation coefficients and Pearson moment correlations were separately calculated for distressed and nondistressed couples' reports utilizing the same procedure described in section 4.2. Then, in order to reveal if there is significant difference between the two independent couple samples' correlation coefficients, Preacher (2002, May)'s online calculator for the test of the significant difference between two independent correlation coefficients is used to calculate z-scores revealing if the two correlation coefficients are different from each other. This test of the significant difference between two independent correlation coefficients, converts each correlation coefficient from two different samples into a z-score using Fisher's *r*-to-*z* transformation. Then, utilizing the sample size used to obtain each coefficient, these z-scores are compared using formula of Cohen & Cohen (1983, p. 54; cited in Preacher, 2002, May) and calculates a final z-score showing if there is a significant difference between two samples' transformed z-scores. Z-values greater than 1.96 reflect significant difference at the $p < .05$ level and z-values greater than 2.56 indicate significant difference at the $p < .01$ level between distressed and nondistressed couples' accuracy levels. Results of the analysis are presented in section 4.3.1 for positive and negative marital behavior

frequency, in section 4.3.2 for emotional impact of positive and negative marital behavior and in 4.3.3 for attributed importance to positive and negative marital behavior.

4.3.1 Comparison of Distressed and Nondistressed Couples in terms of Spousal Accuracy in Reports of Positive and Negative Marital Behavior Frequency

Partial pairwise intraclass correlation coefficients for spouses' reports of positive and negative marital behavior frequency ranged from .17 to .67 for the nondistressed couple sample and from .06 to .65 for the distressed couple sample. Calculated significance levels of partial pairwise intraclass correlation coefficients yielded nondistressed couples' reports of frequency on 16 out of 22 marital behavior areas was significantly associated and distressed couples' reports of frequency on 15 out of 22 behavior areas was significantly associated. Preacher (2002, May)'s calculator for the test of the difference between two independent correlation coefficients indicated pearson correlation coefficients of nondistressed couples ($r = .17$) differed from distressed couples ($r = .62$) only for marital behavior area of Positive Consideration ($z = -2.11$) distressed couples being more accurate than nondistressed couples in their reports of frequency for this marital behavior area. Table 12 shows comparison of distressed and nondistressed couples in terms of correlation coefficients between self and spouse reports for positive and negative marital behavior frequency and z-values transformed to compare two couple samples' correlation coefficients.

4.3.2 Comparison of Distressed and Nondistressed Couples in terms of Spousal Accuracy in Reports of Emotional Impact of Positive and Negative Marital Behavior

Partial pairwise intraclass correlation coefficients for spouses' reports of emotional impact of positive and negative marital behavior ranged from -.02 to .70 for the nondistressed couple sample and from .06 to .58 for the distressed couple sample. Calculated significance levels of partial pairwise intraclass correlation coefficients yielded nondistressed couples' reports of emotional impact on 20 out of 22 marital behavior areas was significantly associated and distressed couples' reports of emotional impact on 4 out of 22 behavior areas was significantly associated. Preacher (2002, May)'s calculator for the test of the difference between two independent correlation coefficients indicated Pearson correlation coefficients of nondistressed couples differed from distressed couples for marital behavior areas of Positive Financial Decision Making ($z = 2.10$), Negative Personal Habits and Appearance ($z = 2.01$) and Positive Self and Spouse Independence ($z = 2.04$). Nondistressed couples were more accurate than distressed couples in their reports of emotional impact for all three marital behavior areas. Table 13 shows comparison of distressed and nondistressed couples in terms of correlation coefficients between self and spouse reports for emotional impact of positive and negative marital behavior and z-values transformed to compare two couple samples' correlation coefficients.

Table 12 *Comparison of Distressed and Nondistressed Couples In Terms of Correlation Coefficients between self and spouse reports of Marital Behavior*

Subscale	Nondistressed Couples			Distressed Couples			<i>r-to-χ value</i>
	<i>N</i>	<i>PCC</i>	<i>ICC</i>	<i>N</i>	<i>PCC</i>	<i>ICC</i>	
Affection	43	.65	.67**	37	.60	.65**	0.41
Companionship	43	.60	.61**	37	.35	.40*	1.37
Positive Consideration	43	.12	.17	37	.55	.62**	-2.11*
Negative Consideration	43	.38	.40**	37	.30	.41*	0.43
Positive Communication	43	.06	.09	37	.48	.53**	-2.02*
Negative Communication	43	.32	.36*	37	.22	.29	0.46
Positive Coupling Activities	43	.10	.12	37	.39	.42*	-1.07
Negative Coupling Activities	43	.34	.35*	37	.15	.20	0.86
Positive Childcare and Parenting	23	.13	.14	28	.48	.52**	-1.32
Negative Childcare and Parenting	23	.30	.30	28	.28	.43	0.09
Positive Household Management	43	.48	.51**	37	.40	.44**	0.43
Negative Household Management	43	.58	.61**	37	.46	.53**	0.68
Positive Financial Decision Making	43	.35	.38*	37	.35	.38*	0
Negative Financial Decision Making	43	.41	.45**	37	.23	.31	0.89
Positive Personal Habits and Appearance	43	.38	.39*	37	.04	.06	1.52
Negative Personal Habits and Appearance	43	.34	.35*	37	.61	.73**	-1.55
Positive Behavior About Employment-Education	43	.26	.27	37	.32	.41*	-0.27
Negative Behavior About Employment-Education	43	.51	.52**	37	.25	.29	1.33
Positive Self and Spouse Independence	43	.38	.44**	37	.23	.29	0.72
Negative Self and Spouse Independence	43	.31	.35*	37	.35	.40**	-0.16
Positive Sexual Behavior	43	.64	.65**	37	.54	.55**	0.64
Negative Sexual Behavior	43	.37	.41**	37	.46	.51**	-0.49

Notes. * $p < .05$, ** $p < .01$

Table 13 Comparison of Distressed and Nondistressed Couples In Terms of Correlation Coefficients between self and spouse reports of Emotional Impact of Positive and Negative Marital Behavior Frequency

Subscale	Nondistressed Couples			Distressed Couples			<i>r-to-ζ value</i>
	<i>N</i>	<i>PCC</i>	<i>ICC</i>	<i>N</i>	<i>PCC</i>	<i>ICC</i>	
Affection	43	.52	.58**	37	.50	.51**	0.11
Companionship	43	.51	.54**	37	.18	.20	1.62
Positive Consideration	43	.54	.58**	37	.23	.24	1.55
Negative Consideration	43	.42	.43**	37	.24	.32	.90
Positive Communication	43	.52	.56**	37	.19	.20	1.65
Negative Communication	43	-.06	-.02	37	.30	.31	-1.59
Positive Coupling Activities	43	.43	.43**	37	.28	.30	0.71
Negative Coupling Activities	43	.48	.50**	37	.29	.32	0.94
Positive Childcare and Parenting	23	.40	.46*	28	.24	.27	0.56
Negative Childcare and Parenting	23	.31	.43*	28	.04	.06	0.95
Positive Household Management	43	.30	.32*	37	.27	.27	0.15
Negative Household Management	43	.44	.44**	37	.25	.27	0.93
Positive Financial Decision Making	43	.61	.61**	37	.21	.22	2.10*
Negative Financial Decision Making	43	.34	.37*	37	.36	.38*	-0.10
Positive Personal Habits and Appearance	43	.32	.32*	37	.15	.17	0.74
Negative Personal Habits and Appearance	43	.69	.70**	37	.37	.39*	2.01*
Positive Behavior About Employment-Education	43	.37	.40**	37	.10	.11	1.25
Negative Behavior About Employment-Education	43	.43	.44**	37	.21	.22	1.09
Positive Self and Spouse Independence	43	.47	.54**	37	.04	.10	2.04*
Negative Self and Spouse Independence	43	.22	.29	37	.00	.09	0.95
Positive Sexual Behavior	43	.44	.46**	37	.58	.58**	-0.78
Negative Sexual Behavior	43	.37	.37*	37	.20	.24	.81

Notes. * $p < .05$, ** $p < .01$

4.3.3 Comparison of Distressed and Nondistressed Couples in terms of Spousal Accuracy in Reports of Attributed Importance to Positive and Negative Marital Behavior

Partial pairwise intraclass correlation coefficients for spouses' reports of attributed importance to positive and negative marital behavior ranged from .18 to .65 for the nondistressed couple sample and from .03 to .55 for the distressed couple sample. Calculated significance levels of partial pairwise intraclass correlation coefficients yielded nondistressed couples' reports of attributed importance on 21 out of 22 marital behavior areas was significantly associated and distressed couples' reports of attributed importance on 6 out of 22 behavior areas was significantly associated. Preacher (2002, May)'s calculator for the test of the difference between two independent correlation coefficients indicated Pearson correlation coefficients of nondistressed couples differed from distressed couples for marital behavior areas of Positive Personal Habits and Appearance ($z = 3.15$), Negative Personal Habits and Appearance ($z = 3.19$), Positive Behavior About Employment-Education ($z = 2.00$), Negative Behavior About Employment-Education ($z = 3.95$) and Positive Self and Spouse Independence ($z = 2.25$). Nondistressed couples were more accurate in their reports of attributed importance than distressed couples in all five of these marital behavior areas. Table 14 shows comparison of distressed and nondistressed couples in terms of correlation coefficients between self and spouse reports for attributed importance to positive and negative marital behavior and z-values transformed to compare two couple samples' correlation coefficients.

Table 14 *Comparison of Distressed and Nondistressed Couples In Terms of Correlation Coefficients between self and spouse reports for Attributed Importance to Positive and Negative Marital Behavior*

Subscale	Nondistressed Couples			Distressed Couples			<i>r-to-χ value</i>
	<i>N</i>	<i>PCC</i>	<i>ICC</i>	<i>N</i>	<i>PCC</i>	<i>ICC</i>	
Affection	43	.50	.52**	37	.30	.32	1.03
Companionship	43	.41	.47**	37	.49	.55**	-0.41
Positive Consideration	43	.47	.51**	37	.42	.42**	0.28
Negative Consideration	43	.35	.39**	37	.22	.25	0.60
Positive Communication	43	.46	.47**	37	.41	.43**	0.29
Negative Communication	43	.13	.18	37	.30	.33*	-0.77
Positive Coupling Activities	43	.37	.38*	37	.33	.33*	0.21
Negative Coupling Activities	43	.28	.36*	37	.03	.10	1.08
Positive Childcare and Parenting	23	.47	.53*	28	.26	.26	0.83
Negative Childcare and Parenting	23	.34	.43*	28	-.08	-.03	1.4
Positive Household Management	43	.34	.34*	37	.47	.47**	-.67
Negative Household Management	43	.47	.49**	37	.08	.10	1.86
Positive Financial Decision Making	43	.57	.58**	37	.21	.26	1.87
Negative Financial Decision Making	43	.43	.43**	37	.08	.12	1.64
Positive Personal Habits and Appearance	43	.57	.57**	37	-.09	-.06	3.15**
Negative Personal Habits and Appearance	43	.63	.65**	37	.001	.02	3.19**
Positive Behavior About Employment-Education	43	.63**	.63**	37	.26	.30	2.00*
Negative Behavior About Employment-Education	43	.64	.64**	37	-.17	-.11	3.95***
Positive Self and Spouse Independence	43	.52	.52**	37	.05	.06	2.25*
Negative Self and Spouse Independence	43	.34	.38*	37	-.02	.03	1.61
Positive Sexual Behavior	43	.39	.41**	37	.03	.04	1.60
Negative Sexual Behavior	43	.32	.37*	37	.10	.14	0.99

Notes. * $p < .05$, ** $p < .01$

4.4 Effects of Reporter's Point of View, Marital Adjustment and Gender on Three Different Evaluations of Positive and Negative Behavior

In order to explore 4th, 5th, 6th, 7th and 8th aims of the study, 6 2X2X2 (Reporter's point of view X Marital Adjustment X Gender) Repeated Measures MANOVAs were conducted. In all of those 6 Repeated MANOVAs dyad was the unit of analysis. Reporter's point of view was the within subjects (repeated) factor since each spouse within the dyad reported on the same variables but from two different spouse perspectives. Self-reports and spouse-reports were the two different levels of repeated factor. Gender was a between subjects factor indicating which spouse's behavior, emotion or attributed importance had been reported; husband's or wife's. Marital Adjustment was the second between subjects factor having two levels: distressed and nondistressed. The dependent variables or repeated measures were three separate evaluations on 18 categories of behavior 10 of them being negative and 8 of them being positive. Reports of 10 different positive marital behavior areas in terms of frequency, emotional impact and importance were used as dependent variables in three different Repeated Measures MANOVAs and similarly reports of 8 different negative marital behavior areas in terms of frequency, emotional impact and importance were entered in three separate Repeated Measures MANOVAs.

