

CHANGES IN MARITAL ATTITUDES ACROSS FOUR  
STAGES OF MARRIAGE AND ENGAGEMENT

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## CHAPTER I

### THE PROBLEM

#### Introduction

Do you promise to love and to honor in sickness and in health, in prosperity and in adversity? And do you promise to forsake all others and keep yourself loyal and faithful so long as you both shall live?

From January 1983 to April 1983, 1,258,000 individuals made a promise to love and honor their mates until death parted them. In the twelve months preceding April of 1983, 2,486,000 marriages were performed in this country. As reported in the Vital Statistics of the United States (1983), that year showed an increase of marriages over the preceding twelve months by two percent.

From January 1983 to April 1983, 756,000 individuals were granted divorces (Vital Statistics of the United States, 1983). The promise to love and honor as husband and wife until death parted did not meet with stated expectations. For every two weddings, more than one divorce was granted. The twenty years between 1958 and 1978 showed thirty-three percent increase in number of divorces.

The statistics from 1978 (Vital Statistics Report) indicate that the majority of divorces went to young marriages. Only twenty percent of all divorces granted went to those married fifteen years or more. An amazing forty-six percent of divorces granted went to marriages of five years or less.



Because forty-six percent of divorces granted ended marriages of five years or less, it is obvious that problems which occur early in marriage are very serious. Many individuals are not prepared for the rigors that are part of marriage and often experience shattered expectations. Countless are disappointed in their marriages and many seek a legal dissolution.

Many professionals are beginning to look towards premarital counseling as a preventative intervention factor in reducing the problems in young marriages. Often, young couples fail to anticipate the conflicts that can arise when two people become intimately related by marriage. Premarital counseling is a form of help that centers around the relationship and aids the individuals in evaluating and ultimately strengthening their bond. Its intentions include: making expectations more realistic, training couples in communication skills, attending to specific problems often stated in counseling, providing information on subjects of importance to couples and general education about marriage, to list but a few.

The preventative action of premarital counseling attempts to expose the causes of many problems before they develop into serious crises. The goal in this form of guidance is to prevent serious problems from developing and to help establish a firm foundation for a healthy family life. The counselor informs the engaged couples of the problems that can and often do occur in marriage. With the help of the counselor, the couple discusses the issues and learns to prevent them or to deal with them in a more effective manner.

It is important that couples are forewarned as to the occurrences of many stressful issues in engagement and marriage. In order to cope

with the problems that arise, partners must be prepared. It is the counselor's responsibility to discuss with the couple the times during the relationship that these issues are likely to have the greatest impact.

#### Statement of the Problem

The difficulties that impinge on marriage have differential impacts at various stages of the relationship. The counselor of engaged couples must be aware of the most critical periods for specific issues concerning marriage so that they can help couples anticipate problems. This knowledge about when young couples should expect issues to have major impacts on their relationship is important because the couples need to be adequately prepared.

At present, there is a lack of information available to counselors regarding the timing of important relationship issues and the attitude changes which result from certain events. The findings of this study will attempt to indicate the relationship stages in which five major issues have their greatest impacts. The five major issues are: Communication, Children and Marriage, Equalitarian Roles, Religious Orientation, and Realistic Expectations.

In 1981, Geiss and O'Leary mailed questionnaires to members of the American Association of Marriage and Family Therapists. The questionnaires asked the therapists to choose five areas of a given twenty-nine that they found most damaging to marital relationships. They were also asked to indicate the percentage of couples worked with during the past year who complained of each of the twenty-nine areas.

On the list of items regarded as having the most damaging effects on marital relationships, communication was ranked as number one. Unrealistic expectations of marriage or spouse was ranked number two and role conflicts was ranked as number five.

When asked to indicate the percentage of clients who reported one of the twenty-nine areas as a problem in their relationship, counselors placed communication as the most commonly stated complaint. Eighty-four percent of the therapists' clients reported it as a problem. Unrealistic expectations of marriage or spouse was cited as the second most common problem with fifty-six percent of clients indicating it as a major concern. Thirty-eight percent and thirty-seven percent of clients indicated role conflicts and children as major problems, respectively. Ten percent of clients seen by the therapists reported religion as a major concern.

Communication, Realistic Expectations, Children, Religion, and Equalitarian Roles are obviously major relationship issues. This study will further investigate the relationship between couple status and the conflicts in these five issues. Implications of the findings relevant to counselors and educators will be given.

#### Purpose of Study

The purpose of this study is to increase the knowledge of those who work with engaged couples and married couples to include the timing of critical periods of disruptions in relationship stages and changes in attitude toward relationship issues. When a couple comes to a counselor or clergyman for help, with the knowledge from this study the advisor may be able to determine the stage the couple is in and more fully

understand the stressors common to relationships during their particular stage.

The timing of such major stressors has a great impact on the stability of the relationship. When troubles are evident in a relationship and the partners seek help in solving them, it is important for the person in the helping position to be educated about the problems that commonly occur during relationship stages.

In premarital counseling, the information from this study will increase the knowledge of the counselor and enable him to inform the couple about the critical periods of certain issues in the relationship. The partners can then be prepared for the impact of the issues.

#### Questions to be Answered

Thorough analysis of the findings of this study should produce answers to the following questions:

1. During what stage of a relationship does communication appear to be the most satisfactory?
2. During what stage of a relationship does communication appear to be the least satisfactory?
3. During what stage of a relationship do equalitarian roles appear to be the most traditional?
4. During what stage of a relationship do equalitarian roles appear to be the most equalitarian?
5. During what stage of a relationship do people report a consensus of decisions regarding children?
6. During what stage of a relationship do people report a lack of consensus about decisions regarding children?

7. During what stage of a relationship are people the most realistic about their expectations of marriage?
8. During what stage of a relationship are people the least realistic about their expectations of marriage?
9. During what stage of a relationship does religious orientation appear to be the most individualistic?
10. During what stage of a relationship does religious orientation appear to be the most traditional?

The findings produced by this research will answer the preceding questions, however, the discussion of the results will not be limited to these topics.

#### Conceptual Hypotheses

Based on the purpose of this study, seven research hypotheses have been developed:

1. Married subjects will report more communication difficulties than engaged subjects.
2. Engaged persons will be more traditional in regard to roles than married persons.
3. Subjects with six months until their wedding will have a more traditional role orientation than subjects with one month or less until their wedding.
4. Persons with six months until their wedding and those married two years or less will hold more individualistic view of religion than persons with one month until their wedding and those married for six years or more.

5. Subjects with six months until their weddings will hold more individualistic views toward religion than subjects married for less than two years.

6. Married subjects will have more realistic expectations about children and marriage than engaged subjects but will report less consensus regarding decisions about children.

7. Married persons will have more realistic expectations than engaged persons.

### Conceptual Definitions

In order to better understand the issues being studied, the following terms must be defined. The definitions given are taken from the PREPARE-ENRICH Counselor's Manual (Olson, Fournier, and Druckman, 1982). The terms will be used, as defined, throughout the remainder of the study.

#### PREPARE

PREPARE is an acronym for the Premarital Personal and Relationship Evaluation. The PREPARE is an instrument developed to aid counselors and clergy who work with young relationships. More information will be given about PREPARE in Chapter III.

#### Communication

This category is concerned with an individual's feelings, beliefs and attitudes toward the role of communication in the maintenance of his/her relationship. Items focus on the level of comfort felt by both partners in being able to share important emotions and beliefs with each

other, the perception of a partner's way of giving and receiving information, and the respondent's perception of how adequately she/he communicates with partner.

High scores reflect the couple's awareness and satisfaction with the level and type of communication in their relationship. Low scores reflect a deficiency in the level of communication essential to satisfactorily maintain a relationship and focus on the need to work on improving their communication skills.

### Equalitarian Roles

This category assesses an individual's beliefs, feelings and attitudes about various marital and family roles. Items focus on occupational roles, household roles, sex roles and parental roles. There is an implied bias in this scale, which does not reflect the philosophy of PREPARE/ENRICH, but which is based on the research design of the Inventories.

A high individual score indicates the scorer's values are more equalitarian (egalitarian); she/he desires a shared approach to husband-wife roles. A low individual score indicates that the scorer values traditional husband-wife roles and areas of responsibility.

### Religious Orientation

This category assesses an individual's attitudes, feelings and concerns about meaning of religious beliefs and practices within the context of marriage. Items focus on the meaning and importance of religion, involvements in church activities and the expected role that religious beliefs will have in the marriage.

High scores reflect a more traditional view that religion is an extremely important component of marriage. Low scores reflect a more individualistic and less traditional interpretation of the role of religion in the marriage relationship.

### Children and Marriage

This category assesses individual attitudes and feelings about having and raising children. Items focus on decisions regarding having children and agreement on the number of children preferred. Specific items reflect a couple's awareness of the impact of children on the marriage relationship, their satisfaction with roles and with the responsibilities of father and mother in childrearing, compatibility in philosophy toward discipline of children and shared goals and values desired for the children.

High scores reflect a consensus regarding decisions to have children and the size of family desired, a realistic perception of the impact of children on the marriage relationship, and satisfaction with how parental roles and responsibilities are defined. Low scores reflect a lack of consensus regarding decisions to have children and the size of family preferred, concern over the impact of children on the relationship, and discomfort with perceptions of parental roles and responsibilities.

### Realistic Expectations

This category assesses an individual's expectations about love, commitment and conflicts in his/her relationship. The intent of these



items is to assess the degree to which expectations about marriage relationships are realistic and based on objective reflection.

In general, moderately high scores in this category reflect realistic expectations about relationship issues. Low scores would suggest that individuals are too romantic or idealistic in their perception of marriage and their relationship.

### Summary and Outline of Thesis

The number of divorces in America is increasing. Nearly one-half of the divorces granted are for marriages less than six years in duration (Vital Statistics Report, 1983). As a preventative measure against conflicts strong enough to create early marital dissolution, professionals are turning to premarital counseling as one answer.

The counselors who work with young couples need to be informed about the stressors encountered by this clientele. At the present, information about critical periods of stress is not readily available. This study meets a need for information important to counselors.

The previous sections described the need for a study such as this and presented questions that will be answered. Chapter II will give a review of literature relating the five chosen issues and marriage. In Chapter III, methodology appropriate to this study will be described and followed by Chapter IV which will discuss the findings. In this chapter, hypotheses will be discussed as they relate to the findings and questions previously given will be answered. Chapter V will consist of a summary, recommendations, conclusions drawn from the findings and implications for counselors and those who work with young relationships.

## CHAPTER II

### REVIEW OF RELATED LITERATURE

The review of related literature will be broken down into five areas: Communication, Equalitarian Roles, Religious Orientation, Children and Marriage, and Realistic Expectations. Each section will contain a review of articles and/or books pertaining to that area of marriage.

Because social attitudes toward certain areas of marriage change drastically over the years, some sections will contain only new research which is related to the current view on the subject. In other areas of discussion, the research has only recently become scarce. Many articles presented are old but still quite applicable and important.

#### Communication

The importance of communication in marriage is a fact that goes without saying. For two people to become acquainted, they must communicate. Establishing a healthy marital relationship is often thought to be positively correlated with a high level of disclosure between partners.

The research regarding communication and marital satisfaction is not, by any means, scarce. Most researchers plainly state, however, that the positive correlation between satisfaction and communication cannot be proven beyond a shadow of a doubt. Often the deficit found in

a couple's communication style is not with the couple but with the observer. Marital communication is obviously a private thing between two people who have developed their own style. Even though opinions and theories of communication vary and controversy is present, no researcher questions the importance of marital communication.

In research conducted by Boyd and Roach (1977), the purpose was to identify specific communication skills that differentiated happily married couples from unhappily married couples.

