

COMMUNICATION PATTERNS AND THEIR  
RELATIONSHIP TO MARITAL ADJUSTMENT  
AND MARITAL HAPPINESS

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by

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requirements for the degree

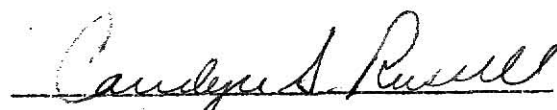
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**THIS BOOK  
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## CHAPTER 1:

### INTRODUCTION TO THE RESEARCH QUESTION

#### The Purpose of This Study

The purpose of this study is to investigate the relationship between marital communication patterns and marital adjustment and marital happiness. It seems that communication plays a vital role in the development of interpersonal relationships. Communication, defined as information exchange (Watzlawick et. al., 1967), is constantly taking place in dyadic relationships such as marriage and most theorists agree that it has a mutual influence on the participants involved. How communication patterns influence an individual's perception of his/her marital relationship is the focus of this study.

#### Conceptualization of Human Communication

##### Theoretical Literature

As early as 1910, theorists have attempted to handle the complexity of interpersonal communication by identifying discrete components of verbal communication (e.g. Russell & Whitehead, 1910; Haley, 1956; Bateson, 1956). One of the most useful typologies was offered by Watzlawick et. al. (1967). They differentiate the "report" aspect from the "command" aspect of messages. The "report" aspect conveys information and is concerned

with the content of the messages. The "command" aspect is concerned with the relationship between the communicants and the underlying comment about the relationship contained in the message. Examples of this "command" aspect are given as "this is how I see you", "this is how I see myself", and "this is how I see you seeing me" (Watzlawick, et. al., 1967). All of these statements are making an underlying comment about the relationship.

Following a similar line of thinking, Hill (1965) breaks down communication into "content" and "style" categories. "Content" is defined as the information component of the message while the "style" refers to the way the message is sent. The "content" categories Hill (1965) uses are: Topic, Person, Group, and Relationship. The "content" of verbal interaction can be related to the awareness present in a dyad (Miller, 1975). Least risky is a discussion of topics outside oneself or one's relationship. Next, in the level of risk, is an awareness of one's own internal, cognitive and emotive responses and how they are translated into behavior. Also, categorized as "personal content" are awarenesses about one's partner (Miller, 1975). "Relationship content" shifts the focus from the behavior of one individual to the interaction of two people together (Miller, 1975).

This level requires true systematic thinking.

The second component of communication Hill (1965) conceptualizes is "style". This refers to the way a message is sent. There are five styles: Responsive, Conventional (I), Assertive (II), Speculative (III), and Confrontive (IV) (Hill, 1965). These are further categorized as "work" and "non-work" styles by Hill (1965). The "work" that is referred to is therapeutic work. Hill (1965) drew these concepts from his extensive work with and observation of therapy groups. From his observations, he labeled the last two styles mentioned above as "work" styles and saw that groups using these styles were oriented toward therapeutic goals. The Responsive style came from the study of chronically regressed patients who could not converse with one another except through the constant efforts of a therapist. Conventional style refers to groups where the interaction is on a conversational level like "sewing circles or locker room bull sessions" (Hill, 1965). The Assertive style is characterized by emotionally talking about problems but also "acting out" the problems instead of working on them. Speculative style is intellectual and cautious but yet oriented toward real "work". The Confrontive style is also "work" oriented but its therapeutic approach contains

emotionally-laden feedback through confronting each other with their behavior. Miller (1975) relates these "work" styles to levels of disclosure saying that "the 'non-work' mode is characterized by behaviors which reflect no intent to explore and change personal relationship issues" while "the 'work' mode messages facilitate negotiation within a relationship" (p. 147).

#### Relationship of Communication to Marital Adjustment Theoretical Literature

Miller et. al. (1975), believe that communication at the "work" level increases personal and relationship awareness and leads to high levels of disclosure. They believe that change in a relationship comes about through change in the individual and that personal and relationship growth will occur through "work" style communication and that relationship growth, in turn, contributes to and is facilitated by personal growth. They also believe that "supportive development of both myself and my partner increase our chances of gaining satisfaction from our relationship" (Miller, et. al., 1975, p. 230).

Building upon this theoretical rationale, the main thesis to be investigated here relates to a couple's ability to establish and sustain a "work" pattern to marital adjustment and marital happiness. Along with this hypothesis is another one which states that if

a couple can establish a "work" pattern, they will perceive a given interaction as more satisfying than a couple that does not establish a "work" pattern during a given conversational exchange.

There are a number of assumptions underlying the hypothesis that communication affects marital adjustment. The first one is that communication is lawful and that the process shows redundancy, constraint or pattern (Watzlawick, et. al., 1967). In an ongoing relationship, communication between the participants will show certain reoccurring sequences that can be seen as patterns of communication. These patterns are then a key to understanding and measuring communication and its effects on the individuals involved and their relationship. Klein, et. al. (1978) further conceptualizes patterns or sequences of communication according to presumed sequences of causation (the "relational", "linear", "synchronous", and "cyclical" views). One who views reciprocity as the content of relatively stable patterns of social interaction is holding a "relational view" (Klein, et. al., 1978, p. 109). In this view, the unit of analysis is a relatively stable pattern of interaction. That is, when a person repeatedly emits a particular kind of behavior toward another person and this behavior is responded to in a



corresponding fashion, this is that pattern under analysis. Another way to treat reciprocity in interaction is the "linear view" (Klein, et. al., 1978, p. 108). The behavior of person A is viewed as affecting the behavior of person B, which in turn affects the behavior of person A, which inturn affects the behavior of person B, and so on. Here, interactional sequences are defined and studied. There is also a "synchronous view" in which reciprocal interaction is treated as a simultaneous mutual influence (Klein, et. al., 1978, p. 109). Thus, the effects of person A on person B are viewed as occurring at the same time that the effects of person B on person A are occurring. This view might hold that causality is not important and that relationships can only be studied using qualitative and descriptive methods. Reciprocity may also be viewed as "cyclical" causation (Klein, et. al., 1978, p. 109). The behavior of person A influences the subsequent behavior of person B and person B's behavior completes a feedback loop by influencing the subsequent behavior of person A. These loops are the units of analysis and they are said to be either positive (change amplifying) or negative (change reducing). This study will use the "relational view" but it should be noted that this is only one way to conceptualize reciprocal

causation.

Another hypothesis of this study is that the therapeutic value gained by using "work" styles in communication will positively affect marital adjustment and marital happiness. Hill (1965) has found that progress in therapy groups is correlated with respectively higher proportions of Speculative (III) and Confrontive (IV) or "open" messages. Style III and IV messages allow for the identification of tensions and satisfactions in a relationship and for the open exploration of alternative behaviors. In systems terminology, a "work" pattern composed of Style III and IV messages allows a couple to exercise control over the direction of their relationship via positive ("let's do something different") and negative ("I like the way we've been lately, let's continue it") feedback.

The use of Style III and IV messages within "work" patterns may also have an affect on marital adjustment and marital happiness. Another hypothesis to be investigated is that couples who use a balance of the Speculative and Confrontive styles of communication in their "work" patterns will have higher marital adjustment and marital happiness than couples who use a predominance of either of these two styles. A couple using predominantly Style III, in which intellectual

explanations and tentative speculations are characteristic, could be left feeling frustrated because no subsequent commitment to deal completely with an issue has been made. A predominance of Style IV may be threatening to a couple because of the emotionally-laden feedback used and the high level of risk involved with no "escape hatch" left open.

Somewhat akin to this idea is the value of reciprocity of "work" styles in a dyadic relationship. In a "relational view" of reciprocity, equal rates of exchange of the same behavior could be taken as evidence of reciprocity (Burgess & Conger, 1977). Looking at this from the social exchange framework, reciprocity is a fair, just, or equitable exchange of reward-cost ratios or profit-investment ratios. If "work" styles are taken as the commodity of exchange, then it would seem reasonable to hypothesize that equal rates of exchange of "work" styles in a dyad would be evidence of reciprocity. This leads to another hypothesis of this study, namely, that the higher the reciprocity of "work" styles in an interaction between husband and wife, the higher will be the couple's marital adjustment and marital happiness.

Along with this hypothesis is another one based on a different theoretical rationale. This hypothesis

states that couples who use predominantly Relationship content in their verbal interaction will have lower marital adjustment and marital happiness than couples who use a balance of Topic, Testing Situation, Person, and Relationship. Watzlawick, et. al. (1967) believe that couples who are stressed will attend more to the "command" aspect of their communication than to the "report" aspect. If this is so, couples who focus on relationship issues in their verbal interaction could be showing relatively more stress than couples who do not have this focus.

The last hypothesis of this study is one that looks at couples who are not able to establish a "work" pattern in their verbal interaction and also show a pattern in which one partner "pursues" "work" while the other partner "flees" "work". It is hypothesized that the partner who "flees" "work" by responding to his/her partner's "work" level messages with "non-work" level messages will have a lower marital adjustment, be less happy with the marriage, and be less satisfied with the communication in the marital relationship than the partner who "pursues" "work" by sending the "work" level messages. Miller (1976), observed that, contrary to what he had hypothesized, verbal interactions involving a person who was pursuing personal or relationship work and a person who was fleeing that "work",

that the "fleeer" was often more dissatisfied and frustrated with the verbal interaction and the relationship than was the "pursuer". The "fleeer" may feel pushed to discuss issues on a risk level that is too threatening or to make changes that he/she believes he/she cannot make.

As discussed before, in a "relational view", when person A repeatedly emits a particular kind of behavior toward person B and person B responds in a corresponding fashion, then their relationship is said to be reciprocal. What is studied is a relatively stable pattern of interaction. The pattern studied in this investigation is the style and content of husband/wife interaction process. This view is held for all six of the hypotheses.

#### Empirical Literature

Several researchers have collected data on the relationship between communication within the marital dyad and marital adjustment or a related concept. Navaran (1967) used the Marital Relationship Inventory (MRI) to select 24 happily married couples and 24 couples who sought marriage counseling. These subjects also filled out an inventory to measure effective communication and marital adjustment (PCI). The intercorrelation of these two measures was very high,

( $r=.82$ ). Happily married couples (those who had high scores on the MRI) reported better verbal and non-verbal communication than did unhappy couples (those reporting low scores on the MRI). Happily married couples differed from unhappily married couples in that they: a) talk more to each other, b) convey the feelings that they understand what is being said to them, c) have a wider range of subjects available to them, d) preserve communication channels and keep them open, e) show more sensitivity to each other's feelings, f) personalize their language symbols, and g) make more use of supplementary non-verbal techniques of communication. The major limitation of this study is that it reports no behavioral indicators of communication.

Levinger and Senn (1967) also used a self-report methodology and administered a questionnaire intended to measure self-disclosure in marriage to 32 couples (15 undergoing counseling and 17 elementary school parents). A Marital Satisfaction Index and a Favorability Index were also filled out. The indices constructed from the Self-Disclosure Questionnaire were: mean favorability toward each of the communication objects (residence, parents, spouse's parents, work, spouse's work, handling of money, sex relations with spouse, own personality, and spouse's personality); percentage

of disclosure concerning pleasant, unpleasant, and total feelings; and perceived similarity between own and spouse's disclosure. They found that the couples under counseling had a lower proportion of disclosure than did the elementary school parent couples. There was a consistent tendency for mean favorability to be positively correlated with disclosure of one's feelings to his/her spouse. Favorability varied more directly with the disclosure of pleasant feelings than with that of unpleasant feelings. Marital satisfaction was less strongly related to reports of disclosure. Both husband and wife tended to perceive a close correspondence between output to and input from spouse (.91 for husbands, .79 for wives). There was a correlation of reported disclosure. That is, independent reports from the two marital partners still show that the higher the husband's proportion of disclosure, the higher will be the wife's proportion of disclosure. Correlations between a spouse's perceived output and the other's reported input from him averaged about .50.

Cutler and Dyer (1965) studied 60 couples with husbands all attending college and under the age of 23. Responses to a questionnaire were given three ranks: adjustive, non-adjustive, or non-action; and shared or

unshared. They conclude from the responses given that "contrary to what might be expected, an open talking about the violation of expectations does not always lead to an adjustment" (Cutler & Dyer, 1965, p. 201). The data showed that nearly half of the non-adjustive responses for both husbands and wives came as a result of an open sharing of the feelings about violations of expectations. Cutler and Dyer (1965) had no measure of how these violations of expectations were shared.

Relating these studies to variables important to this study, it seems that perceived disclosure of one's feelings to one's spouse, especially positive feelings, may be an aspect of communication that has a positive influence on marital satisfaction as measured in these studies. Disclosure of feelings is a component of Hill's (1965) Confrontive style of communication and so this evidence lends support to the hypothesis that a "work" style of communication may lead to higher levels of marital adjustment and marital happiness. However, Cutler and Dyer (1965) found that when disclosure of feelings to one's spouse is carried on with the content of communication being the violation of expectations, the outcome of these interactions is not always "adjustive". This could be interpreted in a number of ways. In this study, there was no measure of the



style component of communication. It could be that couples in the "non-adjustive" situation were using an Assertive style of communication in which emotions were disclosed, problems were "acted out" instead of being "worked" on, and little openness to the other's input was demonstrated. The Cutler and Dyer (1965) data may also reflect a differential effect of disclosure of feelings depending upon the negativity or positivity of the feelings being expressed. That is, discussion of negative feelings may lead to a consistently different outcome than discussion of positive feelings. Another way in which to view these findings is that the content of the interactions had an influence on the outcome of the interaction. That is, discussion of violations of expectations may be a content area that would lead to more "non-adjustive" responses than when concrete preferences for change are aired.

#### Measurement Issues

An aspect of these studies that needs to be investigated is the definition and measurement of marital satisfaction, marital adjustment, and related concepts. Marital adjustment for Cutler and Dyer (1965) was defined as "bringing into agreement the behaviors of one person with the expectations of another" (p. 196). Each response to a violation of expectation was judged

to be either adjustive, non-adjustive, or non-action. Levinger and Senn's (1967) Marital Satisfaction Index was weighted more heavily with social-emotional than task-oriented sources of satisfaction. As one can see, these two definitions and measures are not the same.

It seems that there are no universally accepted definitions for the concepts of marital adjustment, marital satisfaction, and marital happiness. Many times these terms are defined by the instruments used to measure them. In this study, all of these concepts will be defined and measured and their association to communication variables investigated.

Lively (1969) believes that marital interaction involves a continuous reevaluation, is never static, and can never be so. In his article, he examines the concepts of marital adjustment, marital success, and marital happiness. In his discussion, he points out that there are no theoretical reference points for these concepts, and neither is there any valid empirical data to which these concepts can be anchored. He concludes by saying, "until a sound scientific framework is established, we do not know enough to advise about happiness or success, even if that is the direction we desire to go" (Lively, 1969, p. 113).

While these concerns are legitimate, along with

those discussed below, researchers have not abandoned the study of marital adjustment or related concepts. Researchers such as Spanier and Cole (1974) argue that "from a pragmatic standpoint methodologists cannot ignore the clear and continuing need that family researchers have for adequate measures, including those of the paper and pencil type in order to assess the quality of adjustment in marital relationships" (p. 15). The focus of researchers is now toward developing valid and reliable measures of marital satisfaction and marital adjustment, despite their conceptual limitations. Subsequent empirical studies have, in fact, somewhat clarified these concepts as we shall see below.

Marital happiness is a subjective assessment of the feeling an individual has toward his/her marital relationship. This subjective assessment may have no shared base because "everyone will experience moments of relative happiness, but the level at which one person achieves it is not necessarily a clue to the point at which it occurs for another" (Lively, 1969, p. 109) and "even when they agree (husband and wife) one wonders whether each respondent is basing his assessment on the overall marital interaction over a period of time or is merely reflecting his own

feeling at the moment" (Lively, 1969, p. 110). It also seems plausible a person may weigh the pleasant and satisfying things in their relationship more heavily than the unpleasant and unsatisfying things when assessing his/her marital happiness. Taking into consideration these measurement problems, one question will be used to measure marital happiness. This question asks the respondent to "describe the degree of happiness, all things considered, of your relationship" on a seven point scale (see Appendix 1). "Happy" is the middle point on the scale and is defined as representing the degree of happiness of most relationships. This scale is contained in the Locke-Wallace Short Marital-Adjustment Scale (Locke & Wallace, 1959) and the Spanier Dyadic Adjustment Scale (Spanier, 1976). This measure is being used because the relationship growth and personal growth gained through "work" level communication should be reflected in the overall level of happiness a person describes in his/her marriage. It could be that this one, overall feeling toward the marital relationship is a more sensitive indicator of the affects of different communication patterns than the measures of related concepts that evaluate primarily the environmental influences affecting the marital relationship. Scores for the

the husband and wife as well as a combined (husband scores plus wife scores) score will be used in the analysis so that the differing perceptions of husband and wife can be considered.