Prior to analyses multivariate assumptions of grouped data were tested. Entrance of three different evaluations (frequency, emotional impact and attributed importance) of 18 marital behavior categories in three separate regression analysis yielded all regression analysis with condition index greater than 30 and eigenvalues approaching

zero indicating multicollinearity existed among the dependent variables. Both to overcome multicollinearity and in order to meet the requirement that the dependent variables should not exceed the cases in a cell in analysis of variance; positive and negative behavior categories were entered in separate Repeated Measures MANOVAs.

The sample proportion of the smallest cell to the largest cell was greater than $\frac{1}{4}$ ($18 / 25 = .72$) and for all of the DVs in any of the 6 MANOVAs smallest to largest variance proportion was not as small as 1:10 (Tabachnick & Fidell, 2000). Therefore, homogeneity of variance-covariance matrices assumption was also met.

In sections 4.4.1, 4.4.2 and 4.4.3 effects on three different evaluations of marital behavior are reported and reported effect of reporter's point of view reveals exploration of 4th study aim, reported interaction effect of reporter's point of view and marital adjustment reveals 5th study aim, reported effect of marital adjustment reveals exploration of 6th study aim, reported effect of gender reveals exploration of 7th study aim and reported interaction effect of gender and marital adjustment reveals 8th study aim.

4.4.1 Effects of Reporter's Point of View, Marital Adjustment and Gender on Positive and Negative Marital Behavior Frequency

4.4.1.1 Effects of Reporter's Point of View, Marital Adjustment and Gender on Positive Marital Behavior Frequency

Results of 2 X 2 X 2 Repeated Measures MANOVA indicated all three main effects were significant for combined positive marital behavior score; F value of Wilks' Lambda criterion with $F(10, 67) = 2.77, p < .01$ for reporter's point of view, F value of Wilks' Lambda criterion with $F(10, 67) = 3.21, p < .01$ for marital adjustment and for gender F value of Wilks' Lambda criterion was $F(10, 67) = 4.84, p < .001$. There were also a significant interaction effect of gender and marital adjustment on the combined scores of positive marital behavior with $F(10, 67) = 2.17, p < .05$. There were no significant interaction effect of reporter's point of view and marital adjustment, $F(10, 67) = 0.87, ns$ or reporter's point of view and gender, $F(10, 67) = 1.84, ns$ as within subjects effects on positive marital behavior frequency.

Univariate within subjects tests revealed significant main effect of reporter's point of view on three positive marital behavior areas which are affectional behavior, $F(1, 76) = 4.46, p < .05$; companionship, $F(1, 76) = 4.16, p < .05$ and positive household management behavior $F(1, 76) = 4.19, p < .05$. Seven out of 10 positive marital behavior areas did not differ according to reporter being self or spouse. Positive behavior areas on which reporter's point of view did not have significant effect are consideration ($F(1, 76) = 3.08, ns$), communication ($F(1, 76) = 1.96, ns$), coupling activities ($F(1, 76) = 0.06, ns$), financial decision making ($F(1, 76) = 1.75, ns$), personal habits and appearance ($F(1, 76) = .87, ns$), self and spouse independence ($F(1, 76) = .08, ns$) and positive sexual behavior ($F(1, 76) = .00, ns$). Individuals who are reporting on their own behavior reported significantly higher levels of positive affectional behavior ($M = 54.48, SD = 1.13$), companionship ($M = 144.27, SD = 4.00$) and household management behavior ($M = 156.71, SD = 3.26$) compared to

their spouses' reports of their affectional behavior ($M = 52.39$, $SD = 1.21$), companionship ($M = 135.70$, $SD = 4.51$) and their household management behavior ($M = 149.41$, $SD = 3.03$).

Univariate between subjects tests showed significant main effect of marital adjustment on affectional behavior, $F(1, 76) = 21.61$, $p < .001$; companionship, $F(1, 76) = 6.19$, $p < .05$; consideration, $F(1, 76) = 18.38$, $p < .001$; communication $F(1, 76) = 13.63$, $p < .001$; financial decision making, $F(1, 76) = 5.44$, $p < .05$; personal habits and appearance $F(1, 76) = 8.72$, $p < .01$ and positive sexual behavior $F(1, 76) = 13.55$, $p < .001$. Main effect of marital adjustment on self and spouse independence although not significant was near the significance level with $F(1, 76) = 3.91$, $p = .052$. Marital adjustment groups did not differ in scores of two positive marital behavior areas which were coupling activities $F(1, 76) = 2.97$, ns and household management $F(1, 76) = .67$, ns . Couples' scores of self and spouse reports combined by Repeated Measures MANOVA revealed that distressed spouses enact lower levels of positive marital behaviors in areas of affectional behavior ($M = 48.48$, $SD = 1.55$), companionship ($M = 130.76$, $SD = 5.40$), consideration ($M = 195.74$, $SD = 5.54$), communication ($M = 75.36$, $SD = 2.38$), financial decision making ($M = 53.44$, $SD = 1.86$), personal habits and appearance ($M = 20.71$, $SD = 0.55$) and sexual behavior ($M = 55.99$, $SD = 1.85$) compared to nondistressed spouses' combined scores on positive behaviors of affectional behavior ($M = 58.38$, $SD = 1.46$), companionship ($M = 149.21$, $SD = 5.08$), consideration ($M = 228.33$, $SD = 5.21$), communication ($M = 87.43$, $SD = 2.24$), financial decision making ($M = 59.39$, $SD = 1.75$), personal

habits and appearance ($M = 22.94$, $SD = 0.52$) and sexual behavior ($M = 65.33$, $SD = 1.74$).

Main effect of gender on positive marital behavior areas revealed by univariate between subjects tests was significant for only household management $F(1, 76) = 19.70$, $p < .001$ and sexual behavior $F(1, 76) = 6.41$, $p < .01$. Combined scores of reported positive wife behavior on household management was ($M = 164.58$, $SD = 3.56$) significantly greater than husband's scores ($M = 141.54$, $SD = 3.78$) and combined scores of husbands' positive sexual behavior ($M = 63.87$, $SD = 1.85$) was greater than wife's scores ($M = 57.45$, $SD = 1.74$).

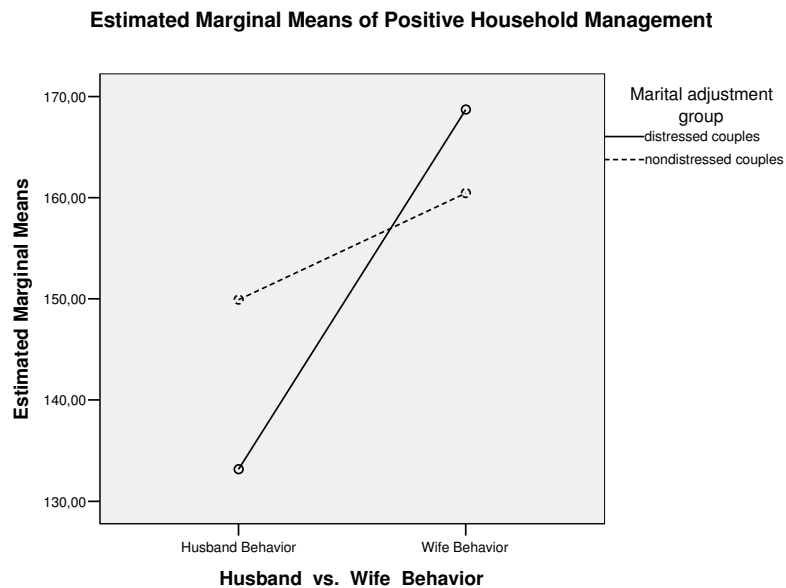


Figure 1 Interaction effect of gender and marital adjustment on household management behavior frequency

Univariate tests showed significant interaction effect of gender and marital adjustment on one positive behavior area which is household management behavior $F(1, 76) = 5.80, p < .05$. Figure 1 shows the profile plot indicating interaction effect of gender and marital adjustment on household management behavior frequency. Two separate independent sample t tests performed for the distressed and nondistressed couples comparing the average positive household management behavior frequency of husbands and wives. The results pointed out that distressed spouses did not significantly differ in levels of reported spouse household management behavior ($t(41) = -.49, ns$) according to wife behavior is reported ($M = 160.45, SD = 4.60$) or husband behavior is reported ($M = 149.92, SD = 5.42$). On the other hand distressed group of spouses significantly differed in reported positive household management behavior according to gender of the actor of the behavior, $t(35) = -3.6, p < .001$. Distressed husbands were reported to perform significantly lower levels of positive household management behavior ($M = 133.16, SD = 5.28$) compared to distressed wives ($M = 168.71, SD = 5.42$). Moreover, two separate independent sample t tests performed for the husbands and wives comparing the positive household management behavior frequency of distressed and nondistressed spouses and the results showed that neither distressed and nondistressed husbands, $t(35) = -1.92, ns$ nor distressed and nondistressed wives, $t(41) = 1.37, ns$ did not differ in terms of frequency of positive household management behavior relying on average scores reported by both spouses.

4.4.1.2 Effects of Reporter's Point of View, Marital Adjustment and Gender on Negative Marital Behavior Frequency

A 2 X 2 X 2 Repeated Measures MANOVA with reporter's point of view as the within subjects factor, gender and marital adjustment as between subjects factors was performed to reveal factors' effects on negative marital behavior frequency. Depending on F value of Wilks' Lambda criterion, MANOVA revealed significant main effects of reporter's point of view, $F(8, 69) = 4.87, p < .001$ and marital adjustment, $F(8, 69) = 6.09, p < .001$ on the scores of negative marital behavior areas. There were no significant interaction effect of reporter's point of view and marital adjustment, $F(8, 69) = 1.10, ns$ or reporter's point of view and gender, $F(8, 69) = 1.56, ns$ as within subjects effects, and no significant interaction effect of marital adjustment and gender, $F(8, 69) = 0.73, ns$ as between subjects effect.

Univariate within subjects tests indicated significant main effect of reporter's point of view on negative behavior categories of consideration, $F(1, 76) = 8.25, p < .01$; personal habits and appearance, $F(1, 76) = 7.63, p < .01$; and sexual behavior $F(1, 76) = 5.65, p < .05$. Spouses who reported on their partners' behavior reported significantly more negative behaviors in areas of consideration (spouse report $M = 76.98, SD = 2.47$; self-report $M = 69.68, SD = 2.15$) and personal habits and appearance (spouse report $M = 62.07, SD = 2.18$; self-report $M = 56.96, SD = 1.79$) than their partners' own self-reports and conversely self-reporter spouses reported they enacted significantly higher levels of negative sexual behaviors ($M = 20.01, SD$

= 0.78) than their spouse-reporter partners reported about their behavior ($M = 18.15$, $SD = 0.71$).