Using 111 married couples who voluntarily completed all instruments, Boyd and Roach examined the Interpersonal Communication Skills Inventory - Self (ICSI-Self) and the Interpersonal Communication Skills Inventory - Spouse (ICSI-Spouse). The two instruments were developed specifically for the study by the authors of the study. Each inventory consisted of 25 items obtained from a review of literature and put into words expressing observable verbal behaviors.

The subjects (N=22) completed a Personal Data Inventory, the Marital Adjustment Test, the Marital Communication Inventory, the ICSI-Self and the ICSI-Spouse. The instruments were employed to assess marital satisfaction, marital communication styles and each individual's opinion of their own communication and their spouses.

According to the Marital Adjustment Test scores, the subjects were divided into two groups. The first group consisted of couples who both scored ten points or more above the sample mean. They were given the label of most satisfied. The group labeled least satisfied consisted of couples of which both scored ten points or more below the sample mean. The two groups' Marital Adjustment scores were significantly different.

The results from the ICSI-Self and the ICSI-Spouse were used to identify the specific communication skills that separated the most satisfied married couples from the least satisfied married couples. Fourteen for the ICSI-Self and 17 of the ICSI-Spouse items significantly separated the two groups.

A content analysis of the differentiating items indicated three major divisions of the resulting differences between the two groups. The first group relates to sending clear, direct messages. Items such as: "I say what I really think," "I take full responsibility for what I say," and "I ask honest, direct questions without hidden messages" differentiated the two groups.

The second group indicated active listening in receiving messages. "I ask for clarification so that I will understand my spouse's feelings," "I allow her to speak for herself," "I listen when my spouse expresses a point of view" all differed between the most and least satisfied married couples.

The third group of items concerned verbal expression of respect or esteem for spouse. Items such as: "I express my appreciation for things my spouse does for me," "I make statements that tell my spouse that he really counts with me," and "I express my concern and respect for my spouse's thoughts and feelings" made a distinction between the two criterion groups.

Boyd and Roach emphasize the importance of the skills highlighted by this research. They indicate that educators and counselors should focus on teaching the skills to couples in order to increase their satisfaction with marriage.

Self-disclosure and satisfaction in marriage were examined by Jorgenson and Gaudy (1980) in a three part research study. The purpose of the analysis was to investigate three aspects of marital communication theories and their relationship to marital satisfaction.

The first theory involved a linear view of disclosure and satisfaction. As disclosure in marriage increases, marital satisfaction increases. The curvilinear model suggests that marital satisfaction is greatest when marital communication is moderate. Satisfaction is believed to decrease if disclosure is too little or too much. The last aspect of their research involves a social desirability factor. It is believed that individuals answer questions in surveys in a way that is socially desirable. This would create results that are more positive than factual.

Using 120 couples, Jorgenson and Gaudy asked each spouse to respond to eight questions concerning disclosure perceived to come from the spouse and from the respondent. Questions regarding the amount each partner reveals about fears, personal nature, anger, depression, sexual relationship and things that bother them about their spouse.

Marital satisfaction was assessed according to how each spouse rated satisfaction with money management, entertainment and recreation, income, affection, household chores, communication, in-laws, sex, and religion. Scores ranged from "very satisfied" to "very dissatisfied."

Social desirability was assessed through the use of five discriminating items from a marital conventionalization scale. The items revealed the extent to which opinions of the marriage involved impossibly good answers.

The results indicated statistically significant support for the linear model of marital disclosure and marital satisfaction. Support for the curvilinear model was not found. When controlling for social desirability, the results were not significantly affected.

The findings of this study indicate that marital satisfaction increases as marital communication increases.

It was hypothesized by Navran (1967) that couples who make a good adjustment to marriage have communication skills that are effective. Likewise, couples who make a poor adjustment to marriage have significantly different communication skills that create poor problem solving styles.

The Marital Relationship Inventory (MRI) was used to measure marital adjustment. The Primary Communication Inventory (PCI) was employed as a measure of marital communication. Navran adapted the PCI to be more applicable to the study by eliminating one item and making a major change in scoring.

Two-hundred and twenty-eight people took the MRI and 24 of them were chosen as happily married. A cut-off line of 107 was designated as the lowest score for a happily married couple. The unhappily married couples were selected from clients at a psychiatric clinic after taking the MRI as an initial assessment.

The results denote a significant difference between the happily marrieds and the unhappily marrieds. The intercorrelation of the Primary Communication Inventory and the Marital Relationship Inventory was  $r=.82$ . The high correlation stresses the importance of the positive relationship between communication and marital satisfaction.

Twelve items on the PCI separated the unhappily married couples from the happily married couples. It appears that happily married couples talk over daily pleasant events more often, feel more understood by their spouses, discuss shared interests, talk more often about personal problems, feel freer to discuss intimate issues with their partners, etc. than unhappily married couples.

Levinger and Senn (1967) state that communication is a basic requirement for the development and maintenance of interpersonal relationships. In order to prove this they hypothesized that women disclose more of their feelings to their mates than men; the more satisfied a person is with their marriage the more they will disclose and spouses' disclosure of feelings involves a positive correlation.

In Cleveland, 32 couples completed a questionnaire that measured self-disclosure in marriage. Fifteen married couples involved in counseling from a family agency were used as less satisfied couples and referred to as "agency couples." Seventeen couples who compared to the agency couples in terms of years of marriage, socio-economic background, etc. were selected from active elementary school parents. They were referred to as "school couples" and considered satisfied with their marriages.

The self-disclosure questionnaire consisted of three parts. The first assessed how favorable a spouse felt about nine communication issues; for example: his residence, his parents, his in-laws, his work, etc. The subject then estimated where his spouse would fall in her feelings about the issues.

The second part consisted of the proportion of the subject's feelings he discloses to his spouse. This scale assessed the degree of

pleasant feelings and unpleasant feelings. The subject then estimated his spouse's proportion of disclosure. The third part asked each respondent to indicate how important they felt it was for husbands and wives to discuss the nine communication issues mentioned above.

The results of the study indicated that spouses felt input from wives was more than input from husbands. The difference was significant. Input from wives was also reported to be greater not only of pleasant feelings but of unpleasant ones also.

With regard to satisfaction as it relates to disclosure, the results show favorability to the marriage positively correlated with disclosure of feelings. The agency couples reported a lower proportion of disclosure than the school couples. Also reported was the association between satisfaction and the disclosure of pleasant feelings.

The third hypothesis in the study predicted that spouse's disclosure would be positively correlated. The more one spouse disclosed, the more the other spouse disclosed. The findings show that both spouses perceived a close correspondence between output to and input from one another. If one partner reported transmitting many feelings, it was very likely that his spouse would do likewise.

The overall findings of the study indicate that marital satisfaction was more closely related to the disclosure of pleasant feelings than to the disclosure of unpleasant feelings. Frequency of unpleasant disclosures was more common in the agency couples than the school couples.

Using an experimental task sequence designed by Kahn, Gottman and Porterfield (1981) examined the relationship between marital satisfaction and communication skills. They hypothesized that couples



dissatisfied with their marriages have a communication skill deficit. They also predicted that couples who are satisfied with their marriages have a private message system that increases their communication skills.

A modification of Kahn's MCS (Marital Communication Scale) to the MCSII enabled the researchers to present hypothetical situations to subjects in order to assess their communication skills. The subjects (N=42 married couples) were presented with a situation and a phrase to be delivered to their spouse in a predetermined manner. Each phrase had three separate interpretations depending on the nonverbal cues.

A married, stranger group was also used in this study. The hypothetical situations were video-taped while being acted out to the spouse. A married, opposite-sexed, stranger then viewed the tape and gave their opinion of the message sent. Each message was received by the sender's spouse and an opposite-sexed, married stranger.

The 84 subjects' marital satisfaction was determined through use of the Locke-Williamson Marital Relationship Inventory. The MCSII was used to evaluate nonverbal communication. The MCSII score was derived from the number of times the message receiver's guess about the content of the message matched the sender's intended message. Two scores from the MCSII were used in the study: the husband's accuracy as a receiver and the wife's accuracy as a receiver.

Indicated by the findings, the correlation between the wife's marital satisfaction and her husband's MCSII score was .68. This is an indication of a communication deficit for husbands as receivers. The lower the wife's satisfaction with her marriage, the lower her husband's score of correct interpretation of her messages.

Gottman and Porterfield then wondered where the deficit in communication was located. The stranger group was then employed to view the films and give their interpretation of the messages sent. This process revealed that in distressed marriages; husbands are poor receivers of the wife's nonverbal messages. The stranger's MCSII score was more often correct than the husbands.

Closer examination of the results showed that strangers were better receivers than husbands for wives that were dissatisfied. The husbands of wives that were satisfied correctly interpreted their wives nonverbal messages more often than any other receivers.

Therefore, satisfied couples communicate more effectively than dissatisfied couples. The study also indicated that happily married couples employ a private message system that enhances their communication with each other.

### Equalitarian Roles

The issue of Equalitarian Roles is currently an item of great interest to the research field. With the rise of the Women's Movement and the increase in labor force participation of women, the study of equal roles has become a top priority.

Equalitarian Roles is a current issue and a relatively new area of marriage. Until recently, equality of roles was not expected in marriage. Research in the 1950's and 1960's supported a conventional model of the family with the husband as the undisputed head of the household. In the marriages of the 50's and 60's, the male held most of the power, was more educated, was the sole breadwinner and did most of the important decision-making (Yogev, 1981).

But marriages have changed. The old ideal of a gender superiority is rejected more often than not. Stereotypes and deep-seated ideas stifle self-realization and creativity of individuals in most areas of life (Rapoport and Rapoport, 1975). Partners in marriage are opting for more equalitarian roles in order to decrease stress and provide greater opportunities.

In a recent study by Haas (1980), egalitarian marriages were observed and examined. Haas defined fully developed role-sharing as an equal distribution between husband and wife of the traditionally segregated family roles which included: (1) the breadwinner role, (2) the domestic role, (3) the handyman role, (4) the kinship role, (5) the childcare role, and (6) the decision-maker role.

In order for a couple to be considered for the initial investigation, they were required to view the wife's employment as equally important as the husband's. Of the housework completed in the family, one person could not do over 60% of it and the decision making had to be shared. One-hundred and fifty-four couples were initially identified by others as equalitarian but after the preceding questions were answered, only 31 remained. This fact emphasizes the obvious level of difficulty involved in instigating a totally equalitarian marriage.

The interviews with the couples included questions concerning what motivated them to try role-sharing, what problems role-sharing presented once it was established, and what kinds of solutions they had developed for the problems.

As to the question of why share roles, many couples answered that it presented the most practical way of getting many benefits which could not be realized with segregated husband-wife roles. Many couples

reported that during the early years of their marriage they tried a traditional pattern and became discouraged.

The wife was most often the spouse that role-sharing occurred to first. It seemed to give her the most aid in attaining goals outside the home. Yet, a desire to liberate the husband from the ties to his traditional role was also mentioned as a motivating factor.

A majority of the couples developed a role-sharing pattern so that they could both pursue personal interests without being limited by role expectations. One-fifth of the sample reported an additional motivation as being that each spouse would have freedom to quit outside employment for a time to investigate other interests.

Often the couples reported that role-sharing gave them more in common and encouraged them to more greatly appreciate the chores completed by the other spouse. The increase of time and opportunity to do things together was mentioned as a benefit of total role-sharing. Greater financial security and improvement of parent-child relations were mentioned frequently by the couples.

The instigation of non-traditional equalitarian roles was seldom an easy conversion. Often one or both spouses lacked the desire to do a non-traditional task for which no skill was required. Many of these couples expressed the great difficulty in breaking the traditional pattern they had been raised with in their parents' homes. One of the major problems in overcoming traditionalism involved the differences in housekeeping standards of spouses. Most of the sample reported that at the onset the wives had a generally higher standard of what cleanliness of the house was. As long as the wife was assuming the responsibility, conflict was not encountered. When the decision to share roles was

procured, the husband rarely performed the chores as often as the wife preferred.