Marital satisfactions and marital tensions will be defined as environmental influences that affect a marital relationship. The balance between these two influences is marital adjustment. Marital adjustment is the process of continuing development of the marital relationship and, as Lively (1969) states, "it is possible to view marriage as a continuous series of points each representing a level of adjustment" and "one period evolves from the previous one and gradually merges into another, so that while there is an identifiable focus, it is never a sharp one" (p. 112). More importantly, he states that "it is difficult to isolate the state that is being adjusted to and misleading to claim the completion of such adjustment and that equilibrium has been achieved" (Lively, 1969, p. 112). In discussing marital adjustment, it is helpful to look at the development of instruments designed to measure marital adjustment and other studies that examine variables influencing the marital relationship.

One of the most widely used measures of marital adjustment is the Locke-Wallace Short Marital-Adjustment

Scale (Locke & Wallace, 1959). This test was composed of selected items from previous measures and was then administered to 236 subjects. The reliability coefficient computed by the split-half technique and corrected by the Spearman-Brown formula was, .90. Validity was assessed by comparing the scores of 46 subjects considered by their case data to maladjusted, and 48 persons, judged to be exceptionally well-adjusted in marriage by friends who knew them well. The mean score for the well-adjusted group was 135.9, while the mean for the maladjusted group was 71.7. Since the critical ratio was 17.5, this difference was significant. More recent research shows that the Locke-Wallace Short Marital-Adjustment Scale has some methodological weaknesses (Spanier, 1972). The correlation between husband and wife scores was found to be only around .59 so "inferences about marital adjustment based on the adjustment of one spouse may be somewhat unreliable and should be done with care" (Spanier, 1972, p. 403). Furthermore, Spanier and Cole's (1972) data revealed a somewhat lower level of inter-item reliability (.77). Spanier (1972) also stated: "zero-order correlations between each item on the Locke-Wallace scale and the total scale score for our larger sample of 278 couples shows great variability (.37 to .77). The rather low correlations

of several items should raise some important questions about the validity of these dimensions as applied to contemporary marriages" (p. 404). In another study (Edmonds, et. al., 1967), it was found that both total scores and individual scores on the Locke-Wallace Marital-Adjustment Scale correlated significantly ( $p < .01$ ) with scores on the Edmonds Marital Conventionalization Scale. This held true for three different populations. This means that the answers given to the questions in the marital adjustment scale may be distorted in the direction of social desirability. Items on marital adjustment tests should be carefully constructed so that all answers are on the same level of social desirability or include measures of marital conventionalization and social desirability so that this contaminating factor can be controlled for.

Orden and Bradburn (1968) propose that "marriage happiness may be viewed as a resultant of two dimensions, a dimension of satisfactions and a dimension of tensions" (p. 715). Satisfactions and tensions, they believe, are independent and effect marital happiness in different ways. Satisfactions should be positively related to marital happiness and tensions negatively related. They developed two checklists - one measuring disagreements and one measuring satisfactions - both using multiple criteria of a general nature. They found,

through Q values of association, that the satisfactions checklist contained the underlying dimensions of what they termed sociability and companionship. The Q values of association for the group of disagreement items suggest that "these nine items can be combined into an index to measure tensions in the marriage relationship" (Orden & Bradburn, 1968, p. 720). The two satisfactions inventories were positively related and the tensions inventory was negatively related to an overall happiness rating.

Miller (1976) proposed relating a network of salient variables to marital satisfaction in such a way that "their effects could be examined simultaneously, with each relationship holding constant or controlling for the others" (p. 643). The variables he chose to study were: ease of family role transitions, amount of anticipatory socialization, length of marriage, number of children, child spacing, family social economic status, amount of companionship and marital satisfaction. "Marital satisfaction" was obtained by asking subjects directly how satisfied they were with their marriages. The variables were hypothesized to either have a direct or indirect effect on marital satisfaction. A path analysis was then done. The two variables that were hypothesized to have a direct



effect upon marital satisfaction - ease of the most recent family role transition and the frequency of companionate activities - did have this direct effect with the second being the stronger. This lends support to measures that include marital companionate activities as a dimension (Orden & Bradburn, 1968; Spanier, 1976) but suggests that ease of family role transitions is also an important variable and should be included in a scale to measure marital satisfaction. It also suggests that other variables tapped in scales designed to measure marital satisfaction and related concepts are important in understanding marital satisfaction but that they may work through other, more direct influences.

Spanier (1976) defines dyadic adjustment as "a process of movement along a continuum which can be evaluated in terms of proximity to good or poor adjustment" (p. 17). The outcome of this process is determined by the degree of: 1) troublesome dyadic differences, 2) interpersonal tensions, 3) dyadic satisfactions, 4) dyadic cohesion, and 5) consensus on matters of importance to dyadic functioning. He also suggests that "these hypothesized components of adjustment are applicable to both marital and other dyadic relationships" (Spanier, 1976, p. 17). From this

base, Spanier (1976) developed a scale for measurement of dyadic adjustment, including subscales which measure four empirically verified components: dyadic satisfaction, dyadic consensus, dyadic cohesion, and affectional expression. The scale was administered to 218 married persons and 94 recently divorced persons. The divorced persons were asked to answer the questions based on the last month they spent with their spouses. Along with other validity and reliability tests, the criterion validity was assessed by evidence of significant correlation with the external criterion of marital status. For each item, the divorced sample differed significantly ( $p < .001$ ) using a t-test for differences between sample means. The mean total scale scores for these two samples also differed significantly ( $p < .001$ ) with the married sample mean of 114.8 and the divorced sample mean of 70.7.

The Spanier Dyadic Adjustment Scale (Spanier, 1976) (see Appendix 1) and the Orden and Bradburn Marital Adjustment Balance Scale (Orden & Bradburn, 1968) (see Appendix 1) balance scores will be used as measures of marital adjustment. These scales were chosen because of the validity and reliability checks undertaken in their construction and because of the similarity of the underlying dimensions that are

conceptualized and measured. As Orden and Bradburn (1968) found, satisfactions and tensions in a marital relationship are independent and effect marital adjustment in different ways. It seems that communication patterns could affect these two dimensions in different ways and so Orden and Bradburn's (1968) indexes of marital satisfactions and marital tensions will both be used as measures of marital satisfactions and marital tensions, respectively. Scores on all of these measures will be broken down into husband scores, wife scores, and combined couple scores (husband scores plus wife scores).

#### Operational Definitions

One "work" pattern is established in a conversational exchange when there is an uninterrupted sequence of statements at the style level III or IV and the content level Person or Relationship. The minimum length of a "work" pattern sequence is: person A sends a "work" level message to person B; person B responds with a "work" level message; person A then responds to person B with a "work" level message. The "work" pattern will continue until there is an interruption by a statement at the style level I or II and/or content level Topic or Testing Situation.

The percent of total interactional messages within a "work" pattern is the percent of the total number

of coded statements, in a couple's conversational exchange, that were within "work" patterns.

The number of "work" patterns is the sum of the "work" patterns established in a couple's conversational exchange.

The length of "work" patterns is the average number of coded statements within the total number of "work" patterns in a couple's conversational exchange.

Reciprocity is the sum of the discrepancies between the husband's and wife's percentage of total coded statements within each style (e.g. Style I, II, III, and IV).

The predominance of Style III or Style IV is the average percent of the total number of coded statements within "work" patterns of Style III and Style IV, in a couple's conversational exchange.

The predominance of Relationship content is the percent of the total number of coded statements within the Relationship content level in a couple's conversational exchange.

A "pursuer/avoider" pattern is one in which a Style III or IV and content Person or Relationship level statement is followed by a statement from the other partner, in Style I or II. If this pattern exists, the "pursuer" is the partner who sends the

Style III or IV, Person or Relationship level statement and the "fleeer" is the partner who responds to the "pursuers" statement with a Style I or II level statement. The partner who is predominantly the "fleeer" is calculated by the percent of times the husband and wife are "fleers" in the total number of "pursuer/avoider" patterns in a couple's conversational exchange.

Marital adjustment is the total score on the Spanier Dyadic Adjustment Scale (Spanier, 1976) and also the balance score on the Orden and Bradburn Marital Adjustment Balance Scale (Orden & Bradburn, 1968), which is the difference between the score on the satisfactions index and the score on the tensions index. Scores will be recorded as husband scores, wife scores, and couple scores (a husband score plus a wife score). Appendix 1 illustrates these scales.

Marital happiness is the score on a semantic differential scale (see Appendix 1) that asks the respondent to "circle the dot which best describes the degree of happiness, all things considered, of your relationship". The middle point of the scale - "happy" - is defined as representing the degree of happiness of most relationships (0=extremely unhappy; 6=perfect).

Marital satisfactions is the number of items checked on the satisfactions index of the Orden and Bradburn Marital Adjustment Balance Scale (Orden &

Bradburn, 1968). This scale is the first set of items on the instrument illustrated in Appendix 1. There are nine items contained in this index.

Marital tensions is the number of items checked on the tensions index of the Orden and Bradburn Marital Adjustment Balance Scale (Orden & Bradburn, 1968). This scale is the second set of items on the instrument illustrated in Appendix 1. There are nine items contained in this index.

Interaction satisfaction is the score on a semantic differential scale designed to measure this concept (see Appendix 3). This item asks the respondent to "indicate how satisfying your discussion was for you by placing an 'X' on the following line". Scoring is from 1 to 5 (1- very unsatisfying; 5= very satisfying).

### Hypotheses

Hypothesis I - Couples who can establish a "work" pattern in their verbal interaction will have higher marital adjustment, marital happiness, and marital satisfactions; and lower marital tensions than couples who do not establish a "work" pattern.

A. The percent of a couple's total interactional messages within "work" patterns will be positively related to that couple's marital adjustment, marital happiness, and marital satisfactions, while being

negatively related to their marital tensions.

B. The number of "work" patterns in a couple's conversational exchange will be positively related to that couple's marital adjustment, marital happiness, and marital satisfactions, while being negatively related to their marital tensions.

C. The length of the "work" patterns in a couple's conversational exchange will be positively related to that couple's marital adjustment, marital happiness, and marital satisfactions, while being negatively related to their marital tensions.

Being able to establish a "work" pattern should help a couple handle problematic issues by increasing personal and relationship awareness and their level of disclosure (Miller, 1975). Style III and IV messages allow for the identification of tensions and satisfactions in a relationship and for open exploration of alternative behaviors. If problematic issues are not handled in this manner, tensions in a couple's relationship should increase because these issues remain unresolved. The amount of "work" done should be related to the percent of total interactions within "work" patterns, the number of "work" patterns, and the length of any given "work" pattern. Thus, the more "work" done in a couple's conversational exchange,

the higher will be their marital adjustment, marital happiness, and marital satisfactions, and the lower will be their marital tensions.

Hypothesis II - The amount of reciprocity of communication styles, of husband and wife messages, in a couple's verbal interaction, will be positively related to that couple's marital adjustment, marital happiness, and marital satisfactions; and negatively related to their marital tensions.

If a husband and wife exchange communication styles at an equal rate in their verbal interaction, they may perceive this as an equitable or just exchange of reward-cost ratios or profit-investment ratios and, thus, will be more likely to have higher levels of marital adjustment, marital happiness, and marital satisfactions; and lower marital tensions than couples who perceive their communication exchanges to be unfair or unjust.

Hypothesis III - Couples who can establish a "work" pattern in a given conversational exchange will be more satisfied with that conversational exchange (interaction satisfaction) than couples who do not establish a "work" pattern.

A. The percent of total interactional messages within "work" patterns will be positively related to that couple's interaction satisfaction.



B. The number of "work" patterns in a couple's conversational exchange will be positively related to that couple's interaction satisfaction.

C. The length of "work" patterns in a couple's conversational exchange will be positively related to that couple's interaction satisfaction.

If "work" patterns help a couple handle their problems and simultaneously feel acknowledged and understood, then the ability to establish "work" in a given verbal exchange would be associated with good feelings about that encounter. These good feelings should be positively related to the amount of "work" done in a conversational exchange in terms of the percent of the total messages within "work" patterns, the number of "work" patterns, and the length of "work" patterns.

Hypothesis IV - A balance of Style III and IV messages within "work" patterns, in a couple's verbal interaction, will be positively related to that couple's marital adjustment, marital happiness, and marital satisfactions; and be negatively related to their marital tensions.

A predominance or "overuse" of Style III may be frustrating to a couple because tentative speculations and explanations are given but there is no subsequent commitment to deal completely with an issue. An "overuse" of Style IV may be threatening to a couple

because issues are dealt with on a high risk level with no "escape hatch" left open to them.

Hypothesis V - Couples who use predominantly Relationship content in their verbal interaction, in the laboratory, will have lower levels of marital adjustment, marital happiness, and marital satisfactions; and higher levels of marital tensions than couples who have a balance of Topic, Testing Situation, Person, and Relationship content in the laboratory setting.

Watzlawick, et. al. (1967) believe that couples who are stressed will attend more to the "command" aspect of their communication than to the "report" aspect. If this holds true, a couple focusing predominantly on relationship issues, in their verbal interaction, could be showing relatively more stress than a couple using a balance of Topic, Testing Situation, Person, and Relationship content, and thus, a relatively lower marital adjustment, marital happiness, and marital satisfactions; while also showing more marital tensions. Also, a certain amount of boundary maintenance (keeping researchers out) may be appropriate and help establish a sense of cohesiveness in the marital dyad (e.g. Minuchin, 1974).

Hypothesis VI - Among those couples who cannot establish a "work" pattern in their verbal interaction, the partner who "flees" "work" (the one who predominantly

follows his/her partner's Style III or IV and content Person or Relationship level message with a Style I or II level message) will have a lower marital adjustment, marital happiness, marital satisfactions, and interaction satisfaction; while having higher marital tensions, than the partner who "pursues" "work" (one who predominantly sends the preceeding "work" level message to the "fleeer").

Miller (1976) observed that, contrary to what he had hypothesized, verbal interactions involving a person who was pursueing personal or relationship "work" and a person who was escaping that "work", the "fleeer" was often more dissatisfied and frustrated with the verbal interaction and the relationship than was the "pursuer". He believed that the "fleeer" felt pushed to discuss issues on a risk level that may be too threatening to him/her or to make changes that he/she perceived he/she could not make.

## CHAPTER II: METHODOLOGY

## Sample

The subjects used in this study were married couples who had asked to participate in a Marital Communication Workshop offered at Kansas State University through the Department of Family and Child Development. There were 64 subjects (32 couples) in all. The age range was from 19 to 44 years. The mean age for the husbands was 28.7 years and 26.8 years for the wives. The overall mean age was 27.8 years. The highest level of education attained ranged from high school to graduate degrees. The mean years of education completed for the sample was 15.75. The mean number of years of education for the husbands was 16.3 and for the wives, 15.1. Occupations for the husbands ranged from lawyer, college professor, graduate student, store manager, heavy equipment operator, undergraduate student to letter carrier. The range of wife's occupations was from homemaker, graduate student, preschool teacher, college instructor, undergraduate student, travel agent to factory worker. The joint family income ranged from \$5,000 to \$30,000 a year. The mean joint family income per year was \$14,587. The mean number of times married for husbands was 1.15 and 1.1 for wives. The number of years in the present

marriage ranged from 2 months to 19 years with a mean of 5.3 years. Fourteen couples (44%) were childless and the average number of children in a family was 1.1. The range of age in children was 3 months to 16 years with a mean of 5.9 years. Nine couples (28%) had sought marriage counseling from at least one source (e.g. family counselor, psychiatrist, psychologist, clergy member, social worker). The mean duration of counseling was 22 weeks. All but one of the couples that had sought marriage counseling stated that it had been helpful. The Marital Communication Workshop in which these couples participated was publicized as education rather than therapy and subjects judged to be blatantly psychotic were screened out. In general, then, the population was highly educated, contained several student couples, had fewer children than might be expected in the general population, had a fairly large proportion of couples who had sought prior help for their relationship, and all were attending a workshop focusing on their communication as a couple. Caution should be taken in generalizing the results of this study to other populations.