Univariate between subjects tests were all significant showing main effect of marital adjustment on negative marital behavior related to areas of consideration, $F(1, 76) = 28.09$, $p < .001$; communication $F(1, 76) = 28.13$, $p < .001$; coupling activities $F(1, 76) = 36.87$, $p < .001$; household management $F(1, 76) = 10.82$, $p < .01$; financial decision making, $F(1, 76) = 7.06$, $p < .05$; personal habits and appearance $F(1, 76) = 7.51$, $p < .01$; self and spouse independence, $F(1, 76) = 19.96$, $p < .001$ and positive sexual behavior $F(1, 76) = 12.36$, $p < .01$. Distressed spouses were significantly more likely to enact negative marital behavior than nondistressed spouses in all 8 categories of negative marital behavior which were consideration (distressed $M = 83.55$, $SD = 2.81$; nondistressed $M = 63.10$, $SD = 2.64$); communication (distressed $M = 23.37$, $SD = 0.90$; nondistressed $M = 15.77$, $SD = 0.84$); coupling activities (distressed $M = 34.32$, $SD = 1.25$; nondistressed $M = 23.93$, $SD = 1.17$); household management (distressed $M = 31.85$, $SD = 1.27$; nondistressed $M = 26.12$, $SD = 1.19$); financial decision making (distressed $M = 22.04$, $SD = 1.01$; nondistressed $M = 18.37$, $SD = 0.94$); personal habits and appearance (distressed $M = 64.43$, $SD = 2.57$; nondistressed $M = 54.60$, $SD = 2.42$); self and spouse independence (distressed $M = 18.30$, $SD = 0.78$; nondistressed $M = 13.55$, $SD = 0.73$) and sexual behavior (distressed $M = 21.30$, $SD = 0.92$; nondistressed $M = 16.86$, $SD = 0.87$).

4.4.2 Effects of Reporter's Point of View, Marital Adjustment and Gender on Emotional Impact of Positive and Negative Marital Behavior

4.4.2.1 Effects of Reporter's Point of View, Marital Adjustment and Gender on Emotional Impact of Positive Marital Behavior

The third 2X2X2 Repeated Measures MANOVA indicated significant main effect of reporter's point of view as within subjects factor with F value of Wilks' Lambda criterion $F(10, 67) = 2.56, p < .05$ and significant main effect of marital adjustment as between subjects factor with F value of Wilks' Lambda criterion $F(10, 67) = 2.79, p < .01$ on emotional impact of positive marital behavior. Results did not reveal significant main effect of gender, $F(10, 67) = 1.02, ns$ on emotional impact of positive marital behavior. There were no significant interaction effect of reporter's point of view and marital adjustment, $F(10, 67) = 0.35, ns$ or reporter's point of view and gender, $F(10, 67) = 1.23, ns$ as within subjects effects, and no significant interaction effect of marital adjustment and gender, $F(10, 67) = 1.84, ns$ as between subjects effect on emotional impact of positive marital behavior.

Univariate F tests showed that only one positive marital behavior area's emotional impact score significantly contributed to the multivariate effect of reporter's point of view which is self and spouse independence, $F(1, 76) = 10.86, p < .01$.

Univariate F tests performed subsequent to main effect of marital adjustment revealed significant effects on 9 out of 10 positive marital behavior categories'

combined emotional impact scores which were affectional behavior, $F(1, 76) = 13.14, p < .01$; companionship $F(1, 76) = 7.53, p < .01$; consideration, $F(1, 76) = 9.68, p < .01$; communication $F(1, 76) = 14.56, p < .001$; coupling activities $F(1, 76) = 14.14, p < .001$; household management $F(1, 76) = 4.84, p < .05$; financial decision making, $F(1, 76) = 7.60, p < .01$; personal habits and appearance $F(1, 76) = 12.46, p < .01$ and positive sexual behavior $F(1, 76) = 20.00, p < .001$. Emotional impact scores on self and spouse independence did not differ between distressed and nondistressed couples, $F(1, 76) = 0.12, ns$.

Spouses who reported their own recalled emotions regarding their partners' positive self and spouse independence behavior (self-reporter $M = 6.32, SD = 0.90$) reported significantly higher levels of positive emotional impact compared to their partners' ratings (spouse reporter $M = 2.94, SD = .97$) about their emotions.

Nondistressed couples' combined scores on one spouse's perceived emotional impact regarding other spouse's behavior were significantly greater than distressed couples' in positive marital behavior categories of affectional behavior (nondistressed $M = 24.95, SD = 1.02$; distressed $M = 19.53, SD = 1.09$); companionship (nondistressed $M = 60.51, SD = 4.25$; distressed $M = 43.50, SD = 4.52$); consideration (nondistressed $M = 98.61, SD = 4.34$; distressed $M = 78.90, SD = 4.62$); communication (nondistressed $M = 36.92, SD = 1.70$; distressed $M = 27.44, SD = 1.81$); coupling activities (nondistressed $M = 23.09, SD = 1.33$; distressed $M = 15.78, SD = 1.42$); household management (nondistressed $M = 55.12, SD = 3.04$; distressed $M = 45.37, SD = 3.23$); financial decision making (nondistressed $M =$

24.29, $SD = 1.27$; distressed $M = 19.19$, $SD = 1.35$); personal habits and appearance (nondistressed $M = 8.99$, $SD = 0.44$; distressed $M = 6.75$, $SD = 0.46$); and sexual behavior (nondistressed $M = 30.35$, $SD = 1.23$; distressed $M = 22.34$, $SD = 1.31$).

4.4.2.2 Effects of Reporter's Point of View, Marital Adjustment and Gender on Emotional Impact of Negative Marital Behavior

Fourth performed 2X2X2 Repeated Measures MANOVA revealed significant main effect of reporter's point of view, $F(8, 69) = 4.64$, $p < .001$; and significant interaction effect of gender and reporter's point of view, $F(8, 69) = 2.30$, $p < .05$ as within subjects effects with F values of Wilks' Lambda criterion. Results did not show any significant main effect of marital adjustment, $F(8, 69) = 1.62$, *ns* or gender, $F(8, 69) = 1.77$, *ns* as between subjects factors on emotional impact scores of negative marital behavior areas. There were also no significant interaction effect of marital adjustment and reporter's point of view, $F(8, 69) = 0.66$, *ns* as within subjects effect and no significant interaction effect of marital adjustment and gender, $F(8, 69) = 1.04$, *ns* as between subjects effect.

Univariate within subjects tests following multivariate effect of reporter's point of view on negative emotional impact of marital behavior revealed significant main effect on only 1 out of 8 negative marital behavior categories' emotional impact scores which was self and spouse independence, $F(1, 76) = 4.44$, $p < .05$. Spouses who reported on their own emotions regarding negative self and spouse independence behaviors of their partners accounted significantly lower negative

emotional impact scores ($M = -10.14$, $SD = 0.73$) than their partners who reported on their spouses' emotions ($M = -8.07$, $SD = 0.81$).

Univariate tests showed significant interaction effect of reporter's point of view and gender on two negative behavior areas which are consideration behavior, $F(1, 76) = 4.32$, $p < .05$ and self and spouse independence, $F(1, 76) = 9.64$, $p < .01$. Figure 2 shows the profile plot indicating interaction effect of reporter's point of view and gender on emotional impact of negative consideration behavior and Figure 3 presents the profile plot revealing interaction effect of reporter's point of view and gender on emotional impact of negative behavior about self and spouse independence. Results of two separate independent sample t tests performed for the emotional impact of negative consideration behavior on wives and husbands comparing self and spouse reports revealed that husbands' predictions about emotional impact of negative consideration behavior on their wives did not differ from their wives' actual ratings ($t(72) = -0.12$, *ns*), however wives predicted the emotional impact of negative behavior on their husbands to be more negative ($M = -42.64$, $SD = 21.04$) than it is actually reported by husbands themselves ($M = -30.40$, $SD = 27.97$), $t(84) = 2.29$, $p < .05$. Results of two separate independent sample t tests performed for the emotional impact of negative self and spouse independence behavior on wives and husbands showed that the husbands' predictions of emotional impact of negative self and spouse independence behavior on their wives to be less negative ($M = -7.24$, $SD = 7.82$) compared to their wives' actual emotional impact ratings ($M = -12.36$, $SD = 6.03$), $t(72) = -3.16$, $p < .01$; whereas wives' predictions on their husbands'

emotional impact ratings did not differ from their husbands' own emotional impact ratings about negative self and spouse independence behavior, $t(84) = 0.62, ns$.

Results of two separate independent sample t tests performed for the self-reported and spouse reported emotional impact of negative consideration behavior comparing wives and husbands indicated that wives' and husbands' perceived emotional impact of negative consideration behavior did not differ neither by relying on self-reports, $t(78) = -1.74, ns$ nor by relying on spouse reports, $t(78) = 0.27, ns$. Results of two separate independent sample t tests performed for the self-reported and spouse reported emotional impact of negative self and spouse independence behavior comparing wives and husbands indicated that emotional impact of partner negative self and spouse independence behavior was greater on self-reporting wives ($M = -12.37, SD = 6.03$) compared to self-reporting husbands ($M = -8.11, SD = 6.95$), $t(78) = -2.90, p < .01$; whereas spouse reported emotional of self and spouse independence behavior on partner did not differ in terms of gender of the spouse, $t(78) = 1.10, ns$.

4.4.3 Effects of Reporter's Point of View, Marital Adjustment and Gender on Attributed Importance to Positive and Negative Marital Behavior

4.4.3.1 Effects of Reporter's Point of View, Marital Adjustment and Gender on Attributed Importance to Positive Marital Behavior

2X2X2 Repeated Measures MANOVA results revealed no significant main effect of reporter's point of view as repeated (within subjects) factor on one spouse's

attributes of importance to positive marital behavior areas reported by both spouses, $F(10, 67) = 1.16, ns$. Estimated means for self and spouse reports' average scores of attributed importance to positive marital behavior areas did not differ according to gender as between subjects factors, $F(10, 67) = 1.47, ns$; however between subject marital adjustment factor had a significant main effect, $F(10, 67) = 2.50, p < .05$. None of the interaction effects were significant: neither two within subjects interaction effects of reporter's point of view and marital adjustment, $F(10, 67) = 0.51, ns$ and reporter's point of view and gender, $F(10, 67) = 0.77, ns$ nor between subjects interaction effect of gender and marital adjustment, $F(10, 67) = 0.91, ns$ did not have a significant interaction effect.

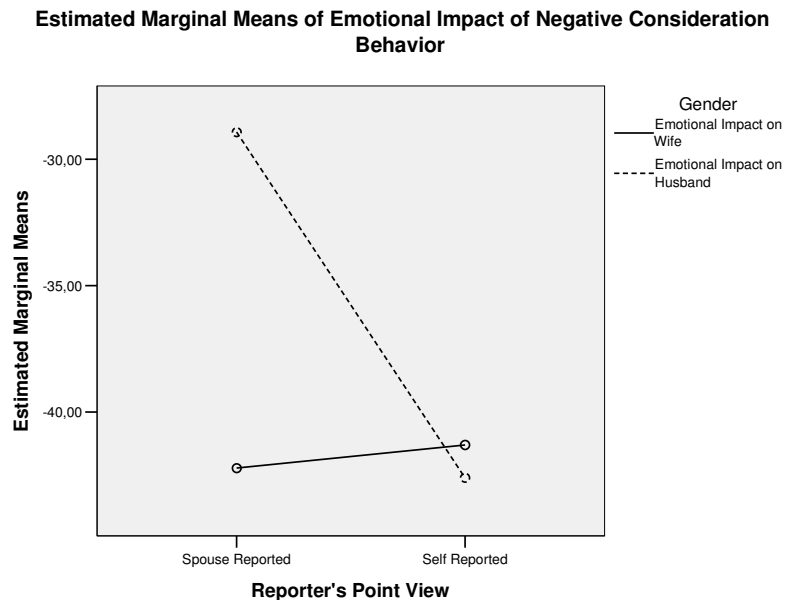


Figure 2 Interaction Effect of Reporter's Point of View and Gender on Emotional Impact of Negative Consideration Behavior

Estimated Marginal Means of Emotional Impact of Negative Behavior About Self and Spouse Independence