One-half of the couples in the sample reported that the wife was reluctant to relinquish her authority (according to traditional roles) over domestic chores. The women reported expecting to have all domestically related duties as their own responsibility when they married. Often this caused feelings of guilt about forcing the husband to do things that were once her duty.

Solutions to the problems encountered in role-sharing were diverse. When one spouse had a disinclination for a certain chore, "duty rosters" were temporarily rearranged until the resisting spouse decided to work at being more fair. As reported by some, time took care of many resistances.

The problem of different standards for housekeeping was often met with the wife lowering her expectations and the husband raising his. Quite frequently, the wife would become so involved in her work or studies that the lowering of expectations was a natural process.

An interesting outcome of this research indicated that when conflict between job and family responsibilities was reported, husbands mentioned it more often than wives. The men stated that their jobs often interfered with their family responsibilities.

To assume a lifestyle of role-sharing, as suggested in this research, one must be extremely willing and enthusiastic to participate in order to succeed.

It was hypothesized by Yogev (1981) that professional women are now entering a process of role expansion rather than role redefinition. The main goal of her research was to determine whether a new marital pattern

was evolving or if professional women were simply taking on more responsibility (role expansion). The two main foci of the study were: (1) division of domestic chores and (2) wife's perceptions of the husband.

Questionnaires were completed by 106 faculty women at a university. Information gathered pertained to marital relationships and the woman's perception of her husband, his share of domestic work, professional success, etc.

Over 70 percent of the sample reported that their careers had improved their marriages. They felt that working made them more interesting to their husbands and helped keep them more in touch with each other. The professional women reported that their husbands took a great deal of pride in their wives' achievement and success.

The section on perception of husband revealed that these professional women felt that they and their husbands had equal ability to handle things. They also reported that they thought their intelligence was equal to that of their husbands.

The obviously untraditional views of these professional women cause the results to the section on domesticity to be surprising. Analysis of the items in housework and childcare reported that the professional women in the study perceived those duties to be their own responsibilities.

The wives reported that their spouses devoted much less time to housework than they. It was also estimated by the women that their husbands devoted 23.1 fewer hours per week to childcare.

Very few of the sample believed that their husbands were not doing enough housework and even less thought that he did not do his share of childcare. These women presumed household duties and childcare

responsibilities to be their own regardless of their full-time professional status.

It appears, in this study, that the traditional division of chores in dual-career couples remained so because the wives did not expect or want to share the responsibilities equally. The women reported that it was important for them to retain their traditional roles at home in order for them to feel like the "mother of the family."

The author of the article concludes by giving her explanation of the results. She believes that the women in the study were resistant to relinquish their conventional roles because they were socialized according to the same roles. These women lack role models for combining family and career, therefore, they expand their role to encompass all the activities in which they desire to participate.

The next article examines the relationship between wife's employment status, her sex-role attitudes, and the reported division of household tasks and decisions between spouses (Beckman and Houser, 1979).

The data in the study was collected from three different samples of married women. The first two samples contained professional and non-professional employed women in their late childbearing years interviewed in 1973 and 1974. The third sample consisted of employed and non-employed women interviewed in 1975. A total of 809 women were interviewed.

The interviews consisted of questions concerning sex-role traditionalism, division of tasks and decision making. Sex-role traditionalism was measured through the woman's attitude toward women's liberation. Questions about task division included items on traditionally feminine tasks, traditionally masculine tasks, discipline, etc.

The results indicated that the women who were professionals showed more favorable attitudes toward the women's liberation movement (therefore, were assumed to have less traditional sex-role attitudes). They also reported that non-professionals and those with a great deal of work experience had less traditional attitudes than those not employed or with low work experience.

Although women with a great deal of work experience reported having less traditional attitudes, they did not differ significantly from the others in terms of tasks completed or decisions made. In group three, non-professionals reported performing a greater proportion of feminine tasks than did professionals. In the area of masculine task performance, however, they did not differ.

Combining all groups, it was found that women were more likely than men to perform traditionally feminine tasks. Likewise, men were more likely than women to perform traditionally masculine tasks. Therefore, even the women who reported non-traditional attitudes showed a stereotypic division of labor in their families.

In 1982, Gilbert, Hanson and Davis completed research showing differences in perceptions of parental roles between men and women. The article could possibly be given for a probable cause in the explanation of inequitable roles.

In the present study, three questions were examined.

1. Do mothers and fathers agree in their perceptions of major parental role responsibilities for a male child and for a female child?
2. Do mothers view their major parental role responsibilities as similar for a male and a female child?



3. Do fathers view their major parental role responsibilities as similar for a male and a female child?

Given an array of various aspects of parenting, the percentage of mothers and fathers who indicated that an item was a major or minor parental role responsibility for a particular sex child was tallied.

Overall, mothers and fathers agreed more often than they disagreed about the importance of a wide variety of parental role responsibilities. The major point in the research, however, examines the fact that they agreed on more items concerning the male child than the female child. Across 120 role responsibility items, mothers and fathers agreed on 103 for male children and only 74 for female children.

The greatest disagreement occurred in the areas of teaching social skills, teaching physical development and teaching the handling of emotions. Fathers did not consider any aspect of these items their parental responsibility with regard to a daughter. Overall, fathers felt they had less parental role responsibilities with a female child than with a male child, while mothers considered their offspring as "simply children" and considered all role responsibilities as major.

Obviously the children of the parents in this study are not being raised in equalitarian homes. The fathers viewed raising a female child as less of a responsibility to them than a male child. The development of skills and attitudes for operating in the outside world (developing reading and writing skills, selecting schools, teaching assertiveness and equality among people, and developing a healthy questioning of rules and standards) were considered more important for a male child than for a female child.

Equity: not equality? Rapoport and Rapoport (1975) authored an insightful paper emphasizing the need to go beyond equality to the concept of equity. The Rapoport's prefer the term equity above equality because of its deeper meanings.

Equity means the presence of equal opportunity but also the feeling of fairness even if the conditions are not the same. This concept of equity allows for much variation instead of adherence to stereotypes that are developed through equality. Equality implies limitations to the extent of freedom where equity demands a fair distribution of opportunities and constraints without consideration of gender. Equality presses for norms that are compulsive. Equity suggests a raising of consciousness.

Equity enables a woman or a man to be a fulltime housewife or househusband. A feeling of fairness on the part of the husband and wife determines the equity of the situation. Emphasizing rewards and constraints on both partners in a way that is felt to be fair is equity.

According to the Rapoport's, equity between the sexes is a goal facilitating optimal self-realization and whole life satisfaction of people in family settings. Stereotypes, or block-thinking, in which rights are doled out, is not only unfair but wasteful. When ideas are deep-seated and interfere with one's self-realization, equity is not present and optimal development is prevented.

Equity in the home and family is part of an integrated vicious cycle with equity in the workplace. It is difficult or impossible for many aspects of life to change in one area if they cannot (or are not allowed to) change in others. In the past, and often in the present, work organizations function on an assumption that families respond to

the overall needs of the employed husband. This concept stifles the development of equity. The Rapoport's believe that much of the blame for continued inequity rests with the business world for its restraints on structure or work.

Yet even in the home, equity is met by defiance. It is to be emphasized that equity includes the option to be traditional if the role fits the personal needs of one of the partners. If it does not, the domestic chores must be delegated in a way that is considered fair by all involved. It is not equity if chores are done by one partner to simply help the other. Chores (masculine or feminine) are viewed as the responsibility of everyone in the family. Regarding the husband, equity is often met with resistance because he views it as an addition to his already demanding schedule. Real equity insists that the traditionally masculine chores are the responsibility of both partners.

The rewards resulting from equity are endless. It does not limit an individual to ambitions considered appropriate for their sex. It presents an opportunity for a more full-valued life. It allows men and women to become as deeply involved in child-rearing as they wish. Equity allows couples to pursue their career goals fully. It encourages men and women to create new balances of support and expressiveness. Because of equity, couples will experience a redistribution and a decrease in stress and an increase in empathy. According to the Rapoport's, equity is a gift of freedom to all.

## Religious Orientation

How important is religion in a marriage? How important are the individual beliefs of the people who make a couple? How important is it that the couple be united by faith in one religion?

In 1978, 79.2 percent of all wedding ceremonies took place in a church (Vital Statistics of the United States, 1978) and were considered religious events. Obviously, religion does play some part in the lives of most married people (at least in the beginning). But how important is it that they share the same beliefs?

As an instructor of Marriage and the Family, Prince (1962) asked his students to distribute a five-page questionnaire to couples they knew who had contracted interfaith or interdenominational marriages. A sample size of 194 intact marriages were used in the study.

An interfaith marriage is one in which the husband and wife do not share the same faith. In cases where the husband and wife are neither Catholic or Jew, but do not share the same religion (or denomination) it is called an interdenominational marriage. All those in this study section are considered Protestant.

The study by Prince sought answers to five questions.

1. How successful are cross-religion marriages?
2. What are the major areas of conflict in these marriages?
3. How do couples resolve their differences over religion?
4. Which solution seems to offer the best chance for success?
5. Are childless cross-religion marriages more successful than those with children?

In the population of the study, Catholics and Protestants inter-married far more often with each other than with Jews. Jews

intermarried with Protestants far more often than with Catholics. Jews who married outside their faith married Protestants 58.2 percent of the time. It was also found that Jewish men married outside their faith three times as often as Jewish women.

The study found that more than 42 percent of the spouses in interfaith marriages were from families of mixed marriages. Those who married across denominations were offspring from mixed denomination marriages more than 60 percent of the time.

Regarding church attendance, four out of five spouses in interfaith marriages reported their attendance after marriage had remained the same or increased. Protestant men in interdenominational unions showed the highest increase in attendance while Protestant women reported the highest percent of decrease in attendance after marriage.

The sample in the study that had interfaith marriages reported that their differences over religion were seldom resolved. Each spouse simply maintained their own religious faith. The interdenominational sample reported solving their differences most often by one spouse adopting the faith of the other. Either spouse was equally as likely to make the change and three out of four spouses did so before the first anniversary.

Study of the offspring of the marriages showed that over half of the children followed the mother's religion, 40 percent followed their father's faith and the remainder adopted a new religion or had none at all. In the interfaith marriages when one parent was Catholic or Jewish, the children were most often reared in the Catholic or Jewish faith.

In regard to marital satisfaction, spouses in interdenominational marriages reported a higher degree of satisfaction with the marriage than did those in interfaith marriages. There were no significant differences in degree of satisfaction with cross-religion marriages that were childless and those with children. However, the data showed that couples who maintained their individual religions tended to be less satisfied with their marriages than couples who resolved their differences by one spouse adopting the faith of the other.

In descending order of reported frequency, the conflicts in cross-religion marriages were: (1) conflict over religion that children will follow; (2) conflict over church attendance and involvement; (3) conflict over interference of in-laws in religious matters; and (4) conflict over size of family and spacing of children.

The question of why people marry whom they marry is addressed in Hollingshead's research (1950). He questioned why people chose whom they did and what influenced their choice the most.

Interviewing newly married couples from New Haven, Connecticut, Hollingshead drew a sample size of 523 couples. From the marriage records in New Haven, comparisons were done that revealed the sample to be representative of those who married in 1948.

Age, ethnic origin, residential propinquity, socio-economic status and social characteristics all influenced young people's decisions on who to date and marry, but religion was found to be the most decisive factor. In the study, 91 percent of the couples were religiously homogeneous. Regarding the Jews in the sample, 91 percent were married to other Jews, whereas Catholics were married to other Catholics

90 percent of the time. The lowest rate of homogeneous religiosity involved Protestants with 74.4 percent marrying within their religion.