#### Procedure

During the course of the research, all couples were asked to interact with their spouse while being videotaped. Each couple was videotaped four times:

immediately before the initial session, after the last session, and 60 and 120 days following the workshop. Only the pre-training data will be used in this study. The sample includes both experimental and control couples.

In the intake interview with a couple, each marital partner was asked to fill out a biographical data sheet, the Orden and Bradburn Marital Adjustment Balance Scale (Orden & Bradburn, 1968), and the Spanier Dyadic Adjustment Scale (Spanier, 1976). The couple was then videotaped after being given the following instructions: "Send your partner a message you would like him or her to hear. You have up to 15 minutes to discuss it. You may stop before then if you wish or we will interrupt you after 15 minutes". After the interaction was videotaped, the couple was asked to review the tape and then each partner independently filled out a semantic differential scale evaluating the interaction from the "insider's " point of view. Included in this form is the interaction satisfaction measure.

The initial 10-minute segment of each videotape was coded independently by one of three experienced coders using the Hill Interaction Matrix Scoring System (Hill, 1965). The coders had reached an inter-rater

reliability ranging from .77 to .89.

### Measures

#### Hill Interaction Matrix

The Hill Interaction Matrix (HIM) (Hill, 1965) will be used to code the communication content and style of the marital dyads observed. The HIM was developed to rate individuals and groups and to study group development, group composition, and therapist style all with the same conceptual framework and thereby understand their interaction and summative effects. The theoretical background of the HIM has been discussed somewhat in the preceeding section. The matrix is made up of four content categories and five style categories (see Table 1). For the purpose of this study, the Responsive content category will be eliminated because of it's inappropriateness for describing the interaction being observed in these subjects. A Testing Situation content category has been substituted for the Group content category Hill (1965) conceptualized. This category will include messages referring to such things as the testing equipment, instructions given or instruments filled out. This was done because the subjects are interacting as couples and because the testing situation is an artificially imposed circumstance created by the testing situation itself which is separate from the other three categories. The HIM

Table 1  
Modified Hill Interaction Matrix  
Coding Weights

		<u>Content Categories</u>				
		Topic	Test. Sit.	Personal	Relationship	
		T	TS	P	R	
<u>Style Categories</u>	Non-Work	Conven- tional I	IT (1)	ITS (2)	IP (9)	IR (10)
		Assertive II	IIT (3)	IITS (4)	IIP (11)	IIR (12)
	Work	Specu- lative III	IIIT (5)	IIITS (6)	IIIP (13)	IIIR (14)
		Confron- tive IV	IVT (7)	IVTS (8)	IVP (15)	IVR (16)



Scoring Manual (Hill, 1965) gives specific information about what characterizes messages in each cell and also gives many examples. Appendix 3 also gives some brief information and examples of the HIM coding system. From this information, each change of style, content or speaker is tallied in its appropriate cell with both a style code and a content code. Appendix 4 gives more specific coding information. As table 1 illustrates, there are specific weights associated with each cell. These weights correspond with what Hill (1965) sees as the therapeutic value of the interactions in each cell in terms of their content and style. The HIM is used to rate dyadic interaction in this study and so modifications on the original HIM were made. The persons in the dyad and their relationship are the foci here, rather than any group per se.

Validity. In the course of developing norms for the HIM, the ratings for each cell for each of the 50 groups comprising the normative sample were subjected to a specialized computer program. This was a multiple scale analysis, derivative from intra-class R concepts of Haggard. Preliminary analysis of the data indicates quite clearly that the determinants of the scale (Work, Pre-Work, Interpersonal Threat, Member-Centeredness) result in rating homogeneities that are consistent with the way the determinants are supposed to be built

into the scale and account for 96% of the variance in the ratings.

Evidence for construct validity of the coding system was gathered by coding and comparing the interaction in two types of groups which, according to the theory, should differ in style and content of communication (Hill, 1965). The interaction groups were designed to create a warm and accepting climate in which patient-to-patient interaction was encouraged. Interaction was considered to be any type of verbal communication on any subject with little reference to "psychotherapeutically tinged" content. Insight groups involved directing discussion to psychological disturbances, and each member was encouraged to examine his/her personal problems. Interaction was restricted to that between patients and therapist. Sample protocols of both types were rated blind by a reliable rater unaware of the source of the study. Results were that 100% of the participation in the Interaction Group was on the Conventional level (I) and over three-fourths of this fell into the General Interest Topics cell (I-T). In the Insight Group, 80% of the participation fell in Personal-Speculative Work cells of this panel (III-P). The validity of the scoring system is supported by the congruence between the

interpretation based on the reliable ratings and the kind of groups they are supposed to be. Another attestation of the validity of the scale is that differences between the groups were so clear cut and unambiguous.

In another study (Hill, 1965), seven classical types of group psychotherapy were compared. Seven scripts were selected from over 100 psychotherapy groups. These seven were representative of seven different approaches to group psychotherapy. The approaches were: Group Analytic, Neo-psychoanalytic, "Pure" Psychoanalytic, Non-Directive, Didactic, Rational, and Guided Group Interaction. When scored, it was found that no two patterns of high and low loadings on the HIM categories were similar. The seven types of styles of groups seemed to have unique patterns of distribution on the HIM categories. This should be expected of a valid coding system in that it discriminates between such divergent groups.

Hill (1965) looked at each of the groups and examined their patterns of interaction and attempted to see if these are consistent with what might be expected from the literature on the classic approaches. The findings were that, indeed, concepts and therapy styles characteristic of the seven approaches seem to correlate with the appropriate dimensions of the HIM.

The HIM has also been used for assessment of group interaction and progress, leadership style effect on group interaction (Gilstein, et. al., 1977), evaluation of group interaction models (Silbergeld, 1977; Conyne & Rapin, 1977) and in other contexts.

The HIM, as modified for dyads, has also been used successfully in studies of couple interaction. Miller (1971) studied the effects of communication training in small groups upon self-disclosure and openness in engaged couples. He used the HIM to measure changes in the systematic "work" of 32 couples (17 experimental and 15 control) in a pre- and post-test design. He found that the experimental couples increased systematic "work" and the control couples decreased systematic "work".

Reliability. The most meaningful way to measure the reliability of the HIM is through inter-rater reliabilities. In this study, three raters were trained and were able to reach reliability levels ranging from .77 to .89. These reliability levels were calculated through Product-Moment correlations using weighted scores. These levels are very similar to the correlations Hill (1965) found when comparing three different groups of raters. He reports correlation coefficients from .70 to .90. Hill (1965) notes that there are

no norms on which to base these reliability levels. He believes that "the artifacts that seem to influence the reliability most are amount of training, sophistication of judges, and clarity of communication within the interaction sequences." Hill (1965) concludes that "disagreements amongst raters, for the most part, lie in determining what the message's content or context is."

#### Dyadic Adjustment Scale

Marital adjustment will be measured by the Dyadic Adjustment Scale developed by Spanier (1976). Appendix 1 illustrates this scale (the scale begins after the two sets of checklists). Spanier (1976) defines dyadic adjustment as "a process of movement along a continuum which can be evaluated in terms of proximity to good or poor adjustment" (p. 17). He hypothesized that the outcome of the process "is determined by the degree of: 1) troublesome dyadic differences, 2) interpersonal tensions, 3) dyadic satisfaction, 4) dyadic cohesion, and 5) consensus on matters of importance to dyadic functioning" (Spanier, 1976, p. 17). From these ideas, a scale was developed which contains 32 items and is in a questionnaire format. The scale is an extension of previously used scales. The process of developing the scale is outlined by Spanier (1976) and summarized here. First, all items ever used in any

scale proposed to measure marital adjustment or similar concepts were identified; 300 items were found. All duplicate items were eliminated. Three judges then examined all items for content validity. All items not relevant for dyads in the 1970's and not judged to be indicators of marital adjustment, as defined by Spanier and Cole (1974), were eliminated. Next, the 200 remaining items were put in the form of a questionnaire along with questions to assess background variables. Some of these items were ones that Spanier (1976) added in hopes of tapping areas of adjustment which had previously been ignored. To test the hypothesis that alternative wording of a fixed-choice dyadic adjustment scale might produce different results and unpredictable response sets, approximately 25 items were included with alternative wording in the question and in the fixed-choice response categories. Then the questionnaire was administered to 218 married persons who were primarily of the working and middle class and to 94 recently divorced persons. The divorced persons were asked to answer the questions, based on the last month they spent with their spouses. Next, frequency distributions were analyzed and all items with low variance and high skewness were eliminated. Where differences in response variance were significant

on the questions where alternative wording was used, items with the lesser variation were excluded. The remaining variables were then analyzed using a t-test for significant difference between means of the married and divorced samples. After items which were not significantly different at the .001 level were eliminated, fifty-two items remained. Of the alternately worded items, those with the lowest t-value were eliminated. The remaining 40 items were then factor analyzed to assess the adequacy of their definition, determine the presence of hypothesized components, and make final determination of items which were to be included. Thirty-two items remained after 8 were eliminated due to factor loading below .30. Empirical comparisons using alternative weighting procedures and consideration of the scaling literature led to a decision against variable weighting.

In the final 32 items, 4 subscales were found to exist which are conceptually and empirically related to marital adjustment. These are dyadic satisfaction, dyadic consensus, dyadic cohesion and affectional expression. Of the five original components, troublesome dyadic differences could not be empirically verified and so those items were eliminated and 4 items thought to measure dyadic consensus or dyadic satisfaction

were combined and verified as a separate factor called affectional expression. In all cases, except the 4 affectional expression items, the items hypothesized as indicators of each factor were confirmed to have their highest loading with that factor.

Validity. Content validity was attempted through the evaluation of all the items by three judges. Items were included only if the judge considered them to be: 1) relevant measures of dyadic adjustment for contemporary relationships, 2) consistent with the nominal definitions suggested by Spanier and Cole (1974) for adjustment and its components, and 3) carefully worded with appropriate fixed-choice responses.

Criterion validity was assessed by evidence of significant correlation with the external criterion of marital status. For each item, the divorced sample differed significantly from the married sample ( $p < .001$ ) using a t-test for differences between sample means. The mean total scale scores for these two samples also differed significantly ( $p < .001$ ) with the married sample mean of 114.8 and the divorced sample mean of 70.7.

In assessing construct validity, the Dyadic Adjustment Scale scores were correlated with scores from the Locke-Wallace Marital-Adjustment Scale to see if the



same general construct was being measured by both. The correlation between these scales was .86 among married respondents and .88 among divorced respondents ( $p < .001$ ).

The final factor analysis of the 32 items on the scale further established construct validity. Of the final four components of marital adjustment, three had been hypothesized as components of marital adjustment and were found to exist. Thus "the Dyadic Adjustment Scale partially appears to measure the theoretical construct defined earlier" (Spanier, 1976, p. 23).

Reliability. As a measure of internal consistency the Cronbach's Coefficient Alpha was calculated for each scale as well as for the total scale. The coefficients for the subscales ranged from .73 to .94 and the coefficient for the total scale was .96. Spanier (1976) concluded that "the data indicate that the total scale and its components have sufficiently high reliability to justify their use" (p. 24).

Limitations and Considerations. Spanier (1976) notes that the methodological problems of conventionality and social desirability are not controlled for in this scale. He also states that "the problem of clarifying whether the present scale can be considered a measure of individual adjustment to the relationship versus adjustment of the dyad as a functioning unit has not been solved. Some scale items (notably item 32) assess

the individual's adjustment to the relationship. Most of the items, however, attempt to assess the respondent's perception of the adjustment of the relationship as a functioning group. Since this latter type of item predominates, the researcher could assume that partner differences in responding to the scale items largely reflect differing perceptions of the relationship's functioning" (Spanier, 1976, p. 22).

#### Marital Adjustment Balance Scale

Orden and Bradburn (1968) propose that "marriage happiness may be viewed as a resultant of two dimensions, a dimension of satisfactions and a dimension of tensions" (p. 715). They believe that satisfactions and tensions are independent and effect marital happiness in different ways, in that, "satisfactions are positively related to marriage happiness, and tensions are negatively related to marriage happiness" (Orden & Bradburn, 1968, p. 715). The concept of "happiness" is defined as "psychological well-being" and is seen as "a function of two independent dimensions, those of positive and negative affect" (Orden & Bradburn, 1968, p. 715). They state that previous research by them, in which a cluster analysis of responses to a series of questions on pleasurable and unpleasurable experience, revealed two clusters of affective experiences. One cluster reflected positive and one reflected negative experiences.

Both clusters related to an overall rating of happiness but did not relate to each other. "The difference between positive and negative affect scores, called the Affect Balance Scale, was found to be the best indicator of an individual's psychological well-being" (Orden & Bradburn, 1968, p. 716). From this evidence, they investigated the individual's own assessment of his/her happiness in marriage and tried to show that responses to two checklists - one on disagreements and one on satisfactions - form two independent clusters - one they call "marriage tensions" and one they call "marriage satisfactions", and that these two dimensions parallel the two dimensions of overall psychological well-being. Orden and Bradburn (1968) developed two separate indexes. The index of tensions was developed from items used by Bradburn and Caplovitz in previous research. The inventory included economic aspects of marriage (husband's job and household expenses), recreational aspects of marriage (leisure time, time spent away from home, time spent with friends) and personal aspects of marriage (irritating personal habits, being tired, not showing love). The index of satisfactions was constructed so as to be "indicative of the positive side of marriage but would not necessarily be correlated with disagreements in marriage" (Orden & Bradburn, 1968, p. 718). Some items were designed to tap the "basic

interpersonal relationship in the marriage; they were independent of activities with other people and did not involve any expenditure of funds" (Orden & Bradburn, 1968, p. 718). These items were to become the "companionship" block of the satisfactions index and included having a good laugh, spending an evening just chatting with one another, doing something the other partner particularly appreciated, being affectionate, or taking a walk or drive just for pleasure. The other set of items in the satisfactions index were "of a social nature; they did involve an expenditure of funds and might or might not involve other people" (Orden & Bradburn, 1968, p. 718). These items were to become the "sociability" block of the satisfactions index and included going to a movie, the theatre, or other entertainment; going to a restaurant; visiting friends together; or entertaining friends at home. The first part of the instrument in Appendix 1 is the set of items in the Orden and Bradburn Marital Adjustment Balance Scale (Orden & Bradburn, 1968). Each index is a nine-item checklist.

For both of these indexes, the respondent is asked to answer the questions in terms of experiences they have had in the past several weeks. The focus of the items is the "effects of current environmental forces on the life adjustment of individuals" (Orden & Bradburn,

1968, p. 718).

The measure of "marriage happiness" was one question: "Taking all things together, would you say your marriage was very happy, pretty happy, or not too happy?" (Orden & Bradburn, 1968, p. 720). Scores on this question were found to be reliable on a test-retest measure (y coefficients were .88 for men and .82 for women).

These instruments were administered to 1,738 married subjects (781 husbands and 957 wives). The women and men were not couples.

Validity. The average Q-values of association of the items within the "sociability" block of the satisfactions index are .48 for men and .47 for women, and for the items within the "companionship" block, the Q-values of association are .62 for men and .69 for women. Orden and Bradburn (1968) state that this suggests "indexes based on the level of 'yes' responses would constitute adequate and appropriate measures of underlying dimensions of sociability and companionship in marriage" (p. 720). The average Q-values of association within the inventory of disagreements are .46 for men and .50 for women and this suggests "that these nine items can be combined into an index to measure tensions in the marital relationship" (Orden & Bradburn,

1968, p. 720). "The Q-values between tensions and satisfactions are more often negative than positive, but are generally and consistently low, with one notable exception" (Orden & Bradburn, 1968, p. 720). This exception is that "affectionate" in the satisfactions battery and "not showing love" in the disagreements checklist are negatively correlated with each other.

The average Q-values of association between the "sociability" items and the "tensions" items are  $-.03$  for men and  $-.02$  for women, while the average Q-values between the "companionship" items and the "tensions" are  $-.12$  for men and  $-.23$  for women. This suggests "that the items in the satisfactions and tensions inventories are not merely tapping the negative and positive aspects of a single dimension. Satisfactions and tensions appear to be describing two separate and independent dimensions of the marriage relationship" (Orden & Bradburn, 1968, p. 722).