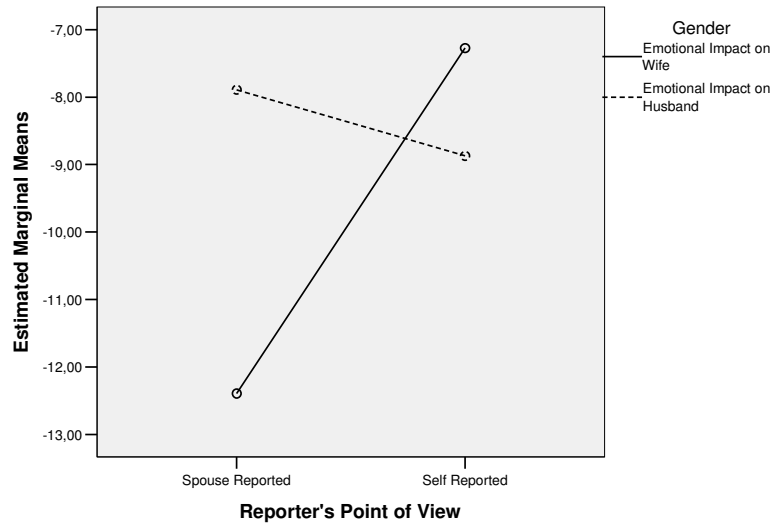


Figure 3 Interaction Effect of Reporter's Point of View and Gender on Emotional Impact of Negative Behavior about Self and Spouse Independence

Marital adjustment's univariate effect on average reported importance attributes related to 7 out of 10 marital behavior areas significantly contributed to the multivariate significance. Those marital behavior areas were affectional behavior, $F(1, 76) = 10.25, p < .01$; companionship, $F(1, 76) = 5.73, p < .05$; consideration, $F(1, 76) = 5.11, p < .05$; communication, $F(1, 76) = 9.03, p < .01$; coupling activities, $F(1, 76) = 10.34, p < .01$; personal habits and appearance, $F(1, 76) = 11.15, p < .01$; and sexual behavior, $F(1, 76) = 10.29, p < .01$. Average scores of nondistressed couples' reports on one spouse's attributes of importance regarding other spouse's positive affectional behavior (nondistressed $M = 24.42, SD = 1.01$; distressed $M = 19.73, SD = 1.07$); companionship (nondistressed $M = 54.04, SD = 4.43$; distressed $M = 38.54, SD = 4.72$); consideration (nondistressed $M = 96.24, SD = 3.76$; distressed $M =$

83.84, $SD = 4.00$); communication (nondistressed $M = 40.13$, $SD = 1.66$; distressed $M = 32.83$, $SD = 1.77$); coupling activities (nondistressed $M = 24.39$, $SD = 1.36$; distressed $M = 18.00$, $SD = 1.45$); personal habits and appearance (nondistressed $M = 9.03$, $SD = 0.37$; distressed $M = 7.25$, $SD = 0.39$); and sexual behavior (nondistressed $M = 29.84$, $SD = 0.94$; distressed $M = 25.45$, $SD = 1.00$) was greater than distressed couples' averaged scores of attributed importance in those areas of positive marital behavior.

4.4.3.2 Effects of Reporter's Point of View, Marital Adjustment and Gender on Attributed Importance to Negative Marital Behavior

A 2X2X2 Repeated Measures MANOVA was performed to reveal the effects of reporter's point of view as within subjects (repeated) factor and marital adjustment and gender as between subjects factors on both spouse's reports of one spouse's attributes of importance related to other spouse's negative marital behavior; however results did not show any significant main effect of reporter's point of view, $F(8, 69) = 1.47$, *ns*; marital adjustment, $F(8, 69) = 1.78$, *ns*; or gender, $F(8, 69) = 1.17$, *ns*. Neither reporter's point of view with marital adjustment, $F(8, 69) = 0.57$, *ns* nor gender with marital adjustment, $F(8, 69) = 1.81$, *ns* did not have a significant interaction effect on attributed importance to positive marital behavior. Only significant effect on attributes of importance of negative marital behavior was interaction effect of reporter's point of view and gender, $F(8, 69) = 2.14$, $p < .05$.

Univariate F tests revealed significant unique contribution of reporter's point of view and gender's interaction effect on only attributes of importance related to negative behavior about coupling activities, $F(1, 76) = 8.48, p < .01$.

Figure 4 shows the profile plot indicating interaction effect of reporter's point of view and gender on attributed importance to negative behavior about coupling activities. Two separate independent sample t tests performed for the attributed importance to negative behavior about coupling activities on wives and husbands comparing self and spouse reports and results showed that husbands predicted their wives' attributed importance to negative behavior about coupling activities to be less than ($M = 20.80, SD = 17.51$) their wives' actual ratings of attributed importance ($M = 28.20, SD = 10.21$), $t(72) = 2.22, p < .05$; whereas wives' predictions on their husbands' attributes of importance to negative behavior about coupling activities did not differ from their husbands' own ratings, $t(84) = -1.55, ns$. Results of two separate independent sample t tests performed for the self-reported and spouse reported attributed importance to negative behavior about coupling activities comparing wives and husbands indicated that self-reporting wives attributed more importance to their partners' negative behavior about coupling activities ($M = 28.20, SD = 10.21$) compared to self-reporting husbands ($M = 19.67, SD = 15.44$), $t(78) = 2.87, p < .01$; whereas spouse reported attributed importance to self and spouse independence behavior did not differ in terms of gender of the spouse, $t(78) = -1.05, ns$.

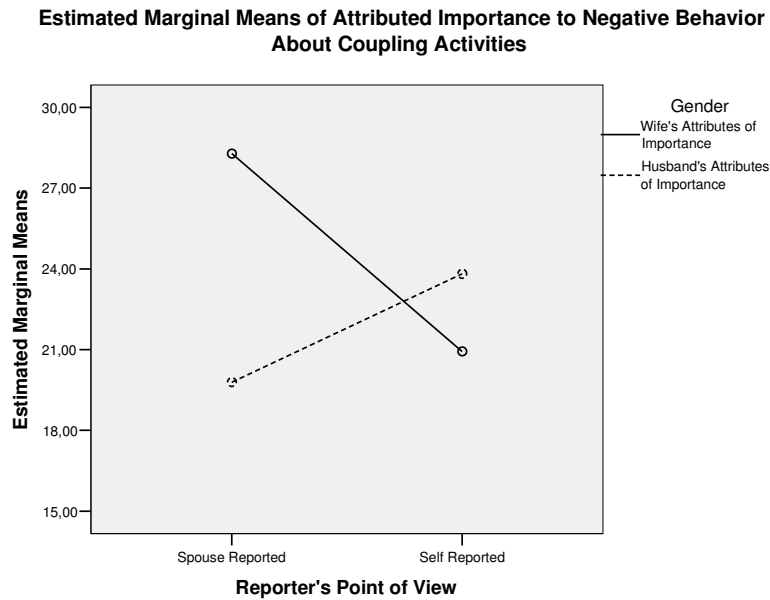


Figure 4 Interaction Effect of Reporter's Point of View and Gender on Attributed Importance to Negative Behavior About Coupling Activities

4.5 Roy-Bargmann Stepdown F Analysis of Effects of Marital Adjustment on Positive and Negative Marital Behavior Areas' Spouse Reported Frequencies and Controlling Variables of the Study

Because of intercorrelations among positive and negative marital behavior areas, Roy-Bargmann Stepdown F Analysis was conducted by controlling for the shared variance within marital behavior areas and between marital behavior areas and controlling variables (self report's positive and negative affect and spouse communication skills) in order to find which positive and negative marital behavior areas' frequencies are more important for marital adjustment (9th aim of the study).

In Roy-Bargmann Stepdown F tests shared variance is allocated according to the entrance order of the dependent variables. In particular, the first DV entered in the analysis is allocated its full variance, and subsequent DVs are allocated only their unique variance over the ones entered formerly. In the present study, controlling variables of the study - communication skills, positive affect and negative affect- were given priority and the marital behavior areas were ordered according to their strength of association with marital adjustment. By this analysis it was aimed to explore on which marital behavior areas marital adjustment have a significant unique effect. Section 4.5.1 gives the results of Roy-Bargmann Stepdown analysis for spouse report of positive marital behavior areas and section 4.5.2 indicates the results of Roy-Bargmann Stepdown analysis for spouse report of negative marital behavior areas.

4.5.1 Roy-Bargmann Stepdown F Analysis of Effects of Marital Adjustment on Positive Marital Behavior Areas' Spouse Reported Frequencies and Controlling Variables of the Study

Roy-Bargmann Stepdown Analysis was conducted to examine differences between distressed and nondistressed group of couples in terms of positive marital behavior areas after controlling for reporter's negative and positive affect and spouse's communication skills. Also with this analysis it was aimed to find which positive spouse behavior areas are more responsible for the significant main effect of marital adjustment (see section 4.4.1.1). Three controlling variables were entered formerly

and the order was determined by examining their correlations with marital adjustment which can be seen in Table 15.

Table 15 Results of Roy-Bargmann Stepdown F Analysis for Comparison of Distressed and Nondistressed Couples in terms of Positive Marital Behavior Areas

Variable	Correlation with MA	Univariate F	df	p of univariate F	Stepdown F	df	p of stepdown F
Controlling Variables							
Self negative affect	-.46**	6.10	1, 76	.016	6.10	1, 76	.016
Self positive affect	.37**	8.13	1, 76	.006	4.88	1, 75	.030
Spouse CS	.32**	7.87	1, 76	.006	5.23	1, 74	.025
PMB Areas							
Consideration	.57**	19.57	1, 76	.000	10.12	1, 73	.002
Affectional behavior	.54**	21.29	1, 76	.000	4.22	1, 72	.044
Companionship	.48**	5.95	1, 76	.017	.45	1, 71	.505
Communication	.41**	13.52	1, 76	.000	.82	1, 70	.368
Coupling activities	.32**	3.67	1, 76	.059	.06	1, 69	.801
Sexual behavior	.32**	10.63	1, 76	.002	1.13	1, 68	.291
Personal habits and appearance	.31**	5.12	1, 76	.027	.01	1, 67	.945
Financial decision making	.27*	4.22	1, 76	.043	1.11	1, 66	.296
Household management	.18	1.30	1, 76	.258	.70	1, 65	.406
Self and spouse independence	-.04	4.68	1, 76	.034	3.55	1, 64	.064

Note. MA=Marital Adjustment, CS=Communication Skills, PMB=Positive Marital Behavior

After the controlling variables, positive marital behavior areas were prioritized according to their correlations with marital adjustment from highest to lowest as; consideration, affectional behavior, companionship, communication, coupling activities, sexual behavior, personal habits and appearance, financial decision making, household management, self and spouse independence (see Table 15). Results of Roy-Bargmann Stepdown F Tests indicated that after the entrance of the highest priority controlling variable which was self negative affect, unique

contributions of secondly entered self positive affect ($F(1, 75) = 4.88, p < .05$) and thirdly entered spouse communication skills ($F(1, 74) = 5.23, p < .05$) were still significant. Among the 10 positive marital behavior areas, only consideration ($F(1, 73) = 10.12, p < .01$) and affectional behavior ($F(1, 72) = 4.22, p < .05$) had a unique contribution to the difference between distressed and nondistressed couples. Table 15 indicates correlations of marital adjustment with controlling variables and positive marital behavior areas, results of univariate F tests and Roy-Bargmann stepdown F tests.

4.5.2 Roy-Bargmann Stepdown F Analysis of Effects of Marital Adjustment on Negative Marital Behavior Areas' Spouse Reported Frequencies and Controlling Variables of the Study

Roy-Bargmann Stepdown Analysis was conducted to examine differences between distressed and nondistressed group of couples in terms of negative marital behavior areas after controlling for reporter's negative and positive affect and spouse's communication skills. Also it was aimed to explore further which negative spouse behavior areas uniquely contribute to the significant main effect of marital adjustment (see section 4.4.1.2). Three controlling variables were entered formerly and the order was determined by examining their correlations with marital adjustment which can be seen in Table 16. After the controlling variables, 8 negative marital behavior areas were ordered according to their correlations with marital adjustment from highest to lowest as; consideration, communication, coupling

activities, self and spouse independence, financial decision making, household management, sexual behavior and personal habits and appearance (see Table 16).