The couples were asked about the religion of their families. It appeared that the strong sanctions on like religions had not changed much from the families or origin. The number of Catholics married to Catholics, Jews married to Jews, and Protestants married to Protestants had decreased very little from generation to generation.

Hollingshead explained that religion often determines where one lives, where one plays, which schools one attends and what job one takes. Since religion is such a controlling factor in many areas of life it follows that it would be a necessary consideration when selecting a mate.

In 1959, Indiana adopted the policy of requesting religious affiliation on its marriage registration forms. Christensen and Barber (1967) took advantage of the information generated by the new policy. General information was sought concerning intrafaith and interfaith combinations and how they related to pre-marital pregnancy and divorce rate.

An extremely large sample size (N=23,842) was used and showed 88.9 percent of the unions were between people who shared the same faith and only 11.1 percent of the marriages were across religious lines. In the 11.1 percent, Protestant marriages with other faiths were the most rare, with Catholics second and Jews third. Of all interfaith marriages, only 12 percent involved a Protestant while 53.4 percent involved a Catholic.

In examining the marriage records, it was found that one-sixth of the weddings were by civil ceremony and one-fourth of the spouses had been married previously. Protestants reported the highest number of

civil ceremonies and the highest number of partners who were previously married.

Comparing interfaith with intrafaith, it can be observed that interfaith marriages involved more civil weddings, greater number of second marriages, older age at marriage and high occupational status.

Linking the previous data with the birth and divorce records in Indiana for the next five years, the study showed differences for interfaith and intrafaith marriages. With respect to premarital pregnancy in intrafaith groups, Protestants reported the highest occurrence with Catholics second and Jews third. Intrafaith and interfaith marriages had a significant difference with intrafaith marriages indicating less premarital pregnancy than interfaith marriages. Among the interfaith group, Catholic-husband-with-Protestant-wife is the category with the highest incidence of premarital pregnancy.

With respect to divorce, the intrafaith group experiencing the most break-ups was the Protestants first and the Jews second. Among the interfaith marriages the Jewish unions indicated the highest number of divorces. Surprisingly, there was little difference between the intrafaith and interfaith groups in regard to number of divorces. The lowest rate of divorce occurred where the husband was Catholic and the wife was Protestant.

Christensen and Barber conclude by suggesting future research which had controls for degree of devoutness or rigidity of beliefs. No two people experience their religion in the same way or degree. It may be that the degree of involvement is the critical factor in conflicts and not simply the crossing of religious faiths.



In a recent study by Glenn (1982), trends in religious homogamy for 1957 and the religious homogamy for 1973 through 1978 were compared. The data for the study were collected from the General Social Surveys distributed randomly across the contiguous United States to individuals 18 and older. The survey asked questions regarding religious preference, what religion one was raised under and degree of marital satisfaction.

The entire study, combining all seven years, involved a sample size of 5,433 individuals. Married Protestants comprised 71 percent of the sample, married Catholics held 27 percent of the sample and married Jews occupied the remainder.

From 1957 to the mid-1970's, the reports indicate an increase in outmarriage of religious people. Marrying across faith lines increased three percent for Protestants, six percent for Catholics and six percent for Jews. Overall, across all three faiths, intermarriage rates rose over four percent.

The next section in the study dealt with the rate of interdenominational marriage within the Protestant faith. In the U.S., Protestants constitute approximately two-thirds of the population, therefore, finding another Protestant to marry would not appear to be too difficult. It must be noted that when one classifies religion into Jews, Catholics and Protestants, the Protestant group is actually comprised of many different beliefs that are often very diverse.

The data show that within the Protestant faith, more than three-fourths of the marriages were also homogamous with regard to denomination. However, the rate of consistency of adult religion with that of

childhood religion (religion one was raised with) was low. Obviously in the Protestant faith, much shifting occurs after marriage.

Several denominations exhibit a tendency to promote marriages between persons raised in the same religion and to discourage marriages across denominational lines. Lutherans, Baptists, Pentecostals and United Church of Christ members strongly discourage intermarriage. Many of the customs of these denominations make marriage difficult for one whose spouse is not a member.

Interreligious marriage and marital happiness was also assessed in Glenn's study. The data indicate that the difference between males in homogamous marriages and those in heterogamous marriages, with regard to marital happiness, was statistically significant. Those in homogamous unions reported their marriages to be "very happy" more often than did those in mixed marriages.

Overall, persons in unions with an individual who reported having no religion indicated a lower level of marital satisfaction than any other group, including those in mixed marriages. The difference was even more significant when compared with marital happiness of people in marriages where both shared the same religion.

Assuming that heterogamous marriages lead to less satisfaction in marriage and fewer and less well-adjusted children, Heiss (1961) matched intermarried individuals with intramarried individuals to examine the extent. A sample size of 1,167 respondents completed a Midtown Mental Health Survey. Heiss matched 37 percent of all intermarried individuals with an intramarried person who had many similar characteristics such as socio-economic status, education, number of previous marriages, etc.

The first issue addressed was a comparison involving a score of present dissatisfaction. The Catholics in the study who intermarried reported a significantly higher dissatisfaction score. On the other hand, the Protestants who intermarried indicated a dissatisfaction score significantly lower than the Catholics.

Hiess employed three psychiatrists to examine the Mental Health Surveys. The three professionals determined that the Catholic group of intermarried people gave evidence of a poorer state of mental health than that of comparable intramarried persons. It was concluded that intermarriage had a detrimental effect on Catholics.

Children and marriage, as affected by religion, was also examined in the study. In general, the intermarried had fewer children than the intramarried. The difference was especially pronounced with Catholics.

The relative adjustment of the children on intermarried and intramarried subjects was different but not significantly so. The difference in the Catholic group was large and tended to favor the children of intramarried individuals as having the least adjustment problems in that class. The intermarried Catholics reported greater frequency of trouble at school, sibling conflicts and habit disturbances.

In summary, Catholics of intermarriages tended to have fewer children and more trouble with the ones they have. They tend to be less religious than intramarried Catholics as likewise are intermarried Jews. The Jews married to spouses who are not Jewish indicate visiting relatives significantly less often than intramarried Jews. Intramarried respondents reported a higher degree of marital satisfaction than the intermarried group. It is obvious that religion is an important issue in marriage.

## Children and Marriage

The study of the role of children in marriage is not a new issue but one that is met with great controversy. Commonly, in the past, the words "marriage" and "children" seemed synonymous, except in cases of infertility. Presently, it is regarded as an individual choice.

When children are brought into a marriage, the effect of their presence is frequently stressful. The family is often conceived of as a small social system made of interrelated roles. With the addition of a new member, it only follows that great stress would be produced for the original members. But this is not always the case. The literature presented examines past research with explanations from both sides of the issue and an article that gives possible explanations for the stress between partners concerning children.

Using a control group, Gyder (1973) examined three groups of couples in different stages of their lives. The first group was considered the childless group and had not conceived a child by post-test. The next group was defined by two requirements: (1) couples who had delivered their first child as of post-test and (2) did not know they were pregnant during the pre-test. The pregnant group were those who were pregnant during pre-test and had delivered by post-test.

For the testing process, Ryder used two scales, one of which was revised from a popular marriage satisfaction inventory: The Locke-Wallace. The authors scored this in a negative direction and, therefore, referred to it as Marriage Dissatisfaction. The other scale was designed to assess the amount of attention the respondent felt their mate showed them. It was labeled the "Lovesickness" scale.

All of the subjects were seen initially in the third or fourth month of marriage and were then retested one or two years later. Of those who had children, it is apparent that they began their families very early in their marriage.

Significant results were found regarding the Lovesickness Scale. The results indicated that wives who had given birth were significantly more likely to report that their husbands were not paying enough attention to them. Comparison between wives in childless couples and those in the second group showed a significant difference in Marriage Dissatisfaction. Those who did not know they were pregnant during the pre-test showed more dissatisfaction than the wives who had no children.

These results indicate that after the arrival of the first child the husbands were less attentive to their wives or their wives wanted more attention. Also suggested by the results was that marriage dissatisfaction increases with the birth of the first child.

Waldron and Routh (1981) hypothesized that marital satisfaction decreases when the first child is born. In their study, they tested 46 married couples, ranging in age from 20 to 35. All of the couples were initially contacted during the last trimester of pregnancy.

The subjects were asked to complete the Marital Adjustment Scale to provide a measure of overall marital adjustment. They were informed that six weeks after their child's birth they would be contacted and asked to complete the questionnaire again.

The results from the Marital Adjustment Scale pre-tests and post-tests indicated that Waldron and Routh hypothesized correctly. The wives' ratings of their marital adjustment decreased significantly,  $p < .001$ , from pre-test to post-test. The husbands' average scores were

121 at pre-test and 118 at post-test. The decrease was not significant. The marital adjustment scores on the pre-test and the overall change scores from pre- to post-test were significantly higher for wives than for husbands.

An analysis of items on the Marital Adjustment Scale indicated that two items were the major cause of the significant change of wives pre-test to post-test scores. The first item involved overall degree of happiness in the marriage. The authors of the research suggest that post-partum depression may still have been affecting some women at post-test.

The second item that showed a significant decrease from pre- to post-test concerned the solution of problems. The question stated, "When disagreements arise they usually result in ...". The most common answer from wives in post-test indicated that the wives gave in during a disagreement.

Offering a different point of view, Hobbs and Cole (1976) found that the birth of the first child was only considered to be a slight crisis by the parents. In order to assess the degree of difficulty in adjusting to the birth, Hobbs developed a checklist of items related to first births and parents' attitudes.

Hobbs and Cole report that the mean difficulty score for mothers was 9.7 and 5.9 for fathers. Using a t-test, they found the difference between them to be significant at the .001 alpha level. Mothers experienced significantly more difficulty in adjusting to the birth of their first child.

Husbands and wives were asked to report the difficulty as none, slight, moderate, extensive, or severe. Seven percent indicated no

difficulty in adjusting, 68 percent indicated slight difficulty, 22 percent indicated moderate difficulty and 2.3 percent indicated extensive difficulty in adjusting to the birth of the first child. Because 75.3 percent of the couples questions indicated very little difficulty in adjustment, the authors determined that in their sample, the birth of the first child was not a crisis.

The parents were then asked to rank order 18 of the most discriminating items affected in their relationship by their child's birth. As ranked by fathers, the top five items of importance were:

- Increased money problems
- Decreased sexual responsiveness of wife
- Decreased contact with friends
- Interruption of routine habits
- Feeling more distant from wife

As ranked by mothers, the top five items of importance were:

- Feeling edgy or emotionally upset
- Increased money problems
- Housekeeping not as neat as it should be
- Additional amount of work
- Worry about loss of figure

Hobbs and Cole summarize by stating that parenthood may be slightly difficult to adjust to, but it is not sufficiently difficult to warrant calling it a crisis.

In a research article by Gilbert, Hanson and Davis (1982), mothers and fathers perceptions of their parental role responsibilities were examined. Three questions were addressed. First, do mothers and fathers agree in their perceptions of major parental role responsibilities for a male child and a female child? Second, do mothers view their major parental role responsibilities as similar for a male and a female child? Third, do fathers view their major parental role responsibilities as similar for a male and a female child? The parents were

asked to indicate whether they considered items on seven scales as major or minor responsibilities in regard to raising a female or male child.

Sixty-nine women and 59 men answered questions on the Perceptions of Parental Role Instrument, consisting of a total of 120 items. The respondents were asked to indicate what they felt they should do during stages of a child's life, not necessarily what they themselves had done or would do.