The  $y$  coefficients between the "companionship" index scores and "marriage happiness" scores are  $.44$  for men and  $.40$  for women; between the "sociability" index and "marriage happiness", they are  $.20$  for men and  $.26$  for women; and between the "tensions" index and "marriage happiness", they are  $-.36$  for men and  $-.41$  for women.

When composite scores for the indexes of "companionship", "sociability", and "tensions" were compared, very low y coefficient correlations between the "companionship" and "tensions" indexes were found ( $-.01$  for men and  $-.02$  for women). There was a moderate positive correlation between the two satisfactions indexes ( $.34$  for men and  $.37$  for women).

When Orden and Bradburn (1968) looked at balance scores (the difference between the satisfactions index scores and the tensions index scores) and compared them to "marriage happiness" scores, the y coefficients of association were  $.47$  for the sample as a whole,  $.44$  for men and  $.50$  for women. They also found that, when comparing individual scores on the Marital Adjustment Balance Scale (MABS) to individual scores on the "marriage happiness" scale, "at the extremes of the balance scale, the difference score is clearly and obviously an appropriate indicator of marriage happiness" (Orden & Bradburn, 1968, p. 727). The combination of "marriage happiness" scores which yield an intermediate difference score show little or no variation.

Reliability. Orden and Bradburn (1968) show no tests of reliability for the Marital Adjustment Balance Scale.

Limitations and Considerations. There was no control for social desirability or marital conventionalization included in the MABS. Couples were not used as subjects in the validation procedure and so ratings of husbands and wives were not included. Assessing how husband and wife scores compare could have added more validity to this measure. Also, subjects were asked to respond to the items in terms of experiences they had had in the past several weeks. Asking a respondent to remember past events could lead to distortions in reporting the actual experiences.

#### Marital Happiness Scale

This marital happiness scale is designed to measure an individual's overall, subjective assessment of his/her marital relationship in terms of the level of happiness present in it. The scale is unidimensional and is one question: "Please circle the dot which best describes the degree of happiness, all things considered, in your relationship." "Happy" is the middle point on the seven point scale and is defined as representing the degree of happiness of most relationships. This scale is contained in the Locke-Wallace Short Marital-Adjustment Scale (Locke & Wallace, 1959) and the Spanier Dyadic Adjustment Scale (Spanier, 1976). This scale is illustrated in Appendix 1, page 3. No tests of validity or reliability have been done



on this specific scale, but researchers have used very similar questions in assessing the validity of their instruments (Orden & Bradburn, 1968). Orden and Bradburn (1968) found scores on a question similar to this one to be stable and reliable on a test-retest correlation (y coefficients of association are .88 for men and .82 for women). In this study, the purpose of this measure is to get an individual's internal and personal assessment of his/her marriage and to investigate how this relates to communication patterns in the verbal interaction between that individual and his/her spouse. Scoring: 0=extremely unhappy, 6=perfect.

#### Interaction Satisfaction Scale

The last measure used in this study is a semantic differential scale designed to evaluate a subject's satisfaction with a videotaped interaction sequence from the "insider's" point of view. The single item states: "Indicate how satisfying your discussion was for you by placing an 'X' on the following line." There are five possible response categories on a continuum ranging from "very satisfying" to "very unsatisfying". Scores range from 1 to 5 (1= very unsatisfying; 5= very satisfying). It is assumed that the score obtained will be a reflection of an individual's personal, internal perception of his/her satisfaction with an interaction with his/her spouse

that has just taken place in a testing situation.  
Appendix 2 illustrates the larger semantic differential  
scale in which this measure is contained.

### CHAPTER III: RESULTS AND LIMITATIONS OF THE STUDY

Hypothesis I Results - Analysis for the major part of this hypothesis utilized chi-square tests of association because of the nominal nature of the data. Chi-square tests between the variable of whether a couple could establish a "work" pattern (yes or no), and the marital adjustment, marital satisfactions, marital happiness, and marital tensions variables, yielded no significant associations. Tables 2 and 3 illustrate these results.

Twenty-one couples, or 65.6% of the total sample, did establish at least one "work" pattern. Pearson R correlations revealed that, for these 21 couples, the percent of total statements within "work" patterns was negatively correlated ( $-.38$ ) with wife scores on the Orden and Bradburn MABS tensions index, and this was significant at the .05 level (see Table 4, 5, 6). The number of "work" patterns, in a couple's conversation, showed significant ( $p < .05$ ), positive Pearson R correlations with the husband, wife, and couple Spanier DAS scores (these correlations were .53, .37, and .48 respectively). The number of "work" patterns was significantly ( $p < .05$ ) negatively correlated with the wife ( $-.40$ ) and couple ( $-.47$ ) MABS tensions index scores. The correlation between the wife MABS

Table 2

Hypothesis I  
Chi-Square Tests for Husband DAS, MABS, and Marital Happiness Scores

		DAS		MABS Tensions			
		LOW	HIGH	LOW	HIGH		
NO Established Pattern	YES	8 25.0%	3 9.4%	5 15.6%	6 18.7%	NO Established Pattern	
		8 25.0%	13 40.6%	11 34.4%	10 31.2%		
		50.0%	50.0%	50.0%	50.0%		
		$\chi^2 = 1.247$				$\chi^2 = .013$	
						34.4%	
						65.6%	
						34.4%	
						65.6%	

		MABS Balance		Marital Happiness			
		LOW	HIGH	LOW	HIGH		
NO Established Pattern	YES	7 21.9%	4 12.5%	4 12.5%	7 22.0%	NO Established Pattern	
		7 21.9%	14 43.7%	11 34.5%	10 31.0%		
		43.8%	56.3%	46.9%	53.1%		
		$\chi^2 = .794$				$\chi^2 = .106$	
						34.4%	
						65.6%	
						34.4%	
						65.6%	

		MABS Satisfactions		
		LOW	HIGH	
NO	Established Pattern	7 21.8%	4 12.5%	NO
		9 28.1%	12 37.5%	
YES		50.0%	50.0%	YES

Table 3

Chi-Square Tests for Wife DAS, MABS, and Marital Happiness Scores

Hypothesis I

	DAS			MABS Tensions	
	LOW	HIGH		LOW	HIGH
NO	6 18.7%	5 15.6%	Established Pattern	4 12.5%	7 21.8%
YES	9 28.1%	13 40.6%		9 28.1%	12 37.5%
	43.8%	65.3%		40.6%	59.4%

$$\chi^2 = .159$$

$$\chi^2 = .001$$

	MABS Balance			Marital Happiness	
	LOW	HIGH		LOW	HIGH
NO	4 12.5%	7 21.8%	Established Pattern	7 21.9%	4 12.5%
YES	9 28.1%	12 37.5%		8 25.0%	13 40.6%
	40.6%	59.4%		46.9%	53.1%

$$\chi^2 = .001$$

$$\chi^2 = 1.004$$

	MABS Satisfaction				
	LOW	HIGH			
NO	5 15.6%	6 18.7%	Established Pattern		
YES	13 40.6%	8 25.0%			
	56.3%	43.8%			

$$\chi^2 = .266$$

Table 4

Correlations Between Each Dependent Variable  
and Selected Independent Variables for Husbands

	N	$\bar{X}$	s.d.	DAS	Bal.	MABS Sats.	Tens.	Mar. Happ.	Inter. Sat.
Hypoth. I & III	21	34.2	22.2	.22	.13	.09	-.09	.33	-.02
Number of work patterns	21	3.8	2.6	.53	.29	.09	-.31	.42	-.05
Length of work patterns	21	6.4	2.9	.12	.02	.05	-.08	.23	.18
Discrep. in Style I	32	5.8	5.6	.25	.29	.35	.05	.21	.14
Discrep. in Style II	32	4.1	6.0	.06	.07	.10	-.06	.03	.13
Discrep. in Style III	32	10.7	8.7	-.04	.17	.08	-.20	.11	.20
Discrep. in Style IV	32	5.0	5.0	-.02	-.10	.01	.12	-.08	-.12
% Style III in work patterns	21	83.3	15.6	-.02	-.12	-.09	-.06	.08	.20
% Style IV in work patterns	21	18.8	16.7	.27	.16	.22	-.06	.12	-.11
% Relationship content	32	25.1	14.9	.30*	.13	.12	-.07		
% husband "fleeer"	11	46.0	33.8	.06	.27	.44	-.12	.17	.29
% wife "fleeer"	11	54.0	33.8	-.06	-.27	-.44	.12	-.17	-.29
Number of pursue/ avoid patterns	11	4.2	2.9	-.54*	.07	.23	-.38	-.43	-.01

\* = .05 level of significance

\*\* = .01 level of significance

\*\*\* = .001 level of significance

Table 5

Correlations Between Each Dependent Variable  
and Selected Independent Variables for Wives

	N	$\bar{X}$	s.d.	DAS	Bal.	MABS Sats.	Tens.	Mar. Happ.	Inter. Sat.
Hypoth. I & III	21	34.2	22.2	.21	.31	.13	-.38*	-.10	-.30
Number of work patterns	21	3.8	2.6	.37*	.30	.10	-.40*	.16	-.11
Length of work patterns	21	6.4	2.9	.17	.31	.14	-.38*	-.11	-.15
Discrep. in Style I	32	5.8	5.6	.19	.07	.00	-.12	.05	-.35*
Discrep. in Style II	32	4.1	6.0	.10	-.05	.13	.29*	.37**	.12
Discrep. in Style III	32	10.7	8.7	-.11	.14	.20	.04	.16	-.02
Discrep. in Style IV	32	5.0	5.0	.23	.03	.17	.20	.09	-.17
% Style III in work patterns	21	83.3	15.6	-.13	-.01	-.23	-.28	-.27	.13
% Style IV in work patterns	21	18.8	16.7	.34	.22	.37*	.12	.38*	-.16
% Relationship content	32	25.1	14.9	.17	.20	.15	-.14		
% husband "fleeer"	11	46.0	33.8	.28	.59*	.48	-.22	.18	.19
% wife "fleeer"	11	54.0	33.8	-.28	-.59*	-.48	.22	-.18	-.19
Number of pursue/ avoid patterns	11	4.2	2.9	-.39	-.30	-.03	.49	-.39	.55*

\* = .05 level of significance

\*\* = .01 level of significance

\*\*\* = .001 level of significance

Table 6

Correlations Between Each Dependent Variable  
and Selected Independent Variables for Couples

	N	$\bar{X}$	s.d.	DAS	Bal.	MABS Sats.	Tens.	Mar. Happ.	Inter. Sat.
Hypoth. I & III	21	34.2	22.2	.23	.22	.12	-.28	.14	-.19
	21	3.8	2.6	.48**	.30	.10	-.47**	.24	-.17
	21	6.4	2.9	.15	.19	.11	-.23	.05	-.02
Hypoth. II	32	5.8	5.6	.23	.20	.19	-.13	-.02	-.13
	32	4.1	6.0	.09	.02	.13	.17	.00	.08
	32	10.7	8.7	-.07	.18	.15	-.15	-.14	.03
	32	5.0	5.0	.10	-.03	.10	.23	.00	-.20
Hypoth. IV	21	83.3	15.6	-.08	.00	-.18	-.28	.02	.29
	21	18.8	16.7	.32	.19	.32	.09	.15	.25
Hypoth. V	32	25.1	14.9	.24	.16	.15	-.10		
Hypoth. VI	11	46.0	33.8	.22	.50*	.52*	-.18	.19	.30
	11	54.0	33.8	-.22	-.50*	-.52*	.18	-.19	-.30
	11	4.2	2.9	-.53*	-.10	-.14	-.04	-.45	.35

\* = .05 level of significance

\*\* = .01 level of significance

\*\*\* = .001 level of significance



tensions score and the length of "work" patterns was  $-.38$ , and also significant at the  $.05$  level. No other significant Pearson R correlations, for this hypothesis, were found.

These correlations indicate that as the percent of total statements within "work" patterns, the number of "work" patterns, and the length of "work" patterns increase, wife MABS tensions scores decrease. Also, as the number of "work" patterns increase, husband and wife marital adjustment scores increase.

Hypothesis II results - Pearson R correlations between the amount of reciprocity in husband and wife communication styles and the dependent variables show a significant ( $p < .05$ ) positive correlation between discrepancies in Style II and wife MABS tensions index scores ( $.29$ ) and wife marital happiness scores ( $.37$ ). There was also a  $.35$  positive correlation between discrepancies in Style I and husband MABS satisfactions index scores, significant at the  $.01$  level. Tables 4 and 5 illustrate these correlations. Conceptually, this means that as reciprocity in Style II increases, wife tensions and wife marital happiness decrease; and as reciprocity in Style I increases, husband satisfactions decrease.

A chi-square test of association between wife MABS satisfactions index scores and discrepancy scores

Table 7

Hypothesis II  
Chi-Square Tests for Husband DAS Scores

Discrep. in Style I	DAS		Discrep. in Style III	DAS	
	LOW	HIGH		LOW	HIGH
LOW	7 21.9%	8 25.0%	LOW	7 21.9%	9 28.1%
HIGH	9 28.1%	8 25.0%	HIGH	9 28.1%	7 21.9%
	50.0%	50.0%		50.0%	50.0%

$\chi^2 = .125$   
 d.f. = 1  
 p = .732  
 lambda = .062  
 gamma = -.125

$\chi^2 = .500$   
 d.f. = 1  
 p = .479  
 lambda = .125  
 gamma = -.246

Discrep. in Style II	DAS		Discrep. in Style IV	DAS	
	LOW	HIGH		LOW	HIGH
LOW	9 28.1%	7 21.9%	LOW	9 28.1%	7 21.9%
HIGH	7 21.9%	9 28.1%	HIGH	7 21.9%	9 21.9%
	50.0%	50.0%		50.0%	50.0%

$\chi^2 = .500$   
 d.f. = 1  
 p = .479  
 lambda = .125  
 gamma = .246

$\chi^2 = .500$   
 d.f. = 1  
 p = .479  
 lambda = .125  
 gamma = .246

Table 8

Hypothesis II  
Chi-Square Tests for Husband MABS Balance Scores

Discresp. in Style I	MABS Balance		Discresp. in Style III	MABS Balance	
	HIGH			HIGH	
	LOW	HIGH		LOW	HIGH
LOW	8	7	LOW	9	7
	25.0%	21.9%		28.1%	21.9%
HIGH	6	11	HIGH	5	11
	18.8%	34.3%		15.6%	34.4%
	43.8%			43.8%	
</					

$\chi^2 = 1.054$   
 d.f. = 1  
 $p = .305$   
 $\lambda = .071$   
 $\gamma = .354$

$\chi^2 = 2.032$   
 d.f. = 1  
 $p = .154$   
 $\lambda = .143$   
 $\gamma = .478$

Discresp. in style II	MABS Balance		Discresp. in style IV	MABS Balance	
	HIGH			HIGH	
	LOW	HIGH		LOW	HIGH
LOW	7	9	50.0%	8	8
	21.9%	28.1%		25.0%	25.0%
HIGH	7	9	50.0%	6	10
	21.9%	28.1%		18.8%	31.3%
	43.8%			43.8%	
				56.3%	

$\chi^2 = 0.0$   
 d.f. = 1  
 $p = 1.00$   
 $\lambda = 0.0$   
 $\gamma = 0.0$

$\chi^2 = .508$   
 d.f. = 1  
 $p = .476$   
 $\lambda = 0.0$   
 $\gamma = .250$

Table 9

Hypothesis II  
Chi-Square Tests for Husband MABS Satisfaction Scores

MABS Satisfaction LOW		MABS Satisfaction HIGH		Discrep. in Style I	Discrep. in Style III	MABS Satisfaction LOW		MABS Satisfaction HIGH	
LOW	HIGH	LOW	HIGH			LOW	HIGH	LOW	HIGH
9	7	9	6			10	6	10	6
28.1%	21.9%	18.8%	18.8%	46.9%		31.3%	18.8%	31.3%	18.8%
		50.0%	50.0%	53.1%					

$\chi^2 = 1.129$   
 d.f. = 1  
 $p = .288$   
 $\lambda = .026$   
 $\gamma = .363$

$\chi^2 = 2.0$   
 d.f. = 1  
 $p = .157$   
 $\lambda = .045$   
 $\gamma = .470$