Table 16 Results of Roy-Bargmann Stepdown F Analysis for Comparison of Distressed and Nondistressed Couples in terms of Negative Marital Behavior Areas

Variable	Correlation with MA	Univariate F	df	p of univariate F	Stepdown F	df	p of stepdown F
Controlling Variables							
Self negative affect	-.46**	6.10	1, 76	.016	6.10	1, 76	.016
Self positive affect	.37**	8.13	1, 76	.006	4.88	1, 75	.030
Spouse CS	.32**	7.87	1, 76	.006	5.23	1, 74	.025
PMB Areas							
Consideration	-.60**	27.15	1, 76	.000	15.19	1, 73	.000
Communication	-.56**	28.07	1, 76	.000	2.15	1, 72	.147
Coupling activities	-.55**	34.96	1, 76	.000	2.84	1, 71	.096
Self and Spouse Independence	-.42**	24.04	1, 76	.000	3.50	1, 70	.066
Financial decision making	-.41**	8.97	1, 76	.004	3.18	1, 69	.079
Household management	-.36**	14.95	1, 76	.000	.65	1, 68	.423
Sexual Behavior	-.30**	9.29	1, 76	.003	.07	1, 67	.796
Personal Habits and Appearance	-.26**	8.16	1, 76	.006	.28	1, 66	.600

Note. MA=Marital Adjustment, CS=Communication Skills, PMB=Positive Marital Behavior

Results of Roy-Bargmann Stepdown F Tests showed that after the entrance of the highest priority controlling variable which was self negative affect, unique contributions of secondly entered self positive affect ($F(1, 75) = 4.88, p < .05$) and thirdly entered spouse communication skills ($F(1, 74) = 5.23, p < .05$) were still significant. Among the 8 negative marital behavior areas, only consideration ($F(1, 73) = 15.19, p < .001$) was responsible for the significant difference between distressed and nondistressed couples. Table 16 indicates correlations of marital adjustment with controlling variables and negative marital behavior areas, results of univariate F tests and Roy-Bargmann stepdown F tests.

4.6 Stepwise Multiple Regression Analysis on Marital Adjustment by Self and Spouse Reports of Marital Behavior

Areas' Frequency

4.6.1 Principal Component Analysis of Self and Spouse Reports of Positive and Negative Marital Behavior Areas' Frequencies

Principal component analysis was conducted to reduce highly correlated marital behavior areas to fewer underlying factors for the 10th aim of the study. Self and spouse reports regarding one spouse's behavior were included in the analysis together. Principal component analysis of self and spouse reported subscale scores of marital behavior frequency by varimax rotation and eigenvalues greater than 1 revealed 9 components. These 9 components accounted for the 78.93% of the total variance. After the extraction communalities ranged from .66 to .86 and the analysis revealed KMO value of .75. Table 17 presents rotated component matrix of self and spouse reports of one spouse's marital behavior in 18 different areas.

The first component (F1) was named as "self report of negative marital behavior" and composed of 9 marital behavior areas' self reported subscale scores which were negative consideration behavior, negative coupling activities, negative communication behavior, negative behavior about financial decision making, negative behavior about self and spouse independence, negative household management behavior, negative behavior about personal habits and appearance and negative sexual behavior. The first component explained 14.67% of the overall variance and had an eigenvalue of 5.28.

The second component (F2) named as “spouse report of negative marital behavior” included 7 marital behavior areas’ spouse reported subscale scores which were negative behavior about financial decision making, negative coupling activities, negative communication, negative consideration, negative behavior about self and spouse independence, negative household management behavior and negative behavior about personal habits and appearance. The second component accounted for the 13.65% of the total variance and had an eigenvalue of 4.91.

The third component (F3) was named “spouse report of positive marital behavior” which included 6 subscale scores of spouse reported marital behavior areas of positive coupling activities, positive behavior about financial decision making, positive communication behavior, companionship, positive personal habits and appearance and positive consideration behavior. The third component explained 11.52 % of the overall variance and had an eigenvalue of 4.15.

The fourth component (F4) named as “self report of positive marital behavior” composed of 5 subscale scores of self reported marital behavior areas of positive behavior about financial decision making, positive personal habits and appearance, communication behavior, consideration behavior and sexual behavior. The fourth component accounted for the 11.05 % of the total variance and had an eigenvalue of 3.98.

Table 17 Rotated Component Matrix of Self and Spouse Reports of One Spouse's Marital Behavior (36 variables) with Varimax Rotation

	Component								
	F1	F2	F3	F4	F5	F6	F7	F8	F9
Self Report of negative consideration behavior (reversed)	,875								
Self Report of negative coupling activities (reversed)	,852								
Self Report of negative communication behavior (reversed)	,823	,301							
Self Report of negative behavior about financial decision making (reversed)	,804								
Self Report of negative behavior about self and spouse independence (reversed)	,765								
Self Report of negative household management behavior (reversed)	,740					,315			
Self Report of negative behavior about personal habits and appearance (reversed)	,620					,588			
Self Report of negative sexual behavior (reversed)	,503				,478	,354			
Spouse report of negative behavior about financial decision making (reversed)		,846							
Spouse report of negative coupling activities (reversed)		,827							
Spouse report of negative communication (reversed)		,815							
Spouse report of negative consideration (reversed)	,329	,733			,329				
Spouse report of negative behavior about self and spouse independence (reversed)		,716							
Spouse report of negative household management behavior (reversed)		,710				,313			
Spouse report of negative behavior about personal habits and appearance (reversed)	,335	,587				,519			
Spouse report of positive coupling activities			,855						
Spouse report of positive behavior about financial decision making			,833						
Spouse report of positive communication behavior			,788						
Spouse report of companionship			,668		,341		,346		
Spouse report of positive personal habits and appearance			,639			,466			
Spouse report of positive consideration behavior			,589		,499			,350	
Self Report of positive behavior about financial decision making				,834					
Self Report of positive personal habits and appearance		,318		,728					
Self Report of positive communication behavior				,718					
Self Report of positive consideration behavior				,707	,338			,346	
Self Report of positive sexual behavior				,570	,532	,348			
Spouse report of affectional behavior		,332	,367		,709				
Self Report of affectional behavior				,440	,660		,328		
Spouse report of positive sexual behavior					,532	,493			
Spouse report of negative sexual behavior (reversed)		,395				,776			
Self Report of companionship				,303			,743		
Self Report of positive coupling activities				,522			,695		
Spouse report of positive household management behavior			,565					,713	
Self Report of positive household management behavior				,541				,680	
Self Report of positive behavior about self and spouse independence									,757
Spouse Report of positive behavior about self and spouse independence		-,354							,746

The fifth component (F5) was named “self and spouse report of affectional behavior” and composed of three marital behavior subscale scores which were self and spouse reports of affectional behavior and spouse reported sexual behavior. Fifth component explained 8.02 % of the total variance and had an eigenvalue of 2.89.

The sixth component (F6) composed of only one self reported negative marital behavior area which was negative sexual behavior. This component explained 6.47% of the total variance and had an eigenvalue of 2.33. The sixth component was excluded from further analysis because only one variable loaded on this factor and one variable was not enough for a factor to exist.

The seventh component (F7) named “self report of activities with spouse” which included 2 self reported marital behavior areas of companionship and positive coupling activities. The seventh component accounted for the 4.97% of the overall variance and had an eigenvalue of 1.79.

The eighth component (F8) named “self and spouse report of positive household management behavior” composed of 2 different reports (self and spouse) of same marital behavior area which was positive household management and explained 4.52% of the total variance. The eigenvalue for eighth component was 1.63.

The ninth (F9) component named as “self and spouse report of positive behavior about self and spouse independence” also included two different reports (self and spouse) of one marital behavior area. This component explained 4.07% of the overall

variance and had an eigenvalue of 1.46. Table 17 shows the rotated component matrix which indicates the factor loadings of variables greater than .30 for 9 components.

4.6.2 Reliability Analysis of Factors Revealed By Principal Component Analysis of Self and Spouse Reports of Marital Behavior Areas' Frequencies

All nine components found in principal component analysis of self and spouse reports of one spouse's marital behavior in different marital behavior areas were subjected to reliability analysis. The results of reliability analysis indicated α value of .88 for "self report of negative marital behavior" (F1), α value of .85 for "spouse report of negative marital behavior" (F2), α value of .78 for "spouse report of positive marital behavior" (F3), α value of .74 for "self report of positive marital behavior" (F4), α value of .80 for "self and spouse report of affectional behavior" (F5), α value of .59 for "self report of activities with spouse" (F7), α value of .63 for "self and spouse report of positive household management behavior" (F8) and α value of .48 for "self and spouse report of positive behavior about self and spouse independence" (F9). Alpha value for self reported negative marital behavior area (F6) could not be obtained because only one item loaded on this component. Among the 8 components that subjected to reliability analysis "self and spouse report of affectional behavior" (F5), "self report of activities with spouse" (F7), "self and spouse report of positive household management behavior" (F8) and "self and spouse report of positive behavior about self and spouse independence" (F9) was found to

have inadequate internal consistencies and therefore excluded from further analysis; leaving five factors for regression analysis.

4.6.3 Stepwise Multiple Regression Analysis on Marital Adjustment by Component Scores of Self and Spouse Reports of Positive, Negative and Affectional Marital Behavior

Two stepwise multiple regression analyses were used to investigate the relative strength of the marital behavior components obtained from principal component analysis of self and spouse reports of behavior (self report of negative marital behavior, spouse report of negative marital behavior, spouse report of positive marital behavior, self report of positive marital behavior and self and spouse report of affectional behavior) in predicting both self and spouse reporters' perceived marital adjustment (examination of second part of 10th study aim). In section 4.6.3.1 the criterion variable is spouse reporters' perceived marital adjustment and in section 4.6.3.2 1 the criterion variable is self-reporters' perceived marital adjustment.

4.6.3.1 Stepwise Multiple Regression Analysis on Spouse Reporter's Marital Adjustment by Component Scores of Self and Spouse Reports of of Positive, Negative and Affectional Marital Behavior

In the first stepwise regression equation criterion variable was perceived marital adjustment of partner reporting on spouse marital behavior and the predictors were component scores of self report of negative marital behavior, spouse report of

negative marital behavior, spouse report of positive marital behavior, self report of positive marital behavior and self and spouse report of affectional behavior. Stepwise Multiple Regression revealed 4 significant models, the final model ($F(4, 75) = 25.88, p < .01$) explained 56% of the variability in marital adjustment scores of spouse reporters and contained significant unique contribution of spouse report of negative marital behavior with 22%, self and spouse report of affectional behavior with 15%, spouse report of positive marital behavior with 13% and self report of negative marital behavior with 8%. Table 18 indicates the unstandardized regression coefficients (B), standardized regression coefficients (Beta), t values, partial correlation coefficients (pr), semial partial correlation coefficients (sr) and square of semial partial correlation coefficients (sr^2) of the variables and R^2 and adjusted R^2 values of the models.

Table 18 *Prediction of Spouse Reporter's Marital Adjustment from Component Scores of Self and Spouse Reports of Marital Behavior*

M	Components as predictors	B	SE	Beta	t	pr	sr	sr^2
1	Spouse report of NMB (C2)	8.57	1.84	.47	4.67**	.47	.47	.22
	$R^2 = .22$, Adjusted $R^2 = .21$							
2	Spouse report of NMB (C2)	8.57	1.66	.47	5.16**	.51	.47	.22
	Self and spouse report of AB (C5)	7.09	1.66	.39	4.27**	.44	.39	.15
	$R^2 = .37$, Adjusted $R^2 = .35$							
3	Spouse report of NMB (C2)	8.57	1.49	.47	5.76**	.55	.47	.22
	Self and spouse report of AB (C5)	7.09	1.49	.39	4.77**	.48	.39	.15
	Spouse report of PMB (C3)	6.66	1.49	.36	4.47**	.46	.36	.13
	$R^2 = .50$, Adjusted $R^2 = .48$							
4	Spouse report of NMB (C2)	8.57	1.37	.47	6.25**	.59	.47	.22
	Self and spouse report of AB (C5)	7.09	1.37	.39	5.17**	.51	.39	.15
	Spouse report of PMB (C3)	6.65	1.37	.36	4.85**	.49	.36	.13
	Self report of NMB (C1)	5.20	1.37	.28	3.79**	.40	.28	.08
	$R^2 = .58$, Adjusted $R^2 = .56$							

Notes. M is model, NMB = Negative Marital Behavior, AB = Affectional Behavior, PMB = Positive Marital Behavior, SE is stand error of B, pr is partial correlation coefficient, sr is semial partial correlation coefficient and sr^2 is the square of semial partial correlation coefficients.