The purpose of the study was to examine the extent to which male and female parents agreed about major parental role responsibilities for each sex child and to what degree they did not agree. It was found that overall, mothers and fathers agreed more often than disagreed. However, there were outstanding disagreements.

Of the 120 parental role responsibilities items, mothers and fathers agreed on 103 items for raising a son. For daughters, mothers and fathers agreed on only 74 items. The chi-square test of the differences was highly significant.

Mothers and fathers disagreed on three main items concerning daughters. Teaching social skills, physical development and the handling of emotions were considered major responsibilities by mothers but not by fathers. Only 42 percent of the parents agreed that teaching physical development to daughters was important.

In the study, mothers appeared to view children as "simply children" regardless of their sex while fathers tended to view daughters as less of a responsibility to them than sons. Mothers considered more items on the instrument major role responsibilities of parents than did the fathers. Lack of agreement about parenting a child can cause considerable conflict in a marriage. It appears that the birth of a



child is not only a significant event in a marriage but also only the beginning.

### Realistic Expectations

Realistic Expectations of marriage and roles, though often discussed in classrooms and counseling sessions, has not been well documented or examined through research studies. Research on the subject of expectations is often labeled idealism or disillusionment and rarely dealt with as simply expectations of marriage. The literature in this section will discuss research on unrealistic beliefs and expectations and draw relevant information from reports on romanticism and disillusionment.

In Crosby's Illusion and Disillusion (1973), expectations of marriage is addressed as society's contribution to marital disillusionment. Society aids and fosters disillusionment in marriage by emphasizing unrealistic and romantic expectations.

According to Crosby, twentieth century America is the product of traditions from many cultures. Victorian and Puritan principles from the past are communicated through television, literature, drama, advertising, and music. It is difficult for young and old alike to escape the influences of society. Because of societal influences, people begin to expect certain things from life.

Some societal expectations of marriage include:

"People should marry only for love; sex should be an expression of one's love; love will flourish once the right person comes along; love conquers all obstacles; conflict is always bad and should be avoided; males should be dominant and females should be submissive; men enjoy sex--women endure it; children strengthen marriage; marriage without children is not normal; individual happiness is the goal of marriage; marriage should fulfill all human needs for love, affection

romance, sex, companionship, friendship; marriage should satisfy all economic and status needs." (Crosby, 1973, p. 19)

Living in this society, people generally grow up expecting these things from their relationships. They expect their partner to meet their physical needs, their affect needs, their romance needs, to mention but a few. People learn roles when they are infants, internalizing the expected "responsibilities" of each position. When they marry, disillusionment occurs when the spouse does not live up to the role expected of them. According to Crosby, disillusionment of most lovers is eventually assured.

Crosby describes unrealistic expectations as one's self-destructive tendencies. To expect many things of another person from a background not identical to one's own is destructive. He feels that when one falls out of love it is actually an expression of disillusionment in the partner. The partner did not live up to the other's (often unrealistic) expectations.

In an article by Krich and Blum (1976) marriage is described as a disappointing experience. Often, couples enter marriage counseling expressing how disagreeable their partner has become. Krich and Blum report that husbands often say their wives nag and wives often say their husbands are stingy but closer examination reveals that the real problem is shattered dreams and expectations.

This problem can be dealt with by helping the people to realize that they come from different backgrounds and have different perceptions of what marriage is like. Many young people are influenced by their parents' marriage and believe theirs will be the same. On the other hand, many want marriages that are much different from their parents' marriage and any hint of resemblance is disillusioning.

Krich and Blum outline two major forces that help to create unrealistic, romantic expectations. The first one is a social force: "We as a society retain a concept of romantic love that has no place in marriage, and in fact, cannot exist in marriage. One can love and cherish one's husband or wife, but to remain madly, jealously, selfishly, worshipfully in love would be to perpetuate a temporary state of lunacy."

Given as the second force is personal: "Each of us comes into marriage with unresolved problems. The degree to which we believe in romantic tradition combined with the severity of our neurotic needs determines how well or how poorly we react to the disappointments inherent in marriage."

Disenchantment can occur very quickly after the wedding. Routine activities soon take over where wedding and honeymoon excitements must end. Expectations of how love feels, what husbands do in their roles, and what a wife does in her role are tested and sometimes fail. Marriage then appears to be a disappointing experience.

Studying attitude changes during courtship and marriage, Hobart (1960) hypothesized that: there is a cyclic movement in the romanticism of subjects at different stages of courtship so that subjects at the beginning of a courtship and those married are least romantic and subjects in advanced courtship are most romantic.

The subjects for Hobart's research consisted of 658 individuals who were involved in a previous study of which Hobart's was a continuation. In 1954, college students at various stages of courtship and dating were tested for effects of romanticism. In 1958, 76 percent of the previous sample was contacted and retested.

The sample was divided into two groups. The first consisted of 339 subjects who were casual daters in 1954. The hypothesis was tested by comparing changes in attitudes between 1954 scores and scores of those married, engaged and dating in 1958. The second group consisted of individuals who were married in 1954. The hypothesis was tested in the second group by comparing changes in attitudes over four years.

The results indicated that for men there was a significant tendency for the "1954 casual date - 1958 advanced courtship" group to have a higher romanticism score in 1958 than the "casual date - casual date" group. It was also shown that the "1954 casual date - 1958 married" group had a higher level of romanticism in 1958 than the "casual date - casual date" group. The same was found for women but with much more significant differences.

For females, there was no significant change from "casual date to married" and from "married to married" on romantic attitude scores. Males who were "married - married" experienced a significant decline in romanticism.

Marital role attitudes were also assessed for changes over time. The prediction that opinions will change over time was confirmed in all groups. The data showed that those who were going steady in 1954 and were married by 1958 demonstrated significantly more attitude change than those married in 1954. Contrary to Hobart's hypothesis, men who were casual daters in 1954 and married in 1958, had more attitude changes than men who were going steady or engaged in 1954.

Regarding the seriousness of unrealistic expectations about marriage, Epstein and Eidelson (1981) hypothesized that clients who

adhere to unrealistic beliefs would have less desire to improve their marriage in therapy and lower overall satisfaction with their marriage.

Forty-seven couples, all involved in marital therapy, were administered the Locke-Wallace Marital Adjustment Scale, The Irrational Beliefs Test and a Relationship Beliefs Inventory. Each individual was given a packet containing the questionnaires and asked to complete them independently.

Analysis of the results indicated that the unrealistic beliefs of "demand for approval" and "high self-expectations" were negatively correlated with marital satisfaction. Unrealistic beliefs about "partners cannot change" and "mindreading is expected" were negatively correlated with the desire to improve the relationship rather than terminate it. All unrealistic beliefs on relationship issues were negatively correlated with the client's marital satisfaction.

The results of Epstein and Eidelson's study indicate that unrealistic beliefs of individuals in marital therapy are associated with their expectations and their marital satisfaction. The subjects who indicated more unrealistic beliefs rated the chance for improvement in therapy lower, had a strong preference for individual therapy and not conjoint therapy, had less desire to improve their relationships and had lower marital satisfaction than those who had more realistic beliefs about self and relationships.

## CHAPTER III

### RESEARCH PROCEDURES

As relationships grow and change over time, some relationship issues become more or less important to the individuals involved. This study seeks to investigate changes in conflict issues across four stages of marital and premarital relationships.

#### Type of Research

According to Issac and Michael (1983), "developmental research focuses on the study of variables and their development over time." In this study, the attitudes of the subjects toward communication, children and marriage, realistic expectations, religious orientation and equalitarian roles change and develop during different stages of the relationship. Therefore, this research is developmental.

The current study is cross-sectional in nature because of the time and expense involved with true longitudinal studies. The relationship status of the subjects ranges from six months before the wedding to six or more years of marriage. Four groups of individuals from this range will aid in studying the changes in attitude toward the five relationship issues discussed above.

According to Babbie (1983), research examines the effect of the independent variable on the dependent variable. This study examines the reported attitudes of subjects in five content areas as they change

across relationship stages. The independent variables are the relationship stages defined as follows:

Stage 1: Individuals with six months until their wedding date.

Stage 2: Individuals with one month or less until their wedding date.

Stage 3: Individuals married from four to twenty-four months.

Stage 4: Individuals married six or more years.

Varying these stages will isolate changes in subjects attitudes toward Communication, Roles, Children, Religion and Realistic Expectations. Therefore, marital attitudes will serve as the dependent variables.

#### Sample Selection

Interest in four stages of engagement and marriage requires a population of all married couples and all couples considering marriage. For this study, the research population included over 6,000 couples who filled out the marital preparation inventory called PREPARE from 1979 to 1983. These couples are part of a cumulative data bank stored at Oklahoma State University and were referred through churches and counseling agencies authorized to use the inventory. These couples are not fully representative of all couples in the United States. Since the sample is non-probability, an attempt will be made in Chapter IV to fully describe the characteristics of the research population and to relate them to vital statistics available for the country.

The sample selection was chosen from the data bank according to four criteria. The first group involves all those in the research population that reported weddings six months from the test date. The second group includes all subjects who took PREPARE one month prior to their

wedding date. All individuals in the data bank who reported being married no less than four months and no more than twenty-four months comprise the third group. The final group involves all individuals who reported being married six or more years.

### Instrumentation

The instrument utilized for data collection in this study is the Premarital Personal and Relationship Evaluation (PREPARE). (See Appendix A.) Developed in 1977 by Olson, Fournier and Druckman and originally reported in Fournier (1979), the PREPARE Inventory is now a widely used instrument among clergy and professional counselors. Development of PREPARE was based upon existing research and other scales including the Pre-Marital Attitude Scale, Interpersonal Relationship Inventory, and the Interpersonal Relationship Attitude Scale. The development of PREPARE is fully documented by Fournier (1979).

As the result of considerable research, eleven content categories were developed in addition to a scale that assesses idealism within the relationship. The validity of the twelve categories in PREPARE was studied by Fournier (1979) and was based on 1,000 engaged couples and 200 clergy who used the inventories. It was found that the PREPARE Inventory met or exceeded minimum requirements for reliability and validity.

Acting on suggestions made by Fournier, PREPARE was revised to further strengthen the validity and improve the usefulness for clergy and counselors. The Inventory, containing a total of 125 items, was revised to contain fifty-five original items, forty-two reworded items



and twenty-two new items. This revised version comprised the second edition of PREPARE and was completed in June 1979.

PREPARE assesses individuals' attitudes and feelings toward Personality Issues, Communication, Conflict Resolution, Financial Management, Leisure Activities, Sexual Relationship, Children and Marriage, Family and Friends, Equalitarian Roles, Religious Orientation and Expectations. These items are the eleven categories of PREPARE. Also assessed is the individuals' amount of Idealistic Distortion about their partner and relationship. For the purpose of this study, Communication, Children and Marriage, Equalitarian Roles, Religious Orientation and Realistic Expectations will be addressed.

To clergy and counselors, the usefulness for the Inventory lies in the vast amount of information provided by the computerized results. (An example is given in Appendix B.) Many time consuming sessions would be needed to acquire the information that the PREPARE results offer. The results lend structure to counseling sessions, give background information relevant to counseling and indicate relationship strengths and probable work areas.

The computerized results indicate two scores in each of the eleven categories. The second score is a revised score. Assessment of Idealistic Distortion often reveals a distorted and overly positive picture of the partner and relationship; therefore, the revised score is lowered according to the individual's level of distortion. The first score is based on the raw score which will be used for the purposes of this study.

## Statistical Analysis

PREPARE consists of 125 items divided into eleven categories of ten items each and one category, Idealistic Distortion, with fifteen items. This study examines only five of the eleven categories; therefore, fifty items will be involved.