MABS Satisfaction LOW		MABS Satisfaction HIGH		Discrep. in Style II	Discrep. in Style IV	MABS Satisfaction LOW		MABS Satisfaction HIGH	
LOW	HIGH	LOW	HIGH			LOW	HIGH	LOW	HIGH
8	8	8	9			7	7	9	7
25.0%	25.0%	25.0%	28.1%	50.0%		21.9%	21.9%	28.1%	21.9%
		50.0%	50.0%	50.0%					

$\chi^2 = 2.0$   
 d.f. = 1  
 $p = .157$   
 $\lambda = .045$   
 $\gamma = .470$

$\chi^2 = .500$   
 d.f. = 1  
 $p = .479$   
 $\lambda = .125$   
 $\gamma = .246$

Table 10

Hypothesis II  
Chi-Square Tests for Husband MABS Tensions Scores

MABS Tensions		MABS Tensions	
LOW	HIGH	LOW	HIGH
LOW	7 21.9%	LOW	9 28.1%
High	8 25.0%	HIGH	7 21.9%
50.0%		50.0%	
$\chi^2 = .125$ d.f. = 1 p = .723 lambda = .062 gamma = .125		$\chi^2 = .500$ d.f. = 1 p = .479 lambda = .125 gamma = -.246	
Discrep. in Style I	46.9%	Discrep. in Style III	53.1%
50.0%		50.0%	
$\chi^2 = 2.0$ d.f. = 1 p = .147 lambda = .045 gamma = -.470		$\chi^2 = .500$ d.f. = 1 p = .479 lambda = .125 gamma = .246	
Discrep. in Style II	50.0%	Discrep. in Style IV	50.0%
50.0%		50.0%	
50.0%		50.0%	

Table 11

Chi-Square Tests for Husband Marital Happiness Scores

Hypothesis II

Discrep. in style I		Marital Happiness		Discrep. in style III		Marital Happiness	
		LOW	HIGH			LOW	HIGH
LOW	9	28.1%	18.8%	46.9%	6	28.1%	21.9%
HIGH	6	18.8%	34.4%	53.1%	10	18.8%	31.3%
		46.9%	53.1%			46.9%	53.1%

$$\chi^2 = 1.953$$

$$d.f. = 1$$

$$p = .162$$

$$\lambda = .200$$

$$\gamma = .467$$

$$\chi^2 = 1.129$$

$$d.f. = 1$$

$$p = .288$$

$$\lambda = .133$$

$$\gamma = .364$$

Discrep. in style II		Marital Happiness		Discrep. in style IV		Marital Happiness	
		LOW	HIGH			LOW	HIGH
LOW	8	25.0%	25.0%	50.0%	6	18.8%	31.3%
HIGH	7	21.9%	28.1%	50.0%	9	28.1%	21.9%
		46.9%	53.1%			46.9%	53.1%

$$\chi^2 = .125$$

$$d.f. = 1$$

$$p = .723$$

$$\lambda = 0.0$$

$$\gamma = .125$$

$$\chi^2 = 1.129$$

$$d.f. = 1$$

$$p = .288$$

$$\lambda = .133$$

$$\gamma = -.364$$

Table 12

Hypothesis II  
Chi-Square Tests for Wife DAS Scores

Discrep. in Style I	DAS		Discrep. in Style III	DAS	
	LOW	HIGH		LOW	HIGH
LOW	6 18.8%	9 28.1%	LOW	7 21.9%	9 28.1%
HIGH	8 25.0%	9 28.1%	HIGH	7 21.9%	9 28.1%
	43.8%	56.3%		43.8%	56.3%

$\chi^2 = .161$   
d.f. = 1  
p = .688  
lambda = 0.0  
gamma = -.143

$\chi^2 = 0.0$   
d.f. = 1  
p = 1.00  
lambda = 0.0  
gamma = 0.0

Discrep. in Style II	DAS		Discrep. in Style IV	DAS	
	LOW	HIGH		LOW	HIGH
LOW	6 18.8%	10 31.3%	LOW	8 25.0%	8 25.0%
HIGH	8 25.0%	8 25.0%	HIGH	6 18.8%	10 31.3%
	43.8%	56.3%		43.8%	56.3%

$\chi^2 = .508$   
d.f. = 1  
p = .476  
lambda = 0.0  
gamma = -.250

$\chi^2 = .508$   
d.f. = 1  
p = .476  
lambda = 0.0  
gamma = .250

Table 13

Chi-Square Tests for Wife MABS Balance Scores

Hypothesis II

		MABS Balance		Discr. in Style I	Discr. in Style III	MABS Balance		Discr. in Style III	Discr. in Style I
		LOW	HIGH			LOW	HIGH		
LOW	HIGH	7	8	46.9%	53.1%	8	8	25.0%	50.0%
		21.9%	25.0%			25.0%	25.0%		
HIGH	HIGH	6	11	40.6%	59.4%	5	11	15.6%	34.4%
		18.8%	34.4%			15.6%	34.4%		
				40.6%	59.4%			40.6%	59.4%

$\chi^2 = .427$   
 d.f. = 1  
 p = .513  
 lambda = .009  
 gamma = .232

$\chi^2 = 1.166$   
 d.f. = 1  
 p = .280  
 lambda = 0.0  
 gamma = .375

		MABS Balance		Discr. in Style II	Discr. in Style IV	MABS Balance		Discr. in Style IV	Discr. in Style II
		LOW	HIGH			LOW	HIGH		
LOW	HIGH	6	10	18.8%	31.3%	7	9	21.9%	28.1%
		18.8%	31.3%			21.9%	28.1%		
HIGH	HIGH	7	9	21.9%	28.1%	6	10	18.8%	31.3%
		21.9%	28.1%			18.8%	31.3%		
				40.6%	59.4%			40.6%	59.4%

$\chi^2 = .129$   
 d.f. = 1  
 p = .719  
 lambda = 0.0  
 gamma = -.129

$\chi^2 = .129$   
 d.f. = 1  
 p = .719  
 lambda = .003  
 gamma = .129



Table 14

Chi-Square Tests for Wife MABS Satisfaction Scores

Hypothesis II

Discrep. in Style I	MABS Satisfaction		Discrep. in Style III	MABS Satisfaction	
	LOW	HIGH		LOW	HIGH
LOW	9 28.1%	6 18.8%	46.9%	10 31.3%	6 18.8%
HIGH	9 28.1%	8 25.0%	53.1%	8 25.0%	8 25.0%
	56.3%	43.8%		56.3%	43.8%

$\chi^2 = .161$   
 d.f. = 1  
 p = .688  
 lambda = .004  
 gamma = .143

$\chi^2 = .508$   
 d.f. = 1  
 p = .476  
 lambda = .012  
 gamma = .250

Discrep. in Style II	MABS Satisfaction		Discrep. in Style IV	MABS Satisfaction	
	LOW	HIGH		LOW	HIGH
LOW	8 25.0%	8 25.0%	50.0%	12 37.5%	4 12.5%
HIGH	10 31.3%	6 18.8%	50.0%	6 18.8%	10 31.3%
	56.3%	43.8%		56.3%	43.8%

$\chi^2 = .508$   
 d.f. = 1  
 p = .476  
 lambda = 0.0  
 gamma = -.250

$\chi^2 = 4.571$   
 d.f. = 1  
 p = .032  
 lambda = .286  
 gamma = .667

Table 15

Hypothesis II  
Chi-Square Tests for Wife MABS Tensions Scores

Discrep. in style I	MABS Tensions		Discrep. in style II	MABS Tensions		Discrep. in style III	MABS Tensions		Discrep. in style IV	MABS Tensions		Discrep. in style V	MABS Tensions	
	LOW	HIGH		LOW	HIGH		LOW	HIGH		LOW	HIGH		LOW	HIGH
LOW	5 15.6%	10 31.3%		5 15.6%	10 31.3%		5 15.6%	10 31.3%		5 15.6%	10 31.3%		5 15.6%	10 31.3%
HIGH	8 25.0%	9 28.1%		8 25.0%	9 28.1%		8 25.0%	9 28.1%		8 25.0%	9 28.1%		8 25.0%	9 28.1%
	40.6%	59.4%		40.6%	59.4%		40.6%	59.4%		40.6%	59.4%		40.6%	59.4%

$\chi^2 = .622$   
d.f. = 1  
p = .430  
lambda = 0.0  
gamma = -.280

$\chi^2 = 1.166$   
d.f. = 1  
p = .280  
lambda = .027  
gamma = -.375

Discrep. in style II	MABS Tensions		Discrep. in style III	MABS Tensions		Discrep. in style IV	MABS Tensions		Discrep. in style V	MABS Tensions		Discrep. in style VI	MABS Tensions	
	LOW	HIGH		LOW	HIGH		LOW	HIGH		LOW	HIGH		LOW	HIGH
LOW	8 25.0%	8 25.0%		8 25.0%	8 25.0%		8 25.0%	8 25.0%		8 25.0%	8 25.0%		8 25.0%	8 25.0%
HIGH	5 15.6%	11 34.4%		5 15.6%	11 34.4%		5 15.6%	11 34.4%		5 15.6%	11 34.4%		5 15.6%	11 34.4%
	40.6%	59.4%		40.6%	59.4%		40.6%	59.4%		40.6%	59.4%		40.6%	59.4%

$\chi^2 = 1.166$   
d.f. = 1  
p = .280  
lambda = 0.0  
gamma = .375

$\chi^2 = 1.166$   
d.f. = 1  
p = .280  
lambda = 0.0  
gamma = .375

Table 16

## Hypothesis II

## Chi-Square Tests for Wife Marital Happiness Scores

Discrep. in Style I	Marital Happiness		Discrep. in Style III	Marital Happiness	
	LOW	HIGH		LOW	HIGH
LOW	7 21.9%	8 25.0%	LOW	10 31.3%	6 18.8%
HIGH	8 25.0%	9 28.1%		5 15.6%	11 34.4%
	46.9%	53.1%		46.9%	53.1%

$\chi^2 = .000$   
 d.f. = 1  
 $p = .982$   
 $\lambda = 0.0$   
 $\gamma = .008$

$\chi^2 = 3.137$   
 d.f. = 1  
 $p = .076$   
 $\lambda = .267$   
 $\gamma = .571$

Discrep. in Style II	Marital Happiness		Discrep. in Style IV	Marital Happiness	
	LOW	HIGH		LOW	HIGH
LOW	8 25.0%	9 28.1%	LOW	8 25.0%	7 21.9%
HIGH	9 21.9%	8 25.0%		8 25.0%	9 28.1%
	46.9%	53.1%		50.0%	50.0%

$\chi^2 = .000$   
 d.f. = 1  
 $p = .982$   
 $\lambda = 0.0$   
 $\gamma = .008$

$\chi^2 = .125$   
 d.f. = 1  
 $p = .723$   
 $\lambda = .062$   
 $\gamma = .125$

for Style IV, yields a significant ( $p < .05$ ) positive chi-square value of 4.6. Tables 7 through 16 show the chi-square tests for this hypothesis. Reciprocity, between husband and wife, in Style IV communication, seems to be associated with low wife satisfaction scores.

Hypothesis III Results - When chi-square tests of association were computed between whether a couple established a "work" pattern (yes or no) and interaction satisfaction measures, a significant ( $p < .05$ ) positive association of 4.0 was found between husband scores on the interaction satisfaction measure and the establishment of a "work" pattern. Tables 17 and 18 illustrate chi-square tests for this hypothesis. Thus, husbands who scored high on the interaction satisfaction measure, tended to establish a "work" pattern with their wives in their verbal interaction. A Fisher's Exact Test, using the 21 couples who established a "work" pattern, showed a significant negative association of .03 between husband interaction satisfaction scores and the percent of interactions within "work" patterns. Thus, for the husbands, if there was a high percent of interactions within "work" patterns, in their conversation, they tended to have low interaction satisfaction scores.

Hypothesis IV results - To look at the balance of Style III and Style IV messages within "work"

Table 17

Hypothesis III  
Chi-Square Tests for Husband Interaction Satisfaction Scores

	Interaction Satisfaction		Interaction Satisfaction		Number of Work Patterns
	LOW	HIGH	LOW	HIGH	
NO	8 25.8%	3 9.7%	6 30.0%	12 60.0%	90.0%
YES	7 22.6%	13 41.9%	1 5.0%	1 7.7%	10.0%
	48.4%	41.9%	35.0%	65.0%	

$$\chi^2 = 4.045$$

$$d.f. = 1$$

$$p = .044$$

$$\lambda = .333$$

$$\gamma = .664$$

$$FET = .589$$

$$\lambda = 0.0$$

$$\gamma = -.333$$

% of Total  
in Work Patterns

	Interaction Satisfaction		Interaction Satisfaction		Length of Work Patterns
	LOW	HIGH	LOW	HIGH	
LOW	1 5.0%	9 45.0%	5 25.0%	9 45.0%	70.0%
HIGH	6 30.0%	4 20.0%	2 10.0%	4 20.0%	30.0%
	35.0%	65.0%	35.0%	65.0%	

$$FET = .029$$

$$\lambda = .286$$

$$\gamma = -.862$$

$$FET = .664$$

$$\lambda = 0.0$$

$$\gamma = .053$$

Interaction Satisfaction  
LOW HIGH

LOW

Table 18

Chi-Square Tests for Wife Interaction Satisfaction Scores

Hypothesis III

Pattern Established

	Interaction Satisfaction		Interaction Satisfaction	
	LOW	HIGH	LOW	HIGH
NO	6 19.4%	5 16.1%	8 40.0%	10 50.0%
YES	10 32.3%	10 32.3%	2 10.0%	0 0.0%
	51.6%	48.4%	50.0%	50.0%

Work Patterns

$$\chi^2 = .059$$

$$d.f. = 1$$

$$p = .808$$

$$\lambda = 0.0$$

$$\gamma = .091$$

$$FET = .237$$

$$\lambda = .200$$

$$\gamma = -1.00$$

Interaction Satisfaction

% of Total in Work Patterns

	Interaction Satisfaction	
	LOW	HIGH
LOW	3 15.0%	7 35.0%
HIGH	7 35.0%	3 15.0%
	50.0%	50.0%

$$FET = .089$$

$$\lambda = .400$$

$$\gamma = -.689$$

Interaction Satisfaction

Length of Work Patterns

	Interaction Satisfaction	
	LOW	HIGH
LOW	5 25.0%	9 45.0%
HIGH	5 25.0%	1 5.0%
	50.0%	50.0%

$$FET = .070$$

$$\lambda = .400$$

$$\gamma = -.800$$

patterns, the percent of each style was split so that one group was defined as "balanced" and one "unbalanced". No couple had more than 50% of their interactions within "work" patterns in Style IV, and thus, none had less than 50% in Style III. The splits, then, for Style III percentages were: 50%-80% = balanced, 81%-100% = overuse of Style III; and for Style IV: 31%-50% = balanced, 0%-30% = underuse of Style IV. "Balanced", in this case meant having a couple's "work" pattern consist of 50%-80% Style III or 30%-50% Style IV. The dependent measures were split into high and low score groups, and chi-square tests performed. Tables 19 through 25 illustrate these tests. There were significant ( $p < .05$ ) positive associations between a "balance" of Style IV within "work" patterns and wife and couple scores on the MABS satisfactions index (chi-square values for both were 3.7). Thus, having a "balance" of Style IV within "work" patterns was associated with high wife and couple marital satisfactions scores.