** $p < .01$

4.6.3.2 Stepwise Multiple Regression Analysis on Self Reporter's Marital Adjustment by Component Scores of Self and Spouse Reports of Positive, Negative and Affectional Marital Behavior

In the second stepwise regression equation criterion variable was perceived marital adjustment of partners who reported on their own marital behavior and the predictors were component scores of self report of negative marital behavior, spouse report of negative marital behavior, spouse report of positive marital behavior, self report of positive marital behavior and self and spouse report of affectional behavior.

Table 19 Prediction of Self Reporter's Marital Adjustment from Component Scores of Self and Spouse Reports of Marital Behavior

M	Components as predictors	B	SE	Beta	t	pr	sr	sr ²
1	Self and spouse report of AB (C5)	7.22	1.78	.42	4.05**	.42	.42	.17
	R ² = .17, Adjusted R ² = .16							
2	Self and spouse report of AB (C5)	7.22	1.61	.42	4.49**	.46	.42	.17
	Spouse report of NMB (C2)	6.96	1.61	.40	4.32**	.44	.40	.16
	R ² = .34, Adjusted R ² = .32							
3	Self and spouse report of AB (C5)	7.22	1.48	.42	4.87**	.49	.42	.17
	Spouse report of NMB (C2)	6.96	1.48	.40	4.69**	.47	.40	.16
	Spouse report of PMB (C3)	5.72	1.48	.33	3.86**	.41	.33	.11
	R ² = .44, Adjusted R ² = .42							
4	Self and spouse report of AB (C5)	7.22	1.38	.42	5.24**	.52	.42	.17
	Spouse report of NMB (C2)	6.96	1.38	.40	5.05**	.50	.40	.16
	Spouse report of PMB (C3)	5.72	1.38	.33	4.15**	.43	.33	.11
	Self report of NMB (C1)	4.94	1.38	.29	3.59**	.38	.29	.08
	R ² = .53, Adjusted R ² = .50							
5	Self and spouse report of AB (C5)	7.22	1.33	.42	5.44**	.54	.42	.17
	Spouse report of NMB (C2)	6.96	1.33	.40	5.24**	.52	.40	.16
	Spouse report of PMB (C3)	5.72	1.33	.33	4.31**	.45	.33	.11
	Self report of NMB (C1)	4.94	1.33	.29	3.72**	.40	.29	.08
	Self report of PMB (C4)	3.50	1.33	.20	2.64**	.29	.20	.04
	R ² = .57, Adjusted R ² = .54							

Notes. M is model, NMB = Negative Marital Behavior, AB = Affectional Behavior, PMB = Positive Marital Behavior, SE is stand error of B, pr is partial correlation coefficient, sr is semial partial correlation coefficient and sr² is the square of semial partial correlation coefficients.

**p < .01

Stepwise Multiple Regression revealed 5 significant models, the final model ($F(5, 74) = 19.30, p < .01$) explained 54% of the variability in marital adjustment scores of self reporters and contained significant unique contribution of self and spouse report of affectional behavior with 17%, spouse report of negative marital behavior with 16%, spouse report of positive marital behavior with 11%, self report of negative marital behavior with 8% and self report of positive marital behavior with 4%. Table 19 indicates the unstandardized regression coefficients (B), standardized regression coefficients (Beta), t values, partial correlation coefficients (pr), semial partial correlation coefficients (sr) and square of semial partial correlation coefficients (sr^2) of the variables and R^2 and adjusted R^2 values of the models.

CHAPTER 5

DISCUSSION

5.1 Evaluation of the Results

First aim of the present study was to examine psychometric properties of two different versions of Spouse Observation Checklist which were SOC Form A and SOC Form B in Turkish sample of couples. Except for positive and negative employment- education subscales of SOC Form A and SOC Form B, all other subscales of all three evaluations of marital behavior in SOC Form A and SOC Form B had adequate internal consistency coefficients. Evaluations on positive and negative employment- education behavior could not be used in further analysis except for examination of spousal accuracy because of inadequate internal consistency coefficients.

Second aim of the current study was to explore spousal accuracy in the general couple sample for three different evaluations of positive and negative marital behavior which were frequency, emotional impact and attributed importance.

Exploration of how similar (dependent) were the one spouse's reports on marital behavior enacted by his/her partner in the recent month with the other spouse's reports on her/his own marital behavior revealed significant accuracy for all of the marital behavior areas, however accuracy were moderate for most of the marital behavior areas. This finding is consistent with earlier studies relying on daily reports of marital behavior (Christensen & Nies, 1980; Elwood & Jacobson, 1983; Jacobson & Moore, 1981), even though present study differs from previous studies that examined spouses' absolute agreement on occurrence of marital behavior in the way that in this study participants were asked to rate *frequency* of marital behavior rather than reporting *occurrence* and therefore partial correlation rather than absolute agreement were examined for partner reports.

In the present study spouses' reports were most similar for frequency of affectional behavior, positive sexual behavior and negative household management behavior and least similar for positive personal habits and appearance, positive coupling activities and positive behavior about employment-education. Elwood & Jacobson (1983) also found affectional behavior to be the marital behavior area that spouses are most in consensus with its occurrence. One possible reason for this result may be affectional behavior being least prone to interpretation because this area of SOC is composed of overt behaviors and another reason may be the affectional marital behavior's positive emotion evoking characteristic leading to more awareness of the behavior.

Spouses' predictions about emotional impact of positive and negative marital behavior on their partners were significantly accurate for 19 out of 22 marital

behavior areas, however only three of those marital behavior areas' emotional impact ratings significantly predicted by spouses correlated over .50 with self ratings of the other partners. These results imply that spouses are not adequate in predicting their marital behavior's emotional impact on their partners. Emotional impact of self marital behavior on partner was most accurately predicted by spouses for marital behavior areas of positive sexual behavior, affectional behavior and negative personal habits and appearance and emotional impact on partner could not be significantly predicted by spouses in areas of negative self and spouse independence, negative communication and negative childcare and parenting behavior.

Spouses reported significantly similar ratings to their partners' own ratings of attributed importance to marital behavior in 20 out of 22 marital behavior areas; however their predictions did not exceed .50 partial correlation with their partners' own reports for any of the marital behavior areas. Spouses most accurately predicted attributed importance to their marital behavior by their partners in areas of positive consideration, negative consideration and negative communication behavior and least accurately predicted their partners' attributes of importance to negative childcare and parenting, positive sexual behavior and negative self and spouse independence.

When the spousal accuracies in three different evaluations of 22 marital behavior areas revealed by partial pairwise intraclass correlation were scrutinized, it can be seen that spouses reported more similar frequencies for marital behavior areas; however spouses were not so accurate in predicting emotional impact of those

marital behavior areas on their partners and especially not accurate in predicting attributed importance to marital behavior areas by their partners.

Third aim of the current study was to compare distressed and nondistressed couples in terms of spousal accuracy for positive and negative marital behavior's three different evaluations which were frequency, emotional impact and attributed importance. Although spousal consensus on recently happened marital behavior have been researched for distressed and nondistressed couples, precise knowledge on what the partner feels related to various marital behavior areas and what the spouse gives importance to in terms of marital behavior areas were not previously explored. It was thought that exploration of these three factors together in the present study for distressed and nondistressed couples would contribute to previous findings on spousal accuracy.

In terms of spousal accuracy for marital behavior frequency, distressed and nondistressed couples do not seem to differ because nondistressed couples' reports regarding one spouses' marital behavior frequency were significantly similar for 16 out of 22 marital behavior areas and likewise distressed couples' reports were significantly similar for 15 marital behavior areas. This finding was contradictory to previous findings (Christensen, Sullaway & King, 1983; Floyd & Markman, 1983) comparing two sample of couples in terms of spousal consensus on marital behavior. On the other hand, it was interesting to see that nondistressed couples were more inaccurate in positive areas of spouse behavior frequencies whereas distressed couples were more inaccurate in negative areas of spouse behavior frequencies. This

finding is contradictory to what Jacobson & Moore (1981) suggested: inaccuracies in spouse reports of behavior may not cause from wording of SOC items as the authors have proposed because according to this proposition both distressed and nondistressed couples would be inaccurate in the same marital behavior areas –which is not the case according to the results of the present study.

In terms of precise knowledge about self marital behavior's emotional impact on spouse -different from accuracy for marital behavior frequency- distressed and nondistressed spouses differ in the number of marital behavior areas they predict their partners' emotional impact scores with significant accuracy. Nondistressed spouses were able to report significantly similar spouse emotional impact scores with their partners' own scores for 20 out of 22 marital behavior areas; whereas distressed spouses were able to predict significantly similar spouse emotional impact only for 4 out of 22 marital behavior areas. For marital behavior areas of positive financial decision making, negative personal habits and appearance and positive self and spouse independence nondistressed spouses were significantly more accurate in predicting their partners' emotional impact scores, even when both sample of spouses' scores were significantly similar with their partners. In the present study these marital behavior areas found to be relatively unimportant for marital adjustment when controlled for other marital behavior areas in terms of their frequencies; however a great difference in terms of spousal accuracy for emotional impact in these marital behavior areas draws attention. These findings emphasize the role of spousal knowledge on partner's feelings regarding marital behavior areas that

are called “instrumental” in the literature for a happy marriage: those instrumental marital behavior areas may be

Spousal accuracy in terms of knowledge about partners’ attributes to marital behavior differed similar to spousal accuracy on emotional impact for nondistressed and distressed couples: nondistressed spouses predicted their partners’ emotional impact scores significantly similarly for 21 out of 22 marital behavior areas, while distressed spouses were able to significantly predict their partners’ perceived emotional impact only for 6 marital behavior areas. The two samples’ accuracies were significantly different in terms of prediction of partner attributes of importance for 5 marital behavior areas which were positive personal habits and appearance, negative personal habits and appearance, positive behavior about employment-education, negative behavior about employment-education, positive self and spouse independence. Nondistressed spouses were more accurate in all these five areas. Similar to spousal accuracy on perceived emotional impact, better spousal knowledge about attributed importance to instrumental or nonaffective marital behavior areas seems to be an important difference between distressed and nondistressed couples.

Both importance attributions of spouses to marital behavior areas and spousal accuracy in terms of these attributions do not seem to get any attention from researchers in terms of their relationship with marital adjustment or with any other marital outcome.

Fourth aim of the current study was to examine the effect of reporter spouse's point of view (self-report or spouse-report) on within-dyad differences (or inaccuracies) in reports of one's spouse's marital behavior and the other spouse's emotional impact scores and attributed importance to marital behavior. Therefore, in addition to exploration of self and partner reports' similarity by within-dyad correlation analysis, within-dyad (group) differences were further examined by repeated measures MANOVA to find if there is a consistent self or spouse report bias for the general sample in reports of marital behavior frequency, emotional impact regarding behavior and attributes of importance to behavior for positive or negative marriage areas. It was found that spouses reporting on self behavior report more positive behavior compared to their partners' reports on them in areas of affectional behavior, companionship and household management behavior. This difference in within-dyad reports may be called self-report or spouse-report bias and may contribute to the fact that spouses are not in adequate consensus even though when the point at issue is overt marital behaviors which can be observed easily. Since the real frequencies of marital behavior are unknown and it is not known which reporter is biased, it is not possible to name this bias as self or spouse report bias but can be called reporter's point of view bias. This reporter's point of view bias found for positive marital behavior frequency as self reports of marital behavior being more positive compared to spouse reports of marital behavior, did not consistently occurred for negative marital behavior frequency in the present study. Self reporters reported less own negative marital behavior in areas of consideration and personal habits and appearance compared to their partners' reports (spouse reporters) on them, but

reported more own negative marital behavior for sexual behavior compared to their partners' reports on them.