Each item requires an answer to be selected from the following: Strongly Agree, Moderately Agree, Neither Agree nor Disagree, Moderately Disagree, and Strongly Disagree. Responses are considered to be interval in scale and range from 1 to 5, respectively (see Appendix A). Therefore, raw scores have a theoretical range of 10 to 50.

For the purpose of this study, responses of subjects will be calculated into means by stages. That is, all responses from individuals in Stage 1 will be totaled and a mean will be derived for Stage 1 concerning each of the fifty items. The same will be executed for Stages 2, 3, and 4. Conclusively, the data will be presented as four means (one for each of the four stages) for each of the fifty items involved.

This study seeks to prove that the populations of each of the four stages are significantly different from one another. The statistical procedures appropriate for this analysis involve the F-test, One-Way Analysis of Variance, and the Tukey HSD. All statistical procedures will be completed by use of the Statistical Package for the Social Sciences (SPSSX).

The F-test is employed to determine if the difference between groups is significantly larger than the difference within groups. The variability between groups must be large enough in comparison with the

variability within groups to be considered a statistically significant difference between group means.

The One-Way Analysis of Variance will be used to denote the overall significant differences between the means of the stages. Through analysis of the variance, the ANOVA will indicate that the means are significantly different from each other.

The Tukey Honestly Significant Difference (HSD) statistic will be employed to test for significant differences between all possible pairs of group means. Each defined stage will have a mean score for each item; therefore, there are six possible combinations of groups of means for each item. The Tukey HSD will indicate the stages that are significantly different from each other minimally at the .05 level.

The One-Way Analysis of Variance allows one to compare many samples simultaneously and to decide whether they originated from significantly different populations. The F-test indicates whether the variance between groups is significantly greater than the variance within the groups. The Tukey HSD shows where the significance between groups lies. For the purpose of this study, the ANOVA, the Tukey HSD, and the F-test are appropriate.

#### Operational Hypotheses

1. Married subjects will have significantly lower scores on Communication than engaged subjects.
2. Engaged subjects will have significantly lower scores on Equalitarian Roles than married subjects.
3. Subjects in Stage 1 will have significantly lower scores on Equalitarian Roles than subjects in Stage 2.

4. Subjects in Stages 1 and 3 will score significantly lower on Religious Orientation than subjects in Stages 2 and 4.

5. Subjects in Stage 1 will have significantly lower scores in Religious Orientation than subjects in Stage 3.

6. Subjects in Stages 3 and 4 will have significantly higher scores on Children and Marriage than subjects in Stages 1 and 2.

7. Married persons (Stages 3 and 4) will score significantly higher on Realistic Expectations than engaged persons (Stages 1 and 2).

## CHAPTER IV

### ANALYSIS OF THE DATA

This study was designed to examine changes in attitudes of individuals toward five relationship issues. The data will be analyzed by topic and explained in terms of stages as previously defined. Several important and/or outstanding items from each issue will be discussed. When the respondents were sorted into the research groups, the results showed 1,059 persons in Stages 1, 1,260 persons in Stage 2, 221 persons in Stage 3, and 226 persons in Stage 4. A total of 2,766 individuals were used in this study.

#### Characteristics of the Respondents

The characteristics of the sample were divided into two parts. The first part describes the personal characteristics of the subjects in each stage and includes education, occupation, income, race, and religion. The second part describes background characteristics relating to each subject's family. It is also divided into the four stages and includes the subject's birth position in the family, number of children in the family of origin, the parent's reaction to the engagement or marriage, the parents marital status, where the subject lived most of their life and where they live now. This data is assessed through the PREPARE background information section (see Appendix C).

## Age

According to the Vital Statistics of the United States, the national average age of individuals entering their first marriage is 23.4. All of the individuals in Stages 1 and 2 (see Table I) are entering their first marriage and the average age for that part of the sample is 23.

Stages 3 and 4 involve people married for four months to two years and people married six years and more. The average age for Stage 3 individuals was 25, indicating that they were approximately 23 or 24 when they married. The average age of those in Stage 4 is 35. The average time married cannot be precisely determined since the "months married" question is limited to 2-digits or 99 months. Seventy-five percent (n=170) of the respondents in group 4 listed 99 months as the time married. Given an average age at marriage of 21 for this group, the most likely estimate for average time married is 14 years. This assumption will be made for purposes of subsequent analysis.

## Personal Characteristics

Table I indicates that the majority of subjects in the sample have had at least some college or technical training. Subjects in Stage 3 report the lowest percentage of college or technically trained people with 60.9 percent. Stage 4 indicates 21.7 percent of the individuals in that group completed graduate or professional school. This group is also older and has had more time to complete additional schooling.

Only a very small percentage of the subjects reported not finishing high school or lower levels of education. The stage with the most subjects in this category was number 3, 9.6 percent of the individuals

TABLE I  
PERSONAL CHARACTERISTICS OF THE SAMPLE  
BY STAGE OF RELATIONSHIP

SAMPLE CHARACTERISTICS - PERSONAL	STAGE			
	1 n=1059	2 n=1260	3 n=221	4 n=226
EDUCATION	%	%	%	%
Graduate/Professional	11.0	9.5	10.5	21.7
Four Year College	27.9	20.8	17.7	17.2
Some College/Technical	37.4	36.6	32.7	31.7
Finished High School	21.2	28.0	29.5	23.5
Some High School	2.5	4.8	8.2	4.1
Finished Elementary	-	0.2	0.9	0.5
Some Elementary	0.1	0.1	0.5	1.4
OCCUPATION				
Higher Professionals	7.4	6.1	6.8	12.9
Other Professionals	25.4	22.3	24.5	34.1
Skilled Trades	8.9	12.3	10.9	12.9
Technicians/Clerical	23.2	20.1	20.5	15.2
Laborer/Waitress	8.9	12.0	12.3	4.6
General Service	2.9	3.7	3.2	3.2
Student	18.3	13.8	8.2	2.3
Unemployed	2.0	4.2	8.6	3.7
Other	3.1	5.5	5.0	11.1
MONTHLY INCOME				
No Income	9.4	8.7	10.1	15.3
\$400 or less	15.8	17.0	17.5	12.6
\$401 - 800	31.7	35.9	31.6	16.7
\$801 - 1200	27.2	24.2	20.2	21.2
over \$1200	15.9	14.3	20.7	34.2
RACE				
Afro-American	1.0	0.8	0.9	0.9
Caucasian	93.9	90.5	85.0	92.8
American Indian	2.1	5.6	4.1	2.2
Other	3.1	3.1	10.0	4.0
RELIGION				
Agnostic	1.0	0.7	-	1.8
Baptist	6.6	5.3	8.6	1.8
Catholic	66.9	48.5	65.0	69.6
Christian	5.8	6.5	7.3	2.7
Episcopal	1.9	3.3	1.8	4.5
Jewish	0.2	0.5	0.5	
Lutheran	5.7	19.9	5.5	8.9
Methodist	5.2	7.1	5.0	4.0
Other Protestant	3.9	5.0	4.1	4.9
Other	2.8	3.3	2.3	1.8
AGE (Mean)				
Males	23.8	23.9	26.2	36.8
Females	22.2	22.1	24.0	33.9

never finished high school. Stage 4 reported only 2.6 percent not finishing high school.

The Vital Statistics from 1981 show that 17.8 percent of Americans completed four years of college or more. It also indicated that in 1981, 12.8 percent of the population had never finished high school. The sample is obviously more highly educated than the average population in America because Stage 3 has the smallest percentage of subjects with four years of college or more (28.2 percent).

In terms of occupation, Stage 4 reports that 47 percent of the subjects are professionals. Because this group is older, higher occupational level is expected. The stage reporting the lowest number of professionals was number 2. Stage 1 had the second most professionals. Stage 1 also reported the most students with 18.3 percent of the sample being students.

Occupational level, as reported by the Vital Statistics (1981), shows that 52.7 percent of employed Americans are white collar workers and 31 percent are blue collar workers. Stage 2 has the lowest percentage of white collar workers with only 60.8 percent. This portion of the sample has the lowest number of white collar workers yet it is 8.2 percent higher than the national average. The sample also has a higher proportion of white collar workers than the average American population.

Income for Stage 4 was the highest with 19.8 percent of the subjects reporting making over \$1,600 a month. Stages 3, 1, and 2 followed, respectively. Stage 4 also indicated the most individuals with no income. The majority of the subjects reported making between \$600 and \$800 a month.



The sample is also mostly caucasian. Stage 3 has a representation of non-caucasians of 15 percent while Stage 1 has a non-caucasian representation of only 6.2 percent. Individuals of Spanish descent represent more of the non-caucasian individuals than any other race. Afro-Americans represent one percent of Stage 1 subjects and less for all other stages.

The administration of the PREPARE is most widely known in the Catholic religion. Therefore, it is not surprizing that most of the subjects report Catholicism as their religion. Table I indicates that 69.6 percent of subjects in Stage 4 are Catholic, 66.9 percent of Stage 1 is Catholic, 65 percent of Stage 3 is Catholic and Stage 2 has the lowest percentage of Catholics (48.5 percent). The Baptist and Christian faiths were represented by equal numbers of individuals in the study sample and were second to Lutherans. Lutheranism as a reported religion was second only to Catholicism and was reported by 19.9 percent of Stage 2.

The Jewish faith was the least represented in the sample and Agnostic individuals were the second smallest group. Stage 4 had 1.8 percent Agnostics and Stage 3 had no Agnostics.

### Family Characteristics

Background characteristics of the sample, relating to the subjects' families (see Table II), includes the subjects' birth positions in their family of origin. The majority of the subjects were the second born child. In Stage 4, 40.2 percent of the subjects reported being the second born child. Almost 20 percent of Stage 2 individuals reported being the forth born child, and 24.5 percent reported being the third

TABLE II  
 FAMILY CHARACTERISTICS OF THE SAMPLE  
 BY STAGE OF RELATIONSHIP

SAMPLE CHARACTERISTICS - FAMILY	STAGE			
	1 n=1059	2 n=1260	3 n=221	4 n=226
BIRTH POSITION	%	%	%	%
One	0.5	2.3	0.5	1.3
Two	30.2	30.4	36.1	40.2
Three	25.9	24.5	21.3	24.6
Four	20.2	19.8	17.6	18.8
Five	9.8	11.7	8.3	7.6
Six	6.2	6.1	6.5	3.6
Seven	4.5	2.7	4.2	1.8
Eight	1.1	1.5	2.8	0.9
Nine or more	1.5	1.0	2.8	1.3
NUMBER OF CHILDREN IN FAMILY				
One	3.0	3.1	5.0	3.6
Two	3.2	2.6	6.4	6.2
Three	18.2	15.4	14.5	17.3
Four	21.6	22.9	17.3	26.2
Five	21.6	20.5	22.7	15.1
Six	13.0	16.5	13.6	10.2
Seven	9.5	9.8	10.0	11.6
Eight	5.1	5.2	4.5	2.2
Nine or more	4.6	4.0	5.9	7.5
PARENT'S REACTION				
Very Positive	63.2	55.9	46.7	31.3
Positive	27.6	31.4	35.5	43.8
Neutral	5.8	9.8	10.3	13.4
Negative	2.5	1.9	5.1	6.0
Very Negative	0.9	1.0	2.3	5.5
PARENTS MARITAL STATUS				
Married and living together	79.4	81.7	69.2	65.2
Separated	1.1	1.0	1.8	0.4
Divorced and single, both	3.6	2.5	5.0	0.9
Divorced and remarried, both	2.6	2.9	2.7	1.8
Divorced, 1 single, 1 remarried	4.0	3.3	6.3	2.7
Single (partner deceased)	6.8	5.6	10.4	17.4
Remarried (partner deceased)	2.1	1.8	3.2	0.9
Both parents deceased	0.4	1.3	1.4	10.7
PAST RESIDENCE				
Farm	12.1	27.1	13.1	20.1
Rural but not farm	4.9	8.3	7.0	8.4
Town, 2500 people or less	4.9	6.2	5.2	5.6
Town, 2500 to 25,000	14.1	14.6	21.1	13.6
Small city 25,000 to 100,000	20.3	17.9	17.8	14.5
Large city, over 100,000	43.7	25.8	35.7	37.9
CURRENT RESIDENCE				
Farm	3.2	8.1	1.4	4.6
Rural but not farm	3.6	7.7	2.3	6.5
Town, 2500 people or less	3.7	7.7	8.4	7.4
Town, 2500 to 25,000	13.9	20.5	22.3	24.1
Small city 25,000 to 100,000	24.6	24.4	20.9	7.9
Large city, over 100,000	51.1	31.7	44.2	49.5

born. Stage 2 also had the highest proportion of individuals who were first borns. Only 2.3 percent reported being the oldest which is the highest percent across all four stages. In Stage 3, 2.8 percent of the subjects reported being born ninth or more.