Hypothesis V results - Pearson R correlations between the percent of total interactions in Relationship content and the dependent variables yielded a significant ( $p < .05$ ) positive correlation of .30 between the percent of total interactions within the Relationship content level and the husband

Table 19

Chi-Square Tests for Husband DAS and MABS Balance Scores

Hypothesis IV

	DAS		MABS Balance		
	LOW	HIGH	LOW	HIGH	
BALANCE	3 14.3%	7 33.3%	7 33.3%	3 14.3%	47.6%
OVERUSE	5 23.8%	6 28.6%	6 28.6%	5 23.8%	52.4%
	38.1%	61.9%	61.9%	38.1%	

% Style III  
in Work Patterns

$\chi^2 = .530$   
d.f. = 1  
p = .467  
lambda = 0.0  
gamma = -.321

% Style III  
in Work Patterns

$\chi^2 = .530$   
d.f. = 1  
p = .467  
lambda = 0.0  
gamma = .321

	DAS		MABS Balance		
	LOW	HIGH	LOW	HIGH	
BALANCE	1 4.8%	4 19.0%	0 0.0%	5 23.8%	23.8%
UNDERUSE	7 33.3%	9 42.9%	7 33.3%	9 42.9%	76.2%
	38.1%	61.9%	33.3%	66.7%	76.2%

% Style IV  
in Work Patterns

$\chi^2 = .911$   
d.f. = 1  
p = .339  
lambda = 0.0  
gamma = -.513

% Style IV  
in Work Patterns

$\chi^2 = 3.281$   
d.f. = 1  
p = .070  
lambda = .179  
gamma = -1.00



Table 20

Chi-Square Tests for Husband MABS Satisfactions and Tensions Scores

Hypothesis IV

		MABS Satisfactions		MABS Tensions	
		LOW	HIGH	LOW	HIGH
% Style III in Work Patterns	BALANCE	5 23.8%	5 23.8%	5 23.8%	5 23.8%
	OVERUSE	4 19.0%	7 33.3%	6 28.6%	5 23.8%
		42.9%	57.1%	52.4%	47.6%

$\chi^2 = .398$   
 d.f. = 1  
 $p = .528$   
 $\lambda = 0.0$   
 $\gamma = .273$

$\chi^2 = .043$   
 d.f. = 1  
 $p = .835$   
 $\lambda = 0.0$   
 $\gamma = -.091$

		MABS Satisfactions		Mabs Tensions	
		LOW	HIGH	LOW	HIGH
% Style IV in Work Patterns	BALANCE	1 4.8%	4 19.0%	3 14.3%	2 9.5%
	UNDERUSE	8 38.1%	8 38.1%	8 38.1%	8 38.1%
		42.9%	57.1%	52.4%	47.6%

$\chi^2 = 1.400$   
 d.f. = 1  
 $p = .237$   
 $\lambda = .052$   
 $\gamma = -.600$

$\chi^2 = .153$   
 d.f. = 1  
 $p = .696$   
 $\lambda = .005$   
 $\gamma = .200$

Table 21

Chi-Square Tests for Husband Marital Happiness Scores

		Marital Happiness		Marital Happiness	
		LOW	HIGH	LOW	HIGH
% Style III in Work Patterns	BALANCE	5 25.0%	4 20.0%	3 14.3%	2 9.5%
	OVERUSE	5 25.0%	6 30.0%	8 38.1%	8 38.1%
		50.0%	50.0%	52.4%	47.6%
		45.0%	55.0%		
					23.8%
					76.2%

FET = .500  
lambda = .100  
gamma = .200

$\chi^2 = .153$   
d.f. = 1  
p = .696  
lambda = .005  
gamma = .200

% Style IV  
in Work Patterns

Table 22

Hypothesis IV  
Chi-Square Tests for Wife DAS and MABS Balance Scores

		DAS		MABS Balance	
		LOW	HIGH	LOW	HIGH
% Style III in Work Patterns	BALANCE	5 23.8%	5 23.8%	3 14.3%	7 33.3%
	OVERUSE	5 23.8%	6 28.6%	5 23.8%	6 28.6%
		47.6%	52.4%	38.1%	61.9%

$\chi^2 = .043$   
 d.f. = 1  
 $p = .835$   
 $\lambda = 0.0$   
 $\gamma = -.091$

$\chi^2 = .530$   
 d.f. = 1  
 $p = .467$   
 $\lambda = 0.0$   
 $\gamma = -.321$

		DAS		MABS Balance	
		LOW	HIGH	LOW	HIGH
% Style IV in Work Patterns	BALANCE	1 4.8%	4 19.0%	1 4.8%	4 19.0%
	UNDERUSE	6 28.6%	10 47.6%	7 33.3%	9 42.9%
		33.3%	66.7%	38.1%	61.9%

$\chi^2 = .525$   
 d.f. = 1  
 $p = .469$   
 $\lambda = .021$   
 $\gamma = .412$

$\chi^2 = .911$   
 d.f. = 1  
 $p = .339$   
 $\lambda = .349$   
 $\gamma = -.513$

Table 23

Hypothesis IV  
Chi-Square Tests for Wife MABS Satisfactions and Tensions Scores

% Style III  
in Work Patterns

	MABS Satisfactions	
	LOW	HIGH
BALANCE	5 23.8%	5 23.8%
OVERUSE	7 33.3%	4 19.0%
	57.1%	42.9%

% Style III  
in Work Patterns

	MABS Tensions	
	LOW	HIGH
BALANCE	4 19.0%	6 28.6%
OVERUSE	5 23.8%	6 28.6%
	42.9%	57.1%

$\chi^2 = .398$   
d.f. = 1  
p = .528  
lambda = 0.0  
gamma = .273

$\chi^2 = .064$   
d.f. = 1  
p = .800  
lambda = 0.0  
gamma = -.111

% Style IV  
in Work Patterns

	MABS Satisfactions	
	LOW	HIGH
BALANCE	1 4.8%	4 19.0%
UNDERUSE	11 52.4%	5 23.8%
	57.1%	42.9%

% Style IV  
in Work Patterns

	MABS Tensions	
	LOW	HIGH
BALANCE	2 9.5%	3 14.3%
UNDERUSE	7 33.3%	9 42.9%
	42.9%	57.1%

$\chi^2 = 3.697$   
d.f. = 1  
p = .054  
lambda = .133  
gamma = -.796

$\chi^2 = .022$   
d.f. = 1  
p = .882  
lambda = .001  
gamma = -.077



Table 25

Hypothesis IV  
Chi-Square Test for Couple MABS Satisfaction Scores

Work Style Patterns	MABS Satisfaction	
	LOW	HIGH
LOW	1 4.8%	4 19.0%
HIGH	11 52.4%	55 23.8%
	57.1%	42.9%

$\chi^2 = 3.697$   
 $d.f. = 1$   
 $p = .054$   
 $\lambda = .133$   
 $\gamma = -.796$

DAS scores. As the percent of Relationship content increased, husband marital adjustment scores increased. Tables 4 through 6 illustrate these Pearson R correlations, and tables 26 through 29 illustrate the chi-square tests performed on these variables.

Hypothesis VI results - Eleven couples (34%), did not establish a "work" pattern and did establish at least one "pursuer/avoider" pattern.

The number of "pursuer/avoider" patterns in a conversational exchange were correlated  $-.54$  with husband DAS scores,  $-.53$  with couple DAS scores, and  $.55$  with wife interaction satisfaction scores, all significant at the  $.05$  level (see Tables 4-6). As the number of "pursuer/avoider" patterns increased, wife interaction satisfaction scores increased and husband and couple marital adjustment scores decreased.

When Pearson R correlations between the percent of times the wife or husband was the "fleeer" in the total number of "pursuer/avoider" patterns, and the dependent variables were performed, significant ( $p < .05$ ) positive correlations between the husband "fleeer" percentages and the wife MABS balance scores ( $.59$ ), the couple MABS balance scores ( $.50$ ), and the couple MABS satisfactions index scores ( $.52$ ) were found. Thus, correlations with the percent of times the wife was the "fleeer" are  $-.59$  with the wife MABS balance

Table 26

Hypothesis V  
Chi-Square Tests for Husband DAS and MABS Scores

		DAS		MABS Satisfaction		% Relationship Content
		LOW	HIGH	LOW	HIGH	
LOW	14 43.8	10 31.3	21 65.6%	3 9.4%	21 65.6%	75.0%
HIGH	2 6.3%	6 18.8%	7 21.9%	1 3.1%	7 21.9%	25.0%
	50.0%	50.0%	87.5%	12.5%	87.5%	

$\chi^2 = 2.667$   
 d.f. = 1  
 $p = .102$   
 $\lambda = .250$   
 $\gamma = .615$

$\chi^2 = 0.0$   
 d.f. = 1  
 $p = 1.00$   
 $\lambda = 0.0$   
 $\gamma = 0.0$

		MABS Balance		MABS Tensions		% Relationship Content
		LOW	HIGH	LOW	HIGH	
LOW	17 53.1%	7 21.9%	11 34.4%	13 40.6%	11 34.4%	75.0%
HIGH	5 15.6%	3 9.4%	5 15.6%	3 9.4%	5 15.6%	25.0%
	68.8%	31.1%	50.0%	50.0%	50.0%	

$\chi^2 = .194$   
 d.f. = 1  
 $p = .659$   
 $\lambda = 0.0$   
 $\gamma = .186$

$\chi^2 = .667$   
 d.f. = 1  
 $p = .414$   
 $\lambda = .125$   
 $\gamma = .326$



Table 27

Chi-Square Tests for Husband Marital Happiness Scores

Hypothesis V

% Relationship Content	Marital Happiness	
	LOW	HIGH
LOW	12 37.5%	12 37.5%
HIGH	3 9.4%	5 15.6%
	46.9%	53.1%
		75.0%
		25.0%

$\chi^2 = .376$   
 $d.f. = 1$   
 $p = .537$   
 $\lambda = 0.0$   
 $\gamma = .250$

Table 28

Hypothesis V  
Chi-Square Tests for Wife DAS and MABS Scores

		DAS		MABS Satisfaction LOW HIGH		% Relationship Content
		LOW	HIGH			
LOW	13 40.6%	11 34.4%	75.0%	13 40.6%	11 34.4%	75.0%
HIGH	4 12.5%	4 12.5%		5 15.6%	3 9.4%	25.0%
		53.1%	46.9%	56.3%	43.8%	

$\chi^2 = .042$   
d.f. = 1  
p = .838  
lambda = 0.0  
gamma = .083

$\chi^2 = .169$   
d.f. = 1  
p = .681  
lambda = 0.0  
gamma = -.170

		MABS Balance		MABS Tensions LOW HIGH		% Relationship Content
		LOW	HIGH			
LOW	11 34.4%	13 40.6%	75.0%	9 28.1%	15 46.9%	75.0%
HIGH	2 6.3%	6 18.8%		4 12.5%	4 12.5%	25.0%
		40.6%	59.4%	40.6%	59.4%	

$\chi^2 = 1.079$   
d.f. = 1  
p = .299  
lambda = 0.0  
gamma = .435

$\chi^2 = .389$   
d.f. = 1  
p = .533  
lambda = 0.0  
gamma = -.250

Table 29

Hypothesis V  
Chi-Square Test for Wife Marital Happiness Scores

% Relationship Content	Marital Happiness	
	LOW	HIGH
LOW	12 37.5%	12 .37.5%
HIGH	3 9.4%	5 15.6%
	46.9%	53.1%
		75.0%
		25.0%

$\chi^2 = .376$   
 $d.f. = 1$   
 $p = .539$   
 $\lambda = 0.0$   
 $\gamma = .250$

scores,  $-.50$  with the couple MABS balance scores, and  $-.52$  with the couple MABS satisfactions scores. Therefore, as the percent of times the husband was the "fleeer" in the "pursuer/avoider" patterns increased-- and the percent of times the wife was the "fleeer" decreased - wife and couple marital adjustment balance scores and wife marital satisfactions increased. Tables 30 through 35 illustrate the chi-square tests performed for this hypothesis.

Relationship Among Dependent Measures - Table 36 illustrates the correlations among the dependent measures. Most of the correlations are high and related in a theoretically-consistent manner. The two measures of marital adjustment (MABS balance scores and DAS scores), are all significant and positive. Marital happiness scores are also significantly and positively related to the DAS and wife MABS balance and satisfactions scores. There is a consistent difference between husband and wife marital happiness scores when correlated with MABS satisfactions scores - wife scores are significant and positive, while husband scores are non-significant and positive. There was also a consistent difference between husband and wife MABS tensions scores when correlated with MABS satisfactions scores - these two measures were significantly negatively correlated for wife scores and non-

Table 30

Hypothesis VI  
Chi-Square Tests for Husband DAS and MABS Balance Scores

	DAS		MABS Balance		
	LOW	HIGH	LOW	HIGH	
LOW	3	2	4	1	% Husband "fleeer"
	27.3%	18.1%	36.4%	9.1%	
HIGH	5	1	5	1	% Husband "fleeer"
	45.5%	9.1%	45.1%	9.1%	
	72.7%	27.3%	81.8%	18.2%	

FET = .424  
lambda = 0.0  
gamma = -.538

FET = .727  
lambda = 0.0  
gamma = .111

	DAS		MABS Balance		
	LOW	HIGH	LOW	HIGH	
LOW	5	1	5	1	% Wife "fleeer"
	45.5%	9.1%	45.5%	9.1%	
HIGH	3	2	4	1	% Wife "fleeer"
	27.3%	18.2%	36.4%	9.1%	
	72.7%	27.3%	81.8%	18.2%	

FET = .424  
lambda = 0.0  
gamma = .538

FET = .727  
lambda = 0.0  
gamma = .111

Table 31

Hypothesis VI  
Chi-Square Tests for Husband MABS Satisfactions and Tensions Scores

MABS Satisfactions		MABS Tensions	
LOW	HIGH	LOW	HIGH
0 0.0%	5 45.5%	3 27.3%	2 18.2%
1 9.1%	5 45.5%	2 18.2%	4 36.4%
9.1%	90.0%	45.5%	54.5%

FET = .545  
lambda = 0.0  
gamma = -.100

FET = .392  
lambda = .052  
gamma = .500

MABS Satisfactions		MABS Tensions	
LOW	HIGH	LOW	HIGH
1 9.1%	5 45.5%	2 18.2%	4 36.4%
0 0.0%	5 45.5%	3 27.3%	2 18.2%
9.1%	90.0%	45.5%	54.5%

FET = .545  
lambda = 0.0  
gamma = 1.00

FET = .392  
lambda = .052  
gamma = -.500

### Hypothesis VI

#### Chi-Square Tests for Husband Marital Happiness Scores

```
FET = .197
lambda = .158
gamma = .765
```

```
FET = .197
lambda = .158
gamma = -.765
```

Table 33

Hypothesis VI  
Chi-Square Tests for Wife DAS and MABS Balance Scores

	DAS			MABS Balance	
	LOW	HIGH		LOW	HIGH
LOW % Husband = "fleeer"	4 36.4%	1 9.1%	LOW	4 36.4%	1 9.1%
HIGH	3 27.3%	3 27.3%	HIGH	1 9.1%	5 45.5%
	63.6%	36.4%		45.5%	54.5%

FET = .348  
lambda = .076  
gamma = .600

FET = .067  
lambda = .600  
gamma = .905

	DAS			MABS Balance	
	LOW	HIGH		LOW	HIGH
LOW % Wife = "fleeer"	3 27.3%	3 27.3%	LOW	1 9.1%	5 45.5%
HIGH	4 36.4%	1 9.1%	HIGH	4 36.4%	1 9.1%
	63.6%	36.4%		45.5%	54.5%

FET = .348  
lambda = .076  
gamma = -.600

FET = .067  
lambda = .600  
gamma = -.905



Table 34

Hypothesis VI  
Chi-Square Tests for Wife MABS Satisfactions and Tensions Scores

	MABS Satisfactions		MABS Tensions		
	LOW	HIGH	LOW	HIGH	
LOW	4 36.4%	1 9.1%	1 9.1%	4 36.4%	% Husband = = Wife
HIGH	2 18.2%	4 36.4%	3 27.3%	3 27.3%	
	54.5%	45.5%	36.4%	63.6%	45.4%
					54.5%

FET = .175  
lambda = .400  
gamma = .778

FET = .348  
lambda = 0.0  
gamma = -.600

	MABS Satisfactions		MABS Tensions		
	LOW	HIGH	LOW	HIGH	
LOW	2 18.2%	4 36.4%	3 27.3%	3 27.3%	% Wife = = Husband
HIGH	4 36.4%	1 9.1%	1 9.1%	4 36.4%	
	54.5%	45.5%	36.4%	63.6%	54.5%
					45.5%

FET = .175  
lambda = .400  
gamma = -.778

FET = .348  
lambda = 0.0  
gamma = .600

Table 35

Hypothesis VI  
Chi-Square Tests for Wife Marital Happiness Scores

% Husband "fleeer"	Wife % "fleeer"	Marital Happiness		Marital Happiness	
		LOW	HIGH	LOW	HIGH
LOW		4 63.6%	1 9.1%	3 27.3%	3 27.3%
HIGH		3 27.3%	3 27.3%	4 36.4%	1 9.1%
		63.6%	36.4%	63.6%	36.4%
			45.5%		54.5%
			54.5%		45.5%

FET = .348  
lambda = 0.0  
gamma = .600

FET = .348  
lambda = 0.0  
gamma = -.600

Table 36

Pearson R Correlations Between the Dependent Measures  
for Husband and Wife Scores

	N	$\bar{X}$	s.d.	DAS		MABS				Tensions		Marital Happiness		Interaction Satisfaction	
				hus.	wife	hus.	wife	hus.	wife	hus.	wife	hus.	wife	hus.	wife
DAS															
H	32	107	12.2	1.00	.74***	.60***	.55***	.65***	.50**	-.30*	-.25	.52***	.68***	.27	-.37*
W	32	104	12.8		1.00	.60***	.60***	.72***	.64***	-.26	-.14	.43	.68***	.31	-.12
MABS															
H	32	3.8	2.8			1.00	.55***	.88***	.59***	-.70***	-.12	.21	.42**	.18	.05
W	32	3.6	2.4				1.00	.57***	.84***	-.40**	-.57***	.45**	.38**	.49**	-.01
Interaction								1.00	.65***	-.35*	-.06	.16	.48**	.25	-.17
MBS									1.00	-.39**	-.03	.28	.38**	.29*	.00
H	32	3.3	1.5							1.00	.14	-.25	-.25	-.09	-.19
W	32	2.9	1.3								1.00	-.41**	-.13	-.44**	.03
Marital												1.00	.60***	.25	-.25
H	32	3.6	1.1										1.00	.43**	-.12
W	32	3.5	1.2											1.00	.21
Interaction															1.00
H	32	3.3	1.0												
W	32	3.4	1.1												

\* = .05 level of significance

\*\* = .01 level of significance

\*\*\* = .001 level of significance

significant for husband scores. This suggests that, wife tensions and satisfactions scores may be tapping the same underlying dimension, in this population, while for the husband scores this is not so - tensions and satisfactions are not related. In addition, wife interaction satisfaction scores seem to be unrelated to the other dependent variables except that wife DAS scores and wife interaction satisfaction scores are significantly negatively related. Wife MABS tensions scores show a trend of being unrelated to the other dependent variables (exceptions are a negative correlation with husband marital happiness and interaction satisfaction).