Fifth aim of the present study was to explore if reporter's point of view have distinct effects on the direction of difference between spouse reports for distressed and nondistressed couple samples. Bias related to marital adjustment is hypothesized in the present study to have an effect on the within-dyad differences in reports. There are quite enough suggestions and some evidence to expect some bias differences between distressed and nondistressed couples. For example within-dyad inaccuracies may result from "seeing virtues in faults" concept of Murray (Murray & Holmes, 1993): happy spouses may be interpreting their partners' behavior or selectively recalling their partners' behavior more positively than their partners recall their own behaviors, whereas distressed spouses selectively recalling their spouses' negative behavior. Murray's "seeing virtues in faults" concept (Murray & Holmes, 1993) and Weiss' positive and negative marital sentiment override concept described by Hawkins as "a global dimension of affection or disaffection for one's partner and one's marriage" (p.193) and proposed as creating bias in perception are in line with this hypothesis. However the present study failed to find marital adjustment and reporter's point of view interaction effect on any of the evaluations of marital behavior implying that it is not true that direction of deviations of self report from spouse report differ for distressed and nondistressed couples.

Sixth aim of the present study was to investigate differences between distressed and nondistressed couples in terms of reported positive and negative marital behavior

frequency, positiveness and negativeness of emotional impact regarding marital behavior and reported importance attributed to marital behavior. Consistent with the literature (Birchler, Weiss, & Vincent, 1975; Jacobson, Follette & McDonald, 1982; Jacobson & Moore, 1981; Wills, Weiss, & Patterson, 1974) nondistressed couples are found to be engaging in more positive marital behavior and less negative marital behavior compared to distressed couples.

Although distressed and nondistressed couples did not differ in perceived emotional impact and attributed importance to negative marital behavior areas; nondistressed couples were more likely to feel more positive emotional impact after occurrence of positive spouse behavior and attributed more importance to positive spouse behavior. This is an important finding that needs more attention in further studies, especially when the focus on negative marital behavior rather than positive marital behavior in the literature is considered.

Seventh aim of the study was to explore the difference between wives and husbands in terms of marital behavior frequency, positiveness and negativeness of perceived emotional impact of behavior and attributed importance marital behavior. Gender differences were found only for frequency of positive marital behavior. Husbands were reported to be engaging in more positive sexual behavior than wives were and wives are engaging in more positive household management behavior than husbands are. Since household management is categorized in instrumental behavior (Wills et al., 1974), finding that wives are engaging in more positive household management compared to husbands is consistent with the finding that both distressed and

nondistressed wives are reported to enact more instrumental marital behavior compared to husbands (Langhinrichsen-Rohling, Schlee, Monson, Ehrensaft, & Heyman; 1998). However exploration if the gender differences in marital behavior frequency, emotional impact scores of marital behavior and attributed importance to marital behavior vary in distressed and nondistressed spouses (eighth aim of the study) revealed that nondistressed couples did not vary in household management behavior as distressed couples varied according to gender of the spouse.

Tenth aim of the study was to find some underlying factors for self and spouse reports of marital behavior areas and to explore which reporter's point of view (self-report or spouse-report of marital behavior) and which factors of marital behavior found (affectional behavior, positive behavior or negative marital behavior) explain more variance in self-reporter's and spouse-reporter's marital adjustment. Five reliable underlying factors were found for self and spouse reports of marital behavior areas which were called spouse report of negative marital behavior, self report of negative marital behavior, spouse report of positive marital behavior and affectional behavior. As mentioned in the discussion of spousal accuracy results it is a consistent finding that spouses differ in their reports of same marital behaviors; so it is not surprising that self and spouse reports of behavior loaded on distinct factors but the present study provides support for this distinction with a new method. Positive and negative marital behaviors were also shown to be distinct domains of marriage in previous studies by correlational analysis (Jacobson et al., 1980;Wills et al., 1974) however evidence for this distinction by component analysis is a new finding. Even though positive and negative behavior domains' comparisons are explored previously

in terms of explaining variance in various marital quality measures by the studies relying on self and spouse reports of behavior (Jacobson, Follette & McDonald, 1982; Jacobson, Waldron & Moore, 1980; Wills, Weiss & Patterson, 1974); comparison of self and spouse reports in terms of explaining variance in marital adjustment was not a focus of previous studies. In the current study it was found that spouse report of marital behavior explained more variance in both self and spouse reporter spouses' marital adjustment scores compared to self report of marital behavior. Comparison of negative and positive marital behaviors in terms of explained variance in marital adjustment yielded consistent findings with previous research results that negative marital behavior frequency seem to play a more important role than positive marital behavior frequency in marital distress or nondistress.

5.2 Limitations of the Study and Suggestions for Future Research

Although the current study explored some novel questions and found some interesting results, it also had some limitations that should be taken into account by future studies. For example the present study had a heterogeneous sample in terms of marital duration and 1st marriage-remarriage distinction. The findings of the present study should be replicated by studies focusing on specific samples of couples like couple sample of newly weds or remarried people.

Since this study cross-sectionally explored the differences between distressed and nondistressed couples in terms of spousal accuracy and marital behavior frequency,

emotional impact and importance; the findings do not provide information about the role of those factors in the development of marital distress. By including the variables of the present study in longitudinal studies of marriage, new studies may contribute to understanding of casual relationships between those variables and marital distress or marital happiness.

Even though the current study used dyadic analysis to analyze the data gathered from both spouses, one spouse made an evaluation either for herself/himself or for her/his partner and both spouses in a couple reported on the same partner. For example if the wife had evaluated her own emotional impact regarding her husband's marital behavior, the husband also had predicted the emotional impact of his own behavior on his wife. Therefore, it was not possible to run hierarchical linear modeling which would have been helpful in terms of determining and controlling for the similarity effect.

There were two important reasons for not including both self and spouse evaluations of the same factors. First of all, filling the application forms took approximately two hours and including both self and spouse reports would double the time spent to complete the applications – which in turn would probably have decreased the number of couples in the sample Secondly, including both self and spouse reports would have made the application more complicated. It is highly recommended that future studies collect data from both spouses on both the spouse himself/herself and his/her wife/husband in order to determine the effect of spousal similarity especially on

spousal accuracy. The application procedure may be shortened in terms of length and time in order to collect a complete dyadic data.

The present study did not have an adequate sample size to run factor analysis (FA) to all 390 items of SOC used in the study. In order to solve the problem of multicollinearity among marital behavior areas' frequency and to gather lower number of orthogonal factors for marital behavior frequency; the present study conducted Principal Component Analysis (PCA) by using subscale scores of marital behavior frequency instead of using all items of SOC. It is recommended to employ PCA or FA directly to SOC items in the future studies with larger samples. Huston & Vangelisti (1991) conducted Factor Analysis to the items selected from SOC for affectional behavior, negativity and sex subscales. Similar to the study of Huston & Vangelisti (1991), future studies may also select lower number of marital behavior areas from SOC and conduct factor analysis to explore construct validity of those subscales.

5.3 Conclusions of the Study

Results of the present study revealed that nondistressed spouses were more accurate in predicting their partners' reports of emotional impact and attributed importance; more frequently engaging in positive marital behavior, less frequently engaging in negative marital behavior, feel more positive about and attribute more importance to positive marital behavior compared to distressed spouses. Spouse report of marital behavior explained more variance than self report of marital behavior; negative

marital behavior and affectional marital behavior explained more variance than positive marital behavior in marital adjustment.

In general terms, the findings of the present study imply that, in addition to frequency, the exploration of other evaluations of marital behavior may contribute to a more comprehensive view of the relationship between daily marital behavior of spouses and marital adjustment. Especially the importance of positive marital behavior's emotional impact and spousal accuracy in terms of instrumental behavior's emotional impact for marital adjustment should be further explored with different couple samples to replicate the findings of the current study.

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APPENDICES

APPENDIX A

POSITIVE AND NEGATIVE AFFECT SCHEDULE

Sample Items:

1. Çok az veya hiç
2. Biraz
3. Ortalama
4. Oldukça
5. Çok fazla

1. İlgili _____ 1 2 3 4 5
2. Sıkıntılı _____ 1 2 3 4 5
3. Heyecanlı _____ 1 2 3 4 5
4. Mutsuz _____ 1 2 3 4 5

Yazışma Adresi: Doç. Dr. Tülin Gençöz, Orta Doğu Teknik Üniversitesi, Psikoloji
Bölümü, Ankara

APPENDIX B

COMMUNICATION SKILLS INVENTORY

Sample Items:

İfadeler, “**Her zaman (5), Genellikle (4), Bazen (3), Nadiren (2), Hiçbir zaman (1)**” karşılığındadır. Her ifadeye ilişkin beş seçenekten yalnız birini işaretlemeniz ve cevapsız bırakmamanız gerekmektedir. Lütfen her ifadeyi cevaplayınız.

İnsanları anlamaya çalışırım.	1	2	3	4	5
İletişimde bulunduğum insanlardan gelen öğüt ve önerileri içtenlikle dinlerim.	1	2	3	4	5
Düşüncelerimi başkalarına tam olarak iletmede zorluk çekerim.	1	2	3	4	5
Konuşurken, etkili bir göz iletişimi kurabilirim.	1	2	3	4	5
Genelde eleştirilmekten hoşlanmam.	1	2	3	4	5
Dikkatimi karşımdakinin ilgi alanı üzerinde toplayabilirim.	1	2	3	4	5

Yazışma Adresi: .Doç. Dr. Seher Balcı, Ondokuz Mayıs Üniversitesi, Eğitim Bilimleri Bölümü, PDR Anabilim Dalı, Samsun

APPENDIX C

DYADIC ADJUSTMENT SCALE

Sample Items:

Ne sıklıkta boşanmayı, ayrılmayı ya da ilişkinizi bitirmeyi düşünür ya da tartışırsınız?

Her zaman	Hemen hemen her zaman	Zaman zaman	Ara sıra	Nadiren	Hiçbir zaman

Ne sıklıkla siz veya eşiniz kavgadan sonra evi terk edersiniz?

Her zaman	Hemen hemen her zaman	Zaman zaman	Ara sıra	Nadiren	Hiçbir zaman

Ne sıklıkla eşinizle olan ilişkinizin genelde iyi gittiğini düşünürsünüz?

Her zaman	Hemen hemen her zaman	Zaman zaman	Ara sıra	Nadiren	Hiçbir zaman

Yazışma Adresi: Prof. Dr. Hürol Fıfılođlu, Orta Dođu Teknik Üniversitesi, Psikoloji

Bölümü, Ankara

APPENDIX D

SOC FORM A

(SPOUSE OBSERVATION CHECKLIST RETROSPECTIVE REPORT OF SPOUSE BEHAVIOR -RETROSPECTIVE SELF REPORT OF EMOTIONAL IMPACT AND ATTRIBUTED IMPORTANCE FORM)

Sample Items:

Aşağıda, evli çiftlerin günlük yaşamlarında yer alabilecek çeşitli davranış veya aktiviteler, maddeler halinde sıralanmıştır. Lütfen eşinizin davranışlarını ve beraber yaptıklarınızı yansıtacak şekilde cevaplayınız. Aşağıdaki cümleleri okuduktan sonra her birinde ifade edilen davranışın sizin için önemini, son 1 ay içindeki gerçekleşme sıklığını ve bu davranış/ aktivitenin kendinizi ne kadar olumlu ya da olumsuz hissettirdiğini aşağıdaki ölçeklendirmeye göre, yanıt sütunundaki sayılardan birini yuvarlak içine alarak belirleyin.