The number of children in the samples' families of origin was most often four or five. Twenty-six percent of Stage 4 indicated that there are four children in their family of origin. Also, 7.5 percent of Stage 4 reported nine or more children, while five percent of Stage 3 reported being the only child. Stage 2 had 16.5 percent of its group reporting coming from families of six children.

United States News and World Report (1983) reported that the average number of children in families in 1963 was 2.43. The average number of children in the families of origin of the subjects is reported to be 4.85.

The subjects were also asked to report their parents' reaction to their upcoming marriages. There is an obvious trend showing parents of the Stage 1 individuals being most positive and parents of Stage 4 individuals being least positive. Couples with six months until their weddings reported parents that were very positive about their child's plans 63.2 percent of the time. Stage 2 indicated 55.9 percent, Stage 3 indicated 46.7 percent and Stage 4 showed 31.3 percent of the subjects' parents with very positive feelings toward the marriage plans. Subjects in Stage 4 reported that 5.5 percent of their parents had very negative reactions to their child's plans to marry.

The marital status of the subjects' parents was most often reported to be married and living together. The second most often reported

status was one partner single and the other deceased. Over 18 percent of Stage 4 reported that one of their parents was deceased and 10.7 percent reported that both parents were deceased. Over six percent of Stage 3 indicated that their parents were divorced and one was remarried. That category was the third largest for all stages.

Subjects current and past residences were also assessed. At the time the subjects took PREPARE, 51.1 percent of Stage 1, 31.7 percent of Stage 2, 44.2 percent of Stage 3, and 49.5 percent of Stage 4 lived in large cities with populations over 100,000. Only 1.4 percent of Stage 3 individuals reported living on a farm, compared with 8.1 percent of Stage 2 individuals. Stage 4 had 24.1 percent of its subjects reporting living in towns of 2,500 to 25,000 as did 22.3 percent of Stage 3. Stage 4 had the largest representation of individuals from cities.

Past residence is reported to be much more rural than present residence. Over 27 percent of Stage 2 individuals reported growing up on a farm, as did 20.1 percent of Stage 4, and 13.1 percent of Stage 3. Fewer subjects reported being raised in a city than living in one presently.

### Analysis of Responses

The data presented are given by stage means. A mean is calculated for each item for each stage. Many items are considered positively scored. This means that agreement with the item results in a high score. Negatively scored items that are disagreed with result in higher scores also.

## Hypotheses on Group Comparisons

The following sections examine shift in marital attitudes across four stages of premarital and marital relationships. Each section will address marital attitudes in one of the following content areas: Communication, Equalitarian Roles, Religious Orientation, Children and Marriage, and Realistic Expectations. One-Way Analysis of Variance will be used to isolate significant changes in response to PREPARE items according to the four stages of couples' development.

### Communication

The issue of Communication, as assessed by PREPARE, refers to the role of communication in a marriage relationship. The level of comfort one feels expressing beliefs and emotions, the perceptions of the way a partner gives and receives information, and the adequacy with which one communicates are all assessed by the PREPARE communication items. (See Table III).

Of all scales in PREPARE, the Communication Scale had the most items with significant differences between stages. All ten items had significantly different attitudes reported between two or more of the four stages. Although all ten items are very important and do appear in Table III, only a few will be discussed.

Analysis of the total scale data (see Table III), shows that Stage 1 individuals are significantly more satisfied with their type of communication than any other stage. High scores on the total scale for communication indicates satisfaction with the couple's communication. The scores decrease significantly from stage to stage with Stage 1 having the highest score. This indicates that individuals who have been

TABLE III  
GROUP COMPARISONS ON ITEMS FROM THE PREPARE  
COMMUNICATION SCALE

Communication Scale	Stage of Couple Development								F-Ratio	p	Honestly Significant Differences Between Groups (p < .05)					
	6-months until wedding		1 month until wedding		married 4-24 months		married 6 years or more				1 vs 2	1 vs 3	1 vs 4	2 vs 3	2 vs 4	3 vs 4
	X	sd	X	sd	X	sd	X	sd								
Total Scale (Communication)	39.1	5.7	37.7	5.6	36.2	7.5	32.2	7.8	86.2	.0001	*	*	*	*	*	*
Item 2 (Ease of expression)	4.3	1.0	4.2	1.0	3.9	1.2	3.1	1.3	82.2	.0001	*	*	*	*	*	*
Item 6 (Silent treatment)	3.8	1.3	3.6	1.3	3.7	1.4	3.3	1.4	10.6	.0001	*		*		*	*
Item 40 (Puts me down)	3.8	1.3	3.6	1.3	3.4	1.4	3.0	1.5	24.0	.0001	*	*	*		*	*
Item 66 (I bring up problems)	3.4	1.2	3.3	1.2	3.2	1.3	3.1	1.3	5.9	.0005			*		*	
Item 81 (Know feelings of partner)	3.2	1.2	3.1	1.2	3.2	1.3	3.4	1.3	5.3	.0012			*		*	
Item 91 (Satisfied with communication)	4.3	0.9	4.2	1.0	3.8	1.3	3.1	1.3	104.7	.0001	*	*	*	*	*	*
Item 98 (Share negative feelings)	3.8	1.1	3.6	1.1	3.4	1.4	3.0	1.3	27.2	.0001	*	*	*		*	*
Item 109 (Always good listener)	4.1	1.0	4.0	1.1	3.8	1.2	3.2	1.3	53.4	.0001	*	*	*		*	*
Item 118 (Afraid to ask)	4.0	1.1	3.9	1.1	3.8	1.2	3.3	1.4	26.8	.0001			*		*	*
Item 120 (Trouble believing partner)	4.4	1.0	4.2	1.0	4.0	1.3	3.7	1.5	26.7	.0001	*	*	*		*	*

married for six or more years are less satisfied with their communication than individuals in relationships from engagement to two years of marriage.

The first item on the Communication Scale (Item 2) states, "It is very easy for me to express all my true feelings to my partner." (See Appendix D.) Significant differences were found between all four stages. Continuously decreasing, the score for Stage 1 was highest and the score for Stage 4 was lowest. This indicates that, beginning with Stage 1 and continuing to decrease through Stage 4, the groups are less able to easily express their feelings to their partners.

Item number six concerns one partner withholding discussion from the other partner. "When we are having a problem, my partner often gives me the silent treatment." Significant differences exist between Stages 1 and 2, 1 and 4, 2 and 4, and 3 and 4. Individuals in Stage 4 were significantly more likely to agree with the statement than subjects in any other stage. Stage 1 subjects were the least likely to agree that their partner gives them the silent treatment when they have a problem. This resulted in a significantly higher score for Stage 1 than for Stages 2 and 4.

In the Inventory, item 98 states, "I do not always share negative feelings with my partner because I am afraid she/he will get angry." Significantly different answers existed between all stages except 2 and 3. Stage 1 individuals disagreed with item 98 significantly more often than any other group. A very large difference was noted between the first and last stages. The scores consistently dropped from Stage 1 to Stage 4. Subjects married for six years or more were more likely to

agree that they did not always share negative feelings with their spouses.

Item 109 states, "My partner is always a good listener." Statistically significant differences were shown between all groups with the exception of Stages 2 and 3. Married subjects were much more likely to disagree with the item than subjects who had six months until their weddings. Stage 1 subjects felt that their partners were always good listeners.

The most revealing item in the Communication Scale is item 91. "I am very satisfied with how my partner and I talk with each other." Significant differences were found between all four stages. Stage 1 reported the most satisfaction with communication in their relationships and Stage 4 reported the least satisfaction with communication. Beginning with Stage 1, the scores consistently become lower resulting in a large contrast between Stage 1 and Stage 4.

In research done by Boyd and Roach (1977), three categories of communication issues were found to differentiate happily married couples from unhappily married couples. The first category referred to sending direct messages, the second category related to listening and the third category referred to expression of esteem for spouse. Items 2, 6, 98 and 109 relate to the issues involved in all three categories. The stages in this study that reported higher scores on each of the four items listed above were more likely to report satisfaction with their communication.

Item 91 assessed satisfaction with relationship communication. Stage 4 subjects were less likely to report satisfaction than any other stage. According to Navran (1967) and Jorgensen and Gaudy (1980), as



marital communication increases marital satisfaction increases and as marital communication decreases marital satisfaction decreases. In light of their findings, one could assume that Stage 1 subjects were much more satisfied with their relationships than any other group and Stage 4 subjects were significantly less satisfied with their relationships.

A question to be answered concerning the communication issue is, "When is communication most satisfactory and when is it the least satisfactory?" According to the responses of the subjects, communication is most satisfactory during the sixth month before the wedding and least satisfactory after five years of marriage. It is important to point out, however, that the engaged subjects' topics of communication may not have reached the married subjects level of seriousness. The engaged subjects' level of satisfaction with communication is higher than the married subjects but it is possible that they have not yet talked about many serious marital issues.

The hypothesis concerning communication stated, "Married subjects will have more communication difficulties than engaged couples." Statistically significant differences were found between all stages indicating increasing difficulties beginning with Stage 1 and ending with the most difficulties at Stage 4.

### Equalitarian Roles

The issue of Equalitarian Roles, as assessed by PREPARE, refers to the degree to which an individual is traditional or equalitarian in his/her attitudes toward roles. A high score (see Table IV) indicates that the individual is more equalitarian in their values and desires to

TABLE IV  
GROUP COMPARISONS ON ITEMS FROM THE PREPARE  
EQUALITARIAN ROLES SCALE

Equalitarian Roles Scale	Stage of Couple Development								F-Ratio	p	Honestly Significant Differences Between Groups (p < .05)					
	6-months until wedding		1 month until wedding		married 4-24 months		married 6 years or more				1 vs 2	1 vs 3	1 vs 4	2 vs 3	2 vs 4	3 vs 4
	$\bar{X}$	sd	$\bar{X}$	sd	$\bar{X}$	sd	$\bar{X}$	sd								
Total Scale (Equalitarian Roles)	37.0	6.5	36.0	6.7	35.0	7.5	34.0	7.1	16.9	.0001	*	*	*		*	
Item 12 (Woman's place is in home)	3.8	1.2	3.7	1.2	3.6	1.2	3.2	1.4	17.2	.0001		*	*		*	*
Item 23 (Equally share responsibility)	4.4	0.8	4.3	1.0	4.3	1.0	4.3	0.9	6.8	.0001	*					
Item 29 (Husband satisfied with job)	3.3	1.4	3.2	1.4	3.1	1.5	2.9	1.5	10.4	.0001			*		*	
Item 43 (Wife will adjust)	4.2	1.0	4.1	1.0	4.0	1.1	4.1	1.1	8.7	.0001	*	*				
Item 55 (Wife always responsible for children)	3.7	1.3	3.6	1.2	3.5	1.3	3.4	1.3	4.1	.0065			*			
Item 61 (Husband is head of house)	2.4	1.2	2.4	1.2	2.4	1.3	2.3	1.3	1.4	.2559						
Item 65 (Husband's job comes first)	2.6	1.3	2.6	1.3	2.5	1.4	2.5	1.4	1.1	.3691						
Item 80 (Wife will raise children)	4.3	1.0	4.2	1.0	4.1	1.2	4.1	1.1	7.8	.0001	*	*	*			
Item 97 (Husband has final word)	3.6	1.4	3.6	1.4	3.3	1.5	3.3	1.5	6.6	.0002		*	*	*		
Item 116 (Wife can work)	4.5	0.8	4.4	0.8	4.3	1.0	4.0	1.2	20.9	.0002			*		*	*

have more sharing of roles. A low score indicates a more traditional view toward roles and responsibilities.