#### Limitations of This Study

A major limitation of this study is the small sample size. Many of the analyses were done with 21 couples, and some with as little as 11 couples. In addition, the sample was not randomly chosen. Along with having the characteristics of being highly educated, having a small number of children, containing many student couples, and many couples who had sought prior counseling, the sample consisted entirely of couples who had volunteered to participate in a marital communication workshop. These couples were aware that the way in which they interacted would be observed and would be the subject of discussion in the workshop.

How this may have effected the results is not known, but care should be taken in generalizing the results of this study to other populations.

Social desirability and marital conventionalization measures were not used in the analyses. This raises the question of how much scores on the dependent measures were contaminated by subjects answering the questions on the basis of their social desirability or conventionalization. In addition, the effects of being videotaped on the conversational style of the subjects cannot be assessed.

CHAPTER IV:  
DISCUSSION AND SUMMARY

Discussion

Hypothesis I - Couples who can establish a "work" pattern in their verbal interaction will have a higher marital adjustment, marital happiness, and marital satisfactions; and lower marital tensions than couples who do not establish a "work" pattern.

A. The percent of a couple's total interactional messages within "work" patterns will be positively related to that couple's marital adjustment, marital happiness, and marital satisfactions, while being negatively related to their marital tensions.

B. The number of "work" patterns in a couple's conversational exchange will be positively related to that couple's marital adjustment, marital happiness, marital satisfactions, while being negatively related to their marital tensions.

C. The length of the "work" patterns in a couple's conversational exchange will be positively related to that couple's marital adjustment, marital happiness, marital satisfactions, while being negatively related to their marital tensions.

Hypothesis I was partially supported in that the amount of "work" done by a couple, in terms of the number of "work" patterns in the conversation,

was positively correlated with the husband, wife, and couple DAS scores and the husband marital happiness scores. It seems that the effect of "work" style communication, when in the form of "work" patterns, may have a positive effect upon marital adjustment and how the husbands in this sample view their marital relationship. Miller's (1976) hypothesis that "work" patterns help a couple handle problematic issues by increasing personal and relationship awareness and their level of disclosure, and that this, in turn, increases a couple's chance of gaining satisfaction from their relationship, was supported.

The hypothesis that couples who established at least one "work" pattern will have higher marital adjustment, marital happiness, and marital satisfactions, while having lower marital tensions than couples who do not establish a "work" pattern was not supported. The results of this study indicate that more than one "work" pattern is needed in order to have a significant effect upon these dependent variables.

There was a consistent negative relationship between wife MABS tensions scores and the amount of "work" done in a couple's conversational exchange (e.g. number of "work" patterns, length of "work" patterns, and the percent of total interactions within "work" patterns). This supports the hypothesis and

suggests that the ability of a couple to sustain "work" patterns is related to the number of tensions wives see in their marital relationship. Having only a small number of "work" patterns, short "work" patterns, and a small percent of total interactions within "work" patterns could be frustrating to wives, in that, "work" is attempted and initiated but not enough "work" is done to fully discuss and resolve problematic issues. Sustaining "work" patterns has the positive effect of decreasing wife tensions. One reason that wives may be affected differently than husbands by the amount of "work" done in a conversational exchange is that wives may have different expectations of what a "conversation" should be than husbands. It could be that wives place a high value on their conversations with their husbands and see them as tools to achieve growth in their relationship and to resolve issues of importance through open communication. Verbal interaction may be an important "coping mechanism" for wives, while for husbands, another means for coping may be more important. In addition, wives may be behaving more "expressively" than husbands or showing their "expressive" side in these conversational exchanges. If wives value open expression of feelings and attitudes, and husbands do not value these things as highly, wives may be



frustrated by this discrepancy, and thus, see more tensions in their relationship.

In speculating as to why the number of "work" patterns was a key concept, in contrast to the length of "work" patterns and the percent of the total number of interactions within "work" patterns, when related to marital adjustment, it may be that couples need short breaks between "work" patterns in order to have effective communication. These breaks could serve to reduce the anxiety and tension produced by interacting on high risk and emotion-involving levels. It could also be that the most verbal couples - those who simply have more verbal dialogue - and, thus, a higher number of "work" patterns, rate more highly on marital adjustment measures. Couples having a high volume of "work-level" verbal interaction may be showing an openness toward discussing problem areas and to each other's thoughts and feelings, which is reflected in marital adjustment scores. Marital tensions, or at least wife marital tensions, seem to be affected differently than marital satisfactions. Marital tensions may be affected on a more general level, with the amount of verbal dialogue and the number of short breaks not as important.

It is interesting to note that, as Table 36 illustrates, wife MABS tensions index scores are

significantly negatively correlated with husband marital happiness scores, while being unrelated to all other dependent variables, except husband interaction satisfaction scores. The correlations found for this hypothesis reflect this negative relationship and suggest that, in some way, wife marital tensions scores and husband marital happiness scores are tapping the same underlying dimension. It could be that the "absence of tensions" is more easily reflected in an overall happiness rating, for the husbands, rather than the tensions index.

Hypothesis II - The amount of reciprocity of communication styles, in husband and wife messages, in a couple's verbal interaction will be positively related to that couple's marital adjustment, marital happiness, marital satisfactions; and negatively related to their marital tensions.

This hypothesis was not supported in any consistent manner. As reciprocity in Style II increases, wife marital tensions decrease. This correlation supports the hypothesis. But, as reciprocity in Style II increases, wife marital happiness scores decrease and as reciprocity in Style I increases, husband marital satisfactions decrease. In addition, reciprocity in Style IV communication is associated with low wife satisfactions scores. All of these relationships

tend to refute the hypothesis.

It seems that the difference in percentage of styles used by husband and wife may not be an adequate measure of "reciprocity". Investigating sequential patterns of communication exchange may be a more refined way of looking at reciprocity. In addition, the value couples place on communication styles probably has an effect on what they feel is an equitable or just exchange of reward-cost ratios or profit-investment ratios. These values may vary from couple to couple and even between marital partners.

The results do indicate that marital tensions may be affected by reciprocity of communication styles differently than marital satisfactions and marital happiness. Reciprocity may decrease the number of tensions wife's perceive in the relationship while also decreasing her marital happiness and both her and her husband's marital satisfactions. Looking at the content component of communication may also help in understanding how reciprocity effects these dependent variables. What is being said in a conversation may have as high an exchange value as how thoughts and feelings are expressed in conversation.

Hypothesis III - Couples who can establish a "work" pattern in a given conversational exchange will be more satisfied with that conversational

exchange (interaction satisfaction) than couples who do not establish a "work" pattern.

A. The percent of total interactional messages within "work" patterns will be positively related to that couple's interaction satisfaction.

B. The number of "work" patterns in a couple's conversational exchange will be positively related to that couple's interaction satisfaction.

C. The length of "work" patterns in a couple's conversational exchange will be positively related to that couple's interaction satisfaction.

This hypothesis was supported for the husbands in this sample. High interaction satisfaction scores for the husbands was associated with establishment of a "work" pattern. However, when looking at the 21 couples who did establish a "work" pattern, a high percent of the total number of interactions within "work" patterns was associated with low husband interaction satisfaction scores.

It is interesting to note that establishment of one "work" pattern was sufficient to effect interaction satisfaction, while it was not able to effect the other dependent variables associated with the marital relationship in Hypothesis I. The more concrete, immediate, and direct nature of this measure, in that couples

watched a video-tape of their conversation and then, immediately, were asked to rate it's satisfaction, could have increased the sensitivity of the measure. This also supports the idea that husbands tend to be more immediate and specific in their assessment of experiences, while wives tend to take a broad, diffuse view of experiences.

One reason that husbands may not find a high percent of "work" satisfying is that, while using "work" style communication to handle problematic issues may be beneficial to the marital relationship, it may not be a particularly pleasant and satisfying experience for the couple. In "work" style communication, risk levels and levels of disclosure are high and a change in the relationship, through positive feedback, may be the result. All of these things require a commitment to better the relationship and an expenditure of energy. Thus, couples may be evaluating their interaction on the basis of how comfortable they felt, rather than how well they were able to handle problematic issues.

Another influence could be the testing situation itself. Wives may find it unsatisfying to discuss problematic issues in their relationship when they know that others will be observing this discussion (e.g. the researchers). Husbands, then may feel that a small amount of "work" is satisfying, but any more

is not. Couples may be establishing a sense of cohesiveness through boundary maintenance, which may be appropriate and healthy.

These results suggest that the couples in this sample may be evaluating their conversational exchanges on the basis of some concept other than the amount of "work" done in that interaction. Table 36 supports this idea by showing that interaction satisfaction scores, especially wife scores, are not significantly related to other dependent measures of the marital relationship. It seems that the testing situation and the immediate nature of the measure could have influenced this phenomenon.

Hypothesis IV - A balance of Style III and IV messages within "work" patterns, in a couple's verbal interaction, will be positively related to that couple's marital adjustment, marital happiness, marital satisfactions, and be negatively related to their marital tensions.

Couples who used a balance of Style III and Style IV messages, in their "work" patterns, also had high wife marital satisfaction scores on the MABS. This association held true for couple MABS balance scores, also. In addition, as the percent of Style IV messages, within "work" patterns, increased, wife marital happiness and wife marital satisfactions increased. Thus, the

hypothesis was supported. As mentioned before, no couple had more than 50% of their "work" patterns in Style IV, thus, high percentages of Style IV messages, within "work" patterns, is synonymous with a "balance" of Style IV, in "work" patterns. A "balance" might be better termed "avoiding an overuse of Style III". Because of this, no conclusions can be reached regarding the effect of very high levels of Style IV, within "work" patterns. Style IV messages may be so threatening to a couple that they simply do not use them as often as they use Style III. It may also be that couples have found that effective "work" patterns have a "balance" of "work" styles in them.

Commitment to deal completely with an issue and statements of feelings and intentions, characteristic of Style IV communication, may be necessary in order for communication to have an effect on the marital relationship. While tentative speculations and intellectually discussing issues, characteristic of Style III communication, may not have as strong an effect on the marital relationship, they are probably necessary to lay the "ground work" for effective Style IV communication.

Hypothesis V - Couples who use predominantly Relationship content in their verbal interaction in the laboratory will have lower levels of marital

adjustment, marital happiness, and marital satisfactions, and a higher level of marital tensions than couples who have a balance of Topic, Testing Situation, Person, and Relationship content in the laboratory setting.

This hypothesis was not supported for the husbands in this sample. As the percent of Relationship content, in a couple's conversational exchange, increased, husband marital adjustment scores increased. It seems that high levels of Relationship content, in husband and wife verbal interaction, rather than showing stress, as Watzlawick et al. (1967) hypothesized, shows a higher marital adjustment score. The hypothesis suggested by Miller (1975) that communication at the Relationship content level increases awareness and leads to higher levels of awareness, and that this awareness leads to personal and relationship growth may better explain this correlation.

It seems that husbands may be more "tuned in" to the content component of communication than the wives. They may value and expect discussion on the Relationship level more than wives. They may feel a sense of accomplishment or that they are "working" on problematic issues when discussing their relationship, with less regard to the style used. Wives, on the other hand, may be more "tuned in" to how issues are discussed, with less regard to the content level.



It may be that the content and style components need to be combined in order for there to be a measurable effect on the marital relationship, at least for the wives in this sample. Pearson R correlations support this idea - wife MABS balance scores, husband marital happiness scores, and husband interaction satisfaction scores are all significantly and positively related to the percent of Relationship content in Style III. Wife marital tensions are also significantly negatively related to this variable. Discussing issues relating to their relationship, on a speculative and intellectual level seems to have a measurable influence on these couples. This adds more support to theories that speak to the benefits of "work" style communication, in terms of relationship growth and satisfaction (Hill, 1965; Miller, 1975). The reason Style III, on the Relationship level, is more influential, when contrasted to the other styles, could be that couples may find it a "comfortable" "work" level. Discussing relationship issues on a high risk level - Style IV - may be too threatening to the couple, taking into consideration the laboratory setting and the influence of the researchers. Couples may be setting their boundaries to outsiders at a level that would exclude much discussion at this high "work" level.

Hypothesis VI - Among couples who cannot establish a "work" pattern in their verbal interaction, the partner who "flees" "work" (the one who predominantly follows his/her partner's Style III or IV and content Person or Relationship level message with a Style I or II level message) will have a lower marital adjustment, marital happiness, marital satisfactions, and interaction satisfaction; and a higher marital tensions, than the partner who "pursues" "work" (one who sends the preceeding "work" level message to the "fleeer").

Results show that Hypothesis VI is supported for the wives in the sample. When the percent of times the wife was the "fleeer", in "pursuer/avoider" patterns, increased, wife MABS balance scores decreased. Couple MABS balance scores and satisfactions index scores also decreased as the percent of times the wife was the "fleeer" increased. In addition, the number of "pursuer/avoider" patterns were positively correlated with husband and couple marital adjustment scores and positively correlated with the wife interaction satisfaction scores. When the husband was the "fleeer", these relationships were reversed. Thus, when the husband was the "fleeer", there is a positive effect on the wife and couple marital satisfaction.

One speculation is that wives are "allowing" husbands to "flee" "work", in their conversations.

This would have the effect of increasing her interaction satisfaction and marital adjustment and also increase couple marital adjustment and marital satisfactions. It seems to be more satisfying, to these couples, when the husband ends a "work" sequence rather than the wife.

It seems plausible, though, that, consistent with the hypothesis, when wives "flee" "work" that may be too threatening to them, this has the effect of lowering her marital adjustment and the couple's marital adjustment and marital satisfactions. When this consistently happens at a high rate, husband and couple marital adjustment scores are lower. Wives may see themselves as "expressive leaders" in their relationship and, thus, they do not use "avoiding work" as a coping mechanism. Husbands may feel more comfortable using this coping mechanism because they have less "at stake".

Boundaries may be high for these couples who did not establish a "work" pattern because they could have unresolved problems and may perceive their communication skills as inadequate for dealing with these problems. The idea of researchers viewing these interactions may be very threatening. This could effect how wives view the conversational exchange and their communication in front of the video-tape.

It must be remembered that only 11 couples were used in the analyses for this hypothesis. But, based on these subjects, it seems that the presence of "pursuer/avoider" patterns does effect the marital relationship, and that this effect is a negative one.