DAVRANIŞLAR / AKTİVİTELER		Ö	N	E	M	İ		S	I	K	L	I	Ğ	I		D	U	Y	G	U	
	3	2	1	0	+1	+2	+3	1	2	3	4	5	6	7	3	2	1	0	+1	+2	+3
Birbirimize sarıldık	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7	-3	-2	-1	0	+1	+2	+3
Beraber duş veya banyo yaptık	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7	-3	-2	-1	0	+1	+2	+3

DAVRANIŞLAR / AKTİVİTELER		Ö	N	E	M	İ		S	I	K	L	I	Ğ	I		D	U	Y	G	U	
Birbirimizi yatakta ısıttık	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7	-3	-2	-1	0	+1	+2	+3
Birbirimizi gıdıkladık ve şakalaştık	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7	-3	-2	-1	0	+1	+2	+3
El ele tutuştuk	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7	-3	-2	-1	0	+1	+2	+3
Eşim, bana sarıldı ya da öptü	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7	-3	-2	-1	0	+1	+2	+3
Eşim, bana masaj yaptı, sırtıma krem sürdü vb.	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7	-3	-2	-1	0	+1	+2	+3
Eşim, yatakta iyice yanıma sokuldu	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7	-3	-2	-1	0	+1	+2	+3
Eşim, üşüyen ayaklarımı ısıttı	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7	-3	-2	-1	0	+1	+2	+3
Eşim, eve geldiğimde beni sıcak bir şekilde karşıladı	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7	-3	-2	-1	0	+1	+2	+3

Yazışma Adresi: Sergül Oğur, sergulogur@yahoo.com

APPENDIX E

SOC FORM B

(SPOUSE OBSERVATION CHECKLIST RETROSPECTIVE SELF-REPORT OF BEHAVIOR - RETROSPECTIVE SPOUSE REPORT OF EMOTIONAL IMPACT AND ATTRIBUTED IMPORTANCE)

Sample Items:

Aşağıda, evli çiftlerin günlük yaşamlarında yer alabilecek çeşitli davranış veya aktiviteler, maddeler halinde sıralanmıştır. Lütfen eşinize karşı davranışlarınızı ve beraber yaptıklarınızı yansıtabilecek şekilde cevaplayınız. Aşağıdaki cümleleri okuduktan sonra her birinde ifade edilen davranışın eşiniz için önemini, son 1 ay içindeki gerçekleşme sıklığını ve bu davranış/ aktivitenin eşinizi ne kadar olumlu ya da olumsuz hissettirdiğini aşağıdaki ölçeklendirmeye göre, yanıt sütunundaki sayılardan birini yuvarlak içine alarak belirleyin.

DAVRANIŞLAR / AKTİVİTELER		Ö	N	E	M	İ		S	I	K	L	I	Ğ	I		D	U	Y	G	U	
	3	2	1	0	+1	+2	+3	1	2	3	4	5	6	7	3	2	1	0	+1	+2	+3
Birbirimize sarıldık	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7	-3	-2	-1	0	+1	+2	+3
Beraber duş veya banyo yaptık	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7	-3	-2	-1	0	+1	+2	+3

DAVRANIŞLAR / AKTİVİTELER	Ö	N	E	M	İ		S	I	K	L	I	Ğ	I		D	U	Y	G	U		
Birbirimizi yatakta ısıttık	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7	-3	-2	-1	0	+1	+2	+3
Birbirimizi gıdıkladık ve şakalaştık	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7	-3	-2	-1	0	+1	+2	+3
El ele tutuştuk	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7	-3	-2	-1	0	+1	+2	+3
Eşime sarıldım ya da öptüm	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7	-3	-2	-1	0	+1	+2	+3
Eşime masaj yaptım, sırtıma krem sürdüm vb.	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7	-3	-2	-1	0	+1	+2	+3
Yatakta iyice eşimin yanına sokuldum	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7	-3	-2	-1	0	+1	+2	+3
Eşimin üşüyen ayaklarını ısıttı	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7	-3	-2	-1	0	+1	+2	+3
Eşim eve geldiğinde, onu sıcak bir şekilde karşıladım	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7	-3	-2	-1	0	+1	+2	+3

Yazışma Adresi: Sergül Oğur, sergulogur@yahoo.com

APPENDIX F

INFORMATION FORM

DEMOGRAFİK BİLGİ FORMU

* Doğum yılınız: _ _ _ _ _

* Cinsiyetiniz: Kadın Erkek

* Mezun olduğunuz okul:

<input type="checkbox"/> İlkokul	<input type="checkbox"/> Ortaokul	<input type="checkbox"/> Lise	<input type="checkbox"/> Üniversite	<input type="checkbox"/> Yüksek Lisans	<input type="checkbox"/> Doktora
----------------------------------	-----------------------------------	-------------------------------	-------------------------------------	----------------------------------------	----------------------------------

* Sizin ve eşinizin gelirini birlikte düşündüğünüzde Türkiye koşullarına göre ekonomik durumunuzu nasıl değerlendiriyorsunuz?

<input type="checkbox"/> Çok iyi	<input type="checkbox"/> İyi	<input type="checkbox"/> Orta	<input type="checkbox"/> Düşük	<input type="checkbox"/> Çok düşük
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* Çalışıyor musunuz? Evet Hayır

* Çalışıyorsanız belirtiniz:

* Hafta içinde kaç gün çalışıyorsunuz?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5

* Cumartesi günü çalışıyor musunuz? Evet Hayır Bazen

* Pazar günü çalışıyor musunuz? Evet Hayır Bazen

* Haftada ortalama kaç saatinizi çalışarak geçiriyorsunuz?

<input type="checkbox"/> 1-10 saat	<input type="checkbox"/> 11-20 saat	<input type="checkbox"/> 21-30 saat	<input type="checkbox"/> 31-40 saat	<input type="checkbox"/> 41-50 saat	<input type="checkbox"/> 51 saatin
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EVLİLİK VE AİLE BİLGİLERİ

* Evlilik yılınız: - - - - -

* Eşinizin doğum yılı: - - - - -

* Evlilik şekliniz:

<input type="checkbox"/> Görücü usulü	<input type="checkbox"/> Kendimiz tanıştık	<input type="checkbox"/> Arkadaşlarımız tanıştırdı	<input type="checkbox"/> Akrabalarımız tanıştırdı	<input type="checkbox"/> Diğer (belirtiniz):
---------------------------------------	--------------------------------------------	----------------------------------------------------	---------------------------------------------------	--------------------------------------------------------

* Şu anki evliliğiniz dahil kaç kere evlendiniz? kere

* Eşinizle, evlenmeden ne kadar zaman önce tanışmıştınız? __ yıl __ ay önce tanışmıştık.

* Eşinizle birlikteliğiniz, evlenmeden önce ne kadar sürmüştü? __ yıl __ ay sürmüştü.

* Eşinizle evlenmeden önce ayrılık(lar) yaşadysanız, kaç kere ayrıldınız? kere

* Aşağıdakilerden hangilerini geçmişte şu andaki eşinizle yaşadınız?

<input type="checkbox"/> Boşanmayı düşündük	<input type="checkbox"/> Boşanma / ayrılma kararı aldık	<input type="checkbox"/> Bir süre ayrı evlerde yaşadık	<input type="checkbox"/> Boşanma davası açtık	<input type="checkbox"/> Boşanıp tekrar evlendik
---------------------------------------------	---------------------------------------------------------	--------------------------------------------------------	-----------------------------------------------	--------------------------------------------------

* Çocuğunuz / çocuklarınız varsa; doğum yıllarını, cinsiyetlerini ve aynı evde yaşayıp yaşamadığınızı aşağıdaki tabloda belirtiniz:

	1	2	3	4
Doğum yılı	- - - - -	- - - - -	- - - - -	- - - - -
Cinsiyeti	<input type="checkbox"/> Kız <input type="checkbox"/> Erkek	<input type="checkbox"/> Kız <input type="checkbox"/> Erkek	<input type="checkbox"/> Kız <input type="checkbox"/> Erkek	<input type="checkbox"/> Kız <input type="checkbox"/> Erkek
Aynı evde mi yaşıyorsunuz?	<input type="checkbox"/> Evet <input type="checkbox"/> Hayır	<input type="checkbox"/> Evet <input type="checkbox"/> Hayır	<input type="checkbox"/> Evet <input type="checkbox"/> Hayır	<input type="checkbox"/> Evet <input type="checkbox"/> Hayır

* Yaşam boyu tedavi gerektiren (kronik) bir rahatsızlığınız var mı?

Evet Hayır

* Eşinizin yaşam boyu tedavi gerektiren (kronik) bir rahatsızlığı var mı?

Evet Hayır

* Çoğunuzun yaşam boyu tedavi gerektiren (kronik) bir rahatsızlığı var mı?

Evet Hayır

* Son 6 ay içerisinde sizi ya da ailenizi etkileyen önemli bir olay oldu mu (kaza, vefat, işten çıkarılma, emeklilik, ölüm

tehlikesi vb.)? Evet Hayır (Oldu ise olayı ve kaç ay önce olduğunu belirtiniz:

.....)

* Aşağıdaki soruları son bir ayı düşünerek cevaplayınız:

* *Hafta içi bir günde* uyku dışında ortalama kaç saatinizi eşinizle bir arada geçirdiniz? saat

* *Bir cumartesi günü* uyku dışında ortalama kaç saatinizi eşinizle bir arada geçirdiniz? saat

* *Bir pazar günü* uyku dışında ortalama kaç saatinizi eşinizle bir arada geçirdiniz? saat

* Eşinizden 24 saati aşan sürelerde ayrı kaldığınız zamanlar olduysa, aşağıda kaç gün ayrı kaldığınızı ve nedenini (iş, tatil vb.)

belirtiniz: nedeniyle gün ayrı kaldık.

* Evde eşiniz ve çocuklarınız dışında sizinle kalan kişiler var mıydı?

Evet Hayır

Varsa, bu kişilerin yakınlığını ve ne kadar zamandır sizle kaldıklarını belirtiniz:

.....

* Bir hafta boyunca eşinizle bir arada geçirdiğiniz *ortalama* süreyi değerlendirdiğinizde, hangisi sizin için daha uygun?

Eşimle bir arada geçirdiğimiz sürenin uzunluğundan *çok memnunum.*

Eşimle bir arada geçirdiğimiz sürenin uzunluğundan *memnunum.*

Eşimle bir arada geçirdiğimiz sürenin uzunluğundan *memnun değilim;* birlikte *daha çok* vakit geçirmemizi isterdim.

Eşimle bir arada geçirdiğimiz sürenin uzunluğundan *memnun değilim;* birlikte *daha az* vakit geçirmemizi isterdim.

Eşimle bir arada geçirdiğimiz sürenin uzunluğunun *önemli olmadığını düşünüyorum.*

APPENDIX G

COVER LETTER

Değerli Katılımcı,

Bu araştırmayı Orta Doğu Teknik Üniversitesi Psikoloji Bölümü yüksek lisans programı kapsamında yürüttüğüm tez çalışmam için yapmaktayım. Araştırmanın amacı, evli çiftlerin günlük yaşamlarındaki davranış ve etkinliklerin; evlilikleri içerisindeki rolünü incelemektir.

Araştırmaya katılımcı olarak katkıda bulunmanız için evli olmanız ve ‘bay’ ve ‘bayan’ olarak hazırlanmış anket formlarını sizin ve eşinizin ayrı ayrı doldurmanız yeterlidir. Bir yaş ya da evlilik yılı sınırı yoktur.

Psikoloji alanındaki araştırmaların belki de en zorlu aşaması araştırmanın sağlıklı sonuçlara ulaşabilmesi için yeterli katılımcı sayısını sağlamak olduğundan; sizin ve eşinizin ekteki 5'er adet anket formu için ayıracağınız zamanla aile ve evlilikler ile ilgili kültürümüze özgü bilgilerin edinilmesinde çok önemli bir katkı sağlayacağınıza inanıyorum.

Araştırmaya katılım tamamen gönüllülük esasına dayalıdır. Katılma ya da katılmama yönünde karar vermeden önce aşağıda belirtilen noktaları okumanızı rica ediyorum:

- Bu anketlerde kimliğinizi açığa çıkartacak hiçbir bilgi istenmemektedir.

- Anketler sadece arařtırmacı tarafından grlecek ve doldurulmuř olan formlar tamamen gizli tutulacaktır.
- Doldurulan anketler arařtırma amaçlı olduėundan TOPLUCA deėerlendirilecektir. Toplanan bilgilerle tek tek bireylere ya da çiftlere ynelik herhangi bir deėerlendirme yapılmamaktadır.
- Cevapsız bırakılmıř soru olan anketlerin arařtırmada kullanılması mmkn olmadıėından; anketi cevapsız soru bırakmadan doldurmanız çok nemlidir.
- Arařtırmada doėru sonuçlara ulařılması iin soruları itenlikle yanıtlamanız; sizi, eřinizi ve iliřkinizi olduėu gibi yansıtacak cevapları vermeniz çok nemlidir.

Arařtırmaya deėerli katkılarınız iin ok teřekkr ederim.

Saygılarımla,

Psk. Sergl Oėur