#### Summary

The results of this study show that communication patterns, the style of the communication, and the content of the communication, in husband and wife conversations, is related to adjustment, happiness, satisfactions, and tensions in the marital relationship. Because of the nature of this study, no conclusions about causality can be made. Throughout this thesis, there has been an implicit assumption that communication affects the satisfaction in a marital relationship. It is as logical to believe that the satisfaction, tension, and happiness in a marital relationship effect the communication that goes on between a husband and wife. Influences, of course, go both ways. Further research could help evaluate the strengths of these influences. Experimental designs in which the effects of communication training can be examined would be enlightening.

While this study shows that communication on the "work" level does have a positive influence on the marital relationship, the intricacies of

the communication process, and how it effects relationships is far from being understood. There is much to be learned about "good" and "bad" communication. Further research should include searching for basic concepts underlying the communication process as well as examining the subtle patterns in communication. There may well be key structures of the marital relationship that are uniquely affected by the communication that goes on in it, as well as structures in the communication process that effect the marital relationship uniquely. It may well be that the underlying concepts of consensus, marital satisfactions, and marital tensions tapped in most measures of the marital relationship are not as greatly influenced by communication patterns as other concepts such as more general feelings or attitudes about the relationship. In addition, further research should focus on clarifying the link between "work" level communication and resolution of marital problems. It would be helpful to know that the number and strength of problematic issues are actually effected by "work" level communication.

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Appendix 1

Marital Adjustment Balance Scale  
(Orden & Bradburn, 1968)

Couple No. \_\_\_\_\_

Date \_\_\_\_\_

Dyadic Adjustment Scale  
(Spanier, 1976)

Group Leader \_\_\_\_\_

- I. These are some things that married couples often do together. Please check each one you and your (husband/wife) have done together in the past few weeks:

- \_\_\_\_\_ Had a good laugh or shared a joke.
- \_\_\_\_\_ Been affectionate toward each other
- \_\_\_\_\_ Spent an evening just chatting with each other
- \_\_\_\_\_ Did something the other particularly appreciated
- \_\_\_\_\_ Visited friends together
- \_\_\_\_\_ Entertained friends in your home
- \_\_\_\_\_ Taken a drive or walk for pleasure
- \_\_\_\_\_ Gone out together - movie, bowling, sporting, or other entertainment
- \_\_\_\_\_ Ate out in a restaurant together

- II. These are some things about which husbands and wives sometimes agree and sometimes disagree. Please check which ones caused differences of opinions or were problems in your marriage during the past few weeks:

- \_\_\_\_\_ Being tired
- \_\_\_\_\_ Irritating personal habits
- \_\_\_\_\_ Household expenses
- \_\_\_\_\_ Being away from home
- \_\_\_\_\_ How to spend leisure
- \_\_\_\_\_ Time spent with friends
- \_\_\_\_\_ Your job or your spouse's job
- \_\_\_\_\_ In-laws
- \_\_\_\_\_ Not showing love

- III. Most persons have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your partner for each item on the following list.

	Always Agree	Almost Always Agree	Occa- sionally Disagree	Fre- quently Disagree	Almost Always Disagree	Always Disagree
1. Handling family finances	_____	_____	_____	_____	_____	_____
2. Matters of recreation	_____	_____	_____	_____	_____	_____
3. Religious matters	_____	_____	_____	_____	_____	_____
4. Demonstrations of affection	_____	_____	_____	_____	_____	_____
5. Friends	_____	_____	_____	_____	_____	_____
6. Sex relations	_____	_____	_____	_____	_____	_____
7. Conventionality (correct or proper behavior)	_____	_____	_____	_____	_____	_____

Appendix 1 (cont.)

	<u>Always</u> <u>Agree</u>	<u>Almost</u> <u>Always</u> <u>Agree</u>	<u>Occa-</u> <u>sionally</u> <u>Disagree</u>	<u>Fre-</u> <u>quently</u> <u>Disagree</u>	<u>Almost</u> <u>Always</u> <u>Disagree</u>	<u>Always</u> <u>Disagree</u>
8. Philosophy of life	_____	_____	_____	_____	_____	_____
9. Ways of dealing with parents or in-laws	_____	_____	_____	_____	_____	_____
10. Aims, goals, and things believed important	_____	_____	_____	_____	_____	_____
11. Amount of time spent together	_____	_____	_____	_____	_____	_____
12. Making major decisions	_____	_____	_____	_____	_____	_____
13. Household tasks	_____	_____	_____	_____	_____	_____
14. Leisure time interests and activities	_____	_____	_____	_____	_____	_____
15. Career decisions	_____	_____	_____	_____	_____	_____

	<u>All the</u> <u>time</u>	<u>Most of</u> <u>the time</u>	<u>More</u> <u>often</u> <u>than not</u>	<u>Occa-</u> <u>sionally</u>	<u>Rarely</u>	<u>Never</u>
16. How often have you discussed or considered divorce, separation, or terminating your relationship?	_____	_____	_____	_____	_____	_____
17. How often do you or your mate leave the house after a fight?	_____	_____	_____	_____	_____	_____
18. In general, how often do you think that things between you and your spouse are going well?	_____	_____	_____	_____	_____	_____
19. Do you confide in your mate?	_____	_____	_____	_____	_____	_____
20. Do you ever regret that you married?	_____	_____	_____	_____	_____	_____
21. How often do you and your spouse quarrel?	_____	_____	_____	_____	_____	_____
22. How often do you and your mate "get on each other's nerves?"	_____	_____	_____	_____	_____	_____

	<u>Every day</u>	<u>Almost</u> <u>Every day</u>	<u>Occa-</u> <u>sionally</u>	<u>Rarely</u>	<u>Never</u>
23. Do you kiss your mate?	_____	_____	_____	_____	_____

	<u>All of</u> <u>them</u>	<u>Most of</u> <u>them</u>	<u>Some of</u> <u>them</u>	<u>Very few</u> <u>of them</u>	<u>None of</u> <u>them</u>
24. Do you and your mate engage in outside interests together?	_____	_____	_____	_____	_____

Appendix 1 (cont.)

How often would you say the following events occur between you and your mate?

	Never	Less than once a Month	Once or twice a Month	Once or twice a week	Once a day	More often
25. Have a stimulating exchange of ideas	_____	_____	_____	_____	_____	_____
26. Laugh together	_____	_____	_____	_____	_____	_____
27. Calmly discuss something	_____	_____	_____	_____	_____	_____
28. Work together on a project	_____	_____	_____	_____	_____	_____

These are some things about which couples sometimes agree and sometimes disagree. Indicate if either item below caused differences of opinions or were problems in your relationship during the past few weeks. (Check yes or no)

Yes No

29. \_\_\_\_\_ Being too tired for sex.

30. \_\_\_\_\_ Not showing love.

31. The dots on the following line represent different degrees of happiness in your relationship. The middle point, "happy," represents the degree of happiness of most relationships. Please circle the dot which best describes the degree of happiness, all things considered, of your relationship.

Extremely Unhappy	Fairly Unhappy	A Little Unhappy	Happy	Very Happy	Extremely Happy	Perfect
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32. Which of the following statements best describes how you feel about the future of your relationship?

- \_\_\_\_\_ I want desperately for my relationship to succeed, and would go to almost any length to see that it does.
- \_\_\_\_\_ I want very much for my relationship to succeed, and will do all I can to see that it does.
- \_\_\_\_\_ I want very much for my relationship to succeed, and will do my fair share to see that it does.
- \_\_\_\_\_ It would be nice if my relationship succeeded, but I can't do much more than I am doing now to help it succeed.
- \_\_\_\_\_ It would be nice if it succeeded, but I refuse to do any more than I am doing now to keep the relationship going.
- \_\_\_\_\_ My relationship can never succeed, and there is no more that I can do to keep the relationship going.

Appendix 2  
Interaction Satisfaction Scale

Couple no. \_\_\_\_\_

Date \_\_\_\_\_

Group Leader \_\_\_\_\_

As you watch your videotaped interaction, describe your perception of yourself and your partner by placing an "X" on each one of the following lines:

FOR SELF

Clear ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ Unclear

Involved ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ Uninvolved

Closed ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ Open

Dominant ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ Submissive

FOR PARTNER

Clear ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ Unclear

Involved ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ Uninvolved

Closed ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ Open

Dominant ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ Submissive

Indicate how satisfying your discussion was for you by placing an "X" on the following line:

Very ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ Very  
Satisfying Unsatisfying

## COMMUNICATION STYLES

	<u>Topic</u>	<u>Person</u>	<u>Relation</u>
Conventional			
Closed			
Speculative			
Open			meta-communication

## Style I

Conventional: Low risk, no commitment to serious discussion; may involve retreat from serious discussion. Conversation is usually light, or casual; including joking.

Examples:

Topic: - the weather, somebody else.

Personal - preferences, i.e., characterizing, and biographical and autobiographical information.

Relation - joking, bantering, flirting.

## Style II

Closed: High risk taking in terms of risking strong negative, i.e., angry or hurt, reactions, and closed to: (1) hearing new information from the other and (2) self-disclosure as a means of letting the other really know oneself. There is little or no real checking out. Involves viewing the relation as a "win-lose" situation. The emphasis is on power or control rather than upon intimacy and caring. The principles of respect and responsibility are likely to be lacking. Nevertheless, the assertive style may at times be appropriate and have utility (though not very often in intimate relations).

Examples:

Topic - debates of a political issue; persuasive argumentation as to where to go on vacation.

Personal - dogmatic criticisms of other or self, especially "labeling"

Relation - normative statements as to how other should treat oneself: "you should..." or "you ought to....".

## Style III

Speculative: Exploration and examination of intentions and of origins of attitudes, values, beliefs, feelings and events. Distinguished by its tentativeness and safety (relatively low risk). A protecting and protected style. Feedback more likely elicited than spontaneously volunteered. Feedback is primarily intellectually based.

Examples:

Topic - Cooperative venture in learning from one another about a topic external to self and relation, a thinking through together of a topic such as continued intervention in Cambodia. Questions asked are really intended to elicit information and point of view.

Person - Intent, by mutual agreement, to explore and understand the feelings, behavior, or hangups of one person present, either self or other. Advice kindly given and accepted

Relation - Feedback regarding you - me, regarding how we are together, but more analytical - intellectual than confrontive. "Perhaps one reason why we argue about what you should be doing around the house is that we grew up in such different families."

## Style IV

Open: High risk in terms of directly, self-responsibly revealing one's own inner experience, one's thoughts and feelings, thus making oneself vulnerable to the other. "Open" also in the sense of readiness to hear new information from the other--thus increasing the likelihood of having to recognize the desirability of making changes in oneself--and in the sense of actively eliciting information in order to understand what the other means, intends, and feels, i.e., "checking out." Basic ingredients of the open style include (1) Speaking for self (each is the authority for his own thoughts and feelings and takes responsibility for his own); (2) Documenting thoughts and feelings with descriptive behavioral data (behavioral examples are absolutely necessary for sharing meanings and negotiating); (3) Checking out, a process by which one clarifies the meanings that the other has attached to a set of data, avoiding premature closure; (4) Risk taking, in the sense of making one's reactions immediately available to the other, thus surrendering some control to the other, making one's inner experience accessible to the other.

Examples:

Topic - Insightful statements about something external to the persons and relationship but having consequences for person and relationship in terms

of changing attitudes and behavior. (Because of the close connection with person and/or relation, a "pure" topic-focused confrontive statement is hard to create. Here is an example, however: "It's important to deal with our feelings as they occur.")

Person - The focus is primarily on one member of the dyad, i.e., one person's behavior, but, again, the confrontive level is so highly interactional that no attempt is made here to concretely discriminate person from relation.

Relation - Whether the initial "target" of the statement is topic, self, or other, there is feedback and checking out around the interrelating of you and me. "I noticed that you started to talk before I finished. It left me feeling kind of mad and sad because it seemed to me you weren't really interested in what I had to say. I feel kind of reluctant to try and tell you things when you do this. Were you aware of this?"



## HIM Style Characteristics

Low Info	Low Risk <i>'Neutral'</i> <u>Style I</u> Factual information Chit-chat Simple reporting Simple preferences Story telling Non-hostile joking	High Risk <i>'Anger/Anxiety'</i> <u>Style II</u> Labelling Evaluating Blaming Demanding Self-deprecating Complaining Call for defense Ignoring Indirect avoiding Acting out feelings
	<u>Mixed Messages</u> Advice giving Hostile joking Hidden intention	
High Info	<u>Style III</u> Giving impressions Giving explanations Talking about reasons Speculating about causes Interpreting Unelaborated questions Inviting information Supportive reflections "There and then" time	<u>Style IV</u> Documenting "Here and now" time Expressing feelings Expressing intentions Revealing impact Identifying tension Attentive listening Elaborated questions Supportive statements Accepting differences

CODING CONVENTIONS FOR DYADIC  
COUPLE INTERACTION\*When to Code:

1. Code each time there is a change in person speaking.
2. Assign a new code each time a new style or topic is used.
3. One or two word agreements are given the same cell classification as the other speaker's previous statement.
4. Background noise and social acknowledgements which do not break the other person's statement such as "yeah, or uh-huh", etc. are not coded or listed.

General Coding Conventions:

1. Statements are coded contextually rather than as isolated sentences. Therefore code using a transcript and direct viewing of the videotape.
2. The following chart summarizes codes for each cell:

	Topic	Testing Sit.	Person	Relationship
Conventional	I T	I Sit	I P	I R
Closed	II T	II Sit	II P	II R
Speculative	III T	III Sit	III P	III R
Open	IV T	IV Sit	IV P	IV R

\*Based on Wm. Fawcett Hill's Hill Interaction Matrix (see coding manual, 1961, University of Southern California, Youth Study Center) and adaptations from S. Miller, unpublished dissertation, Univ. of Minnesota, 1971.

## Appendix 4 (cont.)

3. A Mixed Style statement is given two style codes, II plus whatever other style is being contaminated, in addition to a content code (topic, testing sit., person, relationship).
4. Roman numerals refer to style of the statement; the letters T, Sit, P and R refer to the content of the message being coded.
5. "X" designates "noise" in the interaction. Uncompleted and/or unintelligible statements, including simultaneous talking which is not decipherable, and mumblings constitute "noise".
6. Distinguishing between personal and relationship statements: in P, the focus stays primarily on one of the persons in the dyad. In relationship messages the focus shifts back and forth between the members of the dyad - back and forth between "you and me together".
7. Personal information (i.e. simple preferences or biographical data) is coded as I P until it reaches a problem orientation, at which time it is coded as IIIP or IV P, depending on the amount of documentation given.
8. Personal feedback elaborated with documentation is IV P. The difference between this and III P is that in Style IV the speaker does not wonder if the topic person is this or that, he tells him directly how he sees him. Style IV is riskier than style III.
9. Non-hostile advice is usually style III.
10. Closed Style II statements tend to close doors. They are non-negotiable in the sense that the speaker assumes he has "dibs on reality". Style IV statements may well identify a problem, but they include an invitation to go on and negotiate and to hear the other person's perception of the situation.
11. Defeatism (self-depreciation), defense (rejection of other's perceptions and suggestions), "putting the other down", and evidence of hostility all receive style II ratings.

COMMUNICATION PATTERNS AND THEIR  
RELATIONSHIP TO MARITAL ADJUSTMENT  
AND MARITAL HAPPINESS

by

Jennifer Schirer

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AN ABSTRACT OF A MASTER'S THESIS

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## ABSTRACT

The purpose of this thesis was to relate marital communication patterns to marital adjustment and marital happiness. A conversational exchange between married couples was coded on the basis of style and content using the Hill Interaction Matrix (Hill, 1965). The dependent measures used were the Spanier Daydic Adjustment Scale (Spanier, 1976), Orden and Bradburn Marital Adjustment Balance Scale (Orden & Bradburn, 1968), a marital happiness scale, and an interaction satisfaction scale. Results indicate: 1) the number of "work" patterns is positively related to marital adjustment, 2) the amount of "work" was negatively related to the wife's marital tensions, 3) establishment of a "work" pattern increased the husband's satisfaction with that interaction, but a high percent of "work" was associated with low interaction satisfaction, 4) a balance of "work" styles, within "work" patterns, increased marital satisfactions, 5) when the amount of interactions on a relationship level increased, husband marital adjustment increased, 6) couples who have communication patterns in which one "pursues" "work" and one "flees" "work", the marital adjustment was lower and the "fleeer" was less satisfied with the relationship.