Examining the total scale scores for all four groups, it is obvious that traditional attitudes become more common with time spent in the relationship. Statistically significant differences were found between Stages 1 and 2, 1 and 3, 1 and 4, and 2 and 4. Stage 1 subjects appear to be the most equalitarian in their views toward roles. Stage 4 subjects appear to have the most traditional views toward roles. Although significant differences were found, the magnitude of the differences was not as strong as one might think.

The first item on the scale (item 12) is stated, "I believe the woman's place is basically in the home." (See Appendix D.) Significant differences existed between Stages 1 and 3, 1 and 4, 2 and 4, and 3 and 4. Subjects in Stage 1 disagreed significantly more often than individuals in Stage 4, meaning that individuals married six or more years are more inclined to agree that the woman's place is basically in the home.

Significant difference was found between only two groups on item 23. However, the responses of the subjects were consistently high and warrants notice. The statement, "If both of us are working, we should equally share the household responsibilities," was rarely disagreed with. Stage 4 individuals were more likely to agree than Stage 2 subjects but all four stages agreed most often. This is reflected by very high scores.

The article referring to equity by Rapaport and Rapaport (1975), emphasizing that equal sharing of household responsibilities is fair, refers to all household responsibilities. Male traditional chores and

female traditional chores become family chores. Obviously, a majority of the subjects in all four stages of the present study agree with the Rapaports' state of equity.

In contrast to item 23, item 55 states that, "Even if the wife works outside the home, she should still be responsible for running the household." The subjects agreed that household responsibilities should be shared if both partners worked, yet their scores on item 55 indicated that the running of the household is the woman's responsibility regardless of her employment status.

There was a significant difference found between Stages 1 and 4, indicating that engaged individuals with six months until their weddings disagreed significantly more often than individuals who had been married for six or more years. However, the overall scores for all stages point to agreement with the item, contradicting the responses to item 23.

Item 80, "In our marriage, the wife will have almost all of the responsibility for childrearing," was most often disagreed with but significant differences were found between Stages 1 and all other stages. Subjects with six months until their weddings were most likely to disagree and married subjects, although they most often disagreed, were more likely to agree than engaged subjects.

In a research article by Gilbert, Hanson, and Davis (1982), subjects were asked to indicate what they perceived as major parental role responsibilities. Mothers and fathers perceived their individual responsibilities differently but did agree on more items as role responsibilities than they disagreed. Fathers and mothers agreed most often about major parental role responsibilities, therefore, they shared

responsibility for childrearing. These results reinforce the subjects' reported equalitarian attitudes in the present study.

"If she wants to, the wife will be encouraged to work outside the home," (item 116) was very strongly agreed to by individuals in Stage 1. All four stages agreed with the item most often but statistically significant differences were found between Stage 4 and all other stages. Stage 1 subjects most strongly agreed, followed by Stages 2 and 3, and Stage 4 subjects least strongly agreed.

Rapaport and Rapaport (1975) state that if the wife wants to work and feels that it would be fair to her, she should be encouraged to do so. Equity, as defined by the Rapaports, allows everyone in the family to excel and achieve according to what they consider fair. The subjects in the present study appear to agree by the positive direction of their answers.

On the Equalitarian Roles Scale the answers appear to be inconsistent. High scores indicate equalitarian attitudes and low scores indicate traditional attitudes. Scores on items 29, 61, 65 and 97 lean toward traditional attitudes, yet scores on items 23, 43, 80 and 116 are high and indicate equalitarian attitudes. This data implies that individuals in the study were rarely completely traditional or completely equalitarian in their attitudes toward roles.

To address the question of "During what stage of a relationship do roles appear to be the most equalitarian?," analysis of the overall scale totals imply that individuals with six months until their wedding are the most equalitarian. However, several responses given by Stage 1 subjects appear to be very traditional in attitude.

"During which stage of a relationship do roles appear to be the most traditional?," is the second question concerning roles. Again, examination of the total scale scores indicate that subjects in Stage 4, those married six or more years, are the most traditional. Responses by subjects in Stage 4 to several items on the scale, however, are very equalitarian. Therefore, a broad statement about which stage is most equalitarian and which is most traditional would be unwise.

Hypotheses concerning equalitarian roles viewed traditionalism as a trait of engaged couples. It was hypothesized that engaged persons would be more traditional in their attitudes in order to portray the more desirable mate. The hypotheses were disproven to a statistically significant degree. On seven of the ten items, married persons were significantly more traditional in their responses than engaged people. On four of the ten items, subjects in Stage 1 (those with six months until their wedding) had statistically significantly more equalitarian scores.

### Religious Orientation

Religious Orientation as assessed by PREPARE refers to individuals' attitudes and feelings about the role of religion in the context of marriage. It deals with the importance of religion, levels of involvement and the role religion plays with marriage.

High scores on the Religious Orientation Scale (see Table V) imply a more traditional view of religion and its great importance in marriage. Low scores indicate a more individualistic attitude about the role of religion in a marriage.

TABLE V  
 GROUP COMPARISONS ON ITEMS FROM THE PREPARE  
 RELIGIOUS ORIENTATION SCALE

Religious Orientation Scale	Stage of Couple Development								F-Ratio	p	Honestly Significant Differences Between Groups (p < .05)					
	6-months until wedding		1 month until wedding		married 4-24 months		married 6 years or more				1 vs 2	1 vs 3	1 vs 4	2 vs 3	2 vs 4	3 vs 4
	X	sd	X	sd	X	sd	X	sd								
Total Scale (Religious Orientation)	35.7	6.8	35.3	6.9	36.5	6.9	37.6	7.6	8.2	.0001			*		*	
Item 3 (Hard to have complete faith)	3.2	1.2	3.3	1.2	3.4	1.3	3.3	1.4	2.3	.0733						
Item 11 (Religion has some meaning)	3.5	1.3	3.5	1.3	3.7	1.3	3.7	1.4	1.4	.2554						
Item 22 (Need to search)	3.7	1.1	3.6	1.1	3.9	1.1	3.9	1.1	7.3	.0001			*	*	*	
Item 46 (Commitment without religion)	4.2	1.1	4.1	1.1	4.3	1.1	4.2	1.2	3.5	.0158	*					
Item 56 (Disagree about religion)	3.8	1.1	3.7	1.0	3.7	1.2	3.7	1.3	2.3	.0716						
Item 75 (Explore through prayer)	3.2	1.1	3.2	1.1	3.4	1.1	3.5	1.2	7.8	.0001			*		*	
Item 76 (Active in religion)	3.7	1.1	3.6	1.1	3.6	1.2	4.0	1.1	12.7	.0001			*		*	
Item 89 (Understand God's love)	4.0	0.9	3.9	1.0	4.0	1.0	4.1	1.0	1.5	.2137						
Item 100 (Disagree about teachings)	3.3	1.2	3.3	1.1	3.4	1.3	3.4	1.3	1.2	.3100						
Item 101 (United by faith)	3.2	1.2	3.1	1.2	3.2	1.2	3.7	1.3	18.6	.0001			*		*	

The total scale scores suggest a significant difference between engaged persons and married persons. Stages 1 and 2 have significantly less traditional attitudes about religion in marriage than people married for six or more years.

Item 46, stated, "It is not important to include a religious aspect in the commitment I make to my partner," resulted in the highest scores of any item. (See Appendix D.) The item is considered to be negatively scored, meaning that individuals who disagreed received higher scores. Subjects thought that a religious aspect was important in their commitment to each other.

Involvement was assessed by item 76, "I believe that our marriage includes active involvement in our religion." Statistically significant differences were found between Stage 4 and all other stages. Subjects who were married for six or more years were significantly more likely to agree that active involvement in their religion was important to their marriage.

In a study by Prince (1962) comparing cross-religion marriages, his subjects reported that attendance after marriage remained the same or increased. Attendance and involvement remained important in their lives. The research also showed that many subjects had changed to their spouse's religion after marriage. Three out of four of Prince's subjects did so before the first anniversary. Obviously, involvement in a religion is easier when the partners share the same faith.

On the same topic, item 101 is stated, "My partner and I are united by our religious faith." There was a very great difference found between Stage 4 and all other stages. Responses from Stages 1, 2, and 3



indicate that a majority of the subjects were not united by the same faith in their relationships. The subjects married for six or more years were most often united by faith.

In the research previously mentioned, Prince (1962) found that partners that were not united by faith usually did not resolve differences over religion. Their marital satisfaction was found to be significantly less than individuals who shared the same religion in Prince's research as well as Glenn (1982) and Heiss (1961).

Christensen and Barber (1967) found that the differences between interfaith and intrafaith marriages were many. Using marriage, birth, and divorce records from Indiana, they found that divorces were less common in intrafaith marriages, and premarital pregnancies were less common in intrafaith marriages.

During what stage of a relationship does religious orientation appear to be the most individualistic? During what stage of a relationship does religious orientation appear to be the most traditional? The preceding questions can be answered through data analysis. The stage reporting the highest score was Stage 4. Individuals who were married for six or more years were more traditional in their attitudes than any other subjects. Statistical significance was found between Stage 4 and the engaged stages.

The stage that reported the most individualistic responses was Stage 2. Individuals having one month until their wedding reported the least traditional attitudes toward religion and marriage. A statistically significant difference existed between Stages 2 and 4.

A hypothesis concerning religion in marriage stated: Subjects in Stage 3 will be more traditional in their view of religion than subjects

in Stage 1. Responses to the items were more traditional from persons in Stage 3 than from persons in Stage 1 but not significantly so.

Subjects in Stage 1 and Stage 3 were hypothesized to be more individualistic about religion than subjects in Stage 2 and Stage 4. Statistical significance was found in the difference between Stages 1 and 4 but also in the differences between Stages 2 and 4. Partial proof of the hypothesis was found in the difference between Stage 1 and Stage 4.

The hypotheses were created with the thought that the relationships of less time spent in them would not see as much importance in unity in faith as those relationships that had been together longest. The significant differences found between Stage 4 and the engaged subjects lend significance to the original thought.

#### Children and Marriage

The category of children and marriage, as assessed by PREPARE, reflects individuals' attitudes and feelings about having and raising children. Several items refer to awareness of the impact of children on the marriage relationship and parents' responsibilities.

A high score (see Table VI) indicates consensus about decisions to have children and a realistic perception of the impact children have on marriage. A low score reflects a lack of consensus about decisions to have children and concern over the impact children have on relationships.

Examination of the total scale scores reveals significant differences between only two groups, Stages 1 and 2 and Stages 2 and 4. Subjects in Stage 4 were significantly more realistic and had more

TABLE VI  
GROUP COMPARISONS ON ITEMS FROM THE PREPARE  
CHILDREN AND MARRIAGE SCALE

Children and Marriage Scale	Stage of Couple Development								F-Ratio	p	Honestly Significant Differences Between Groups (p < .05)					
	6-months until wedding		1 month until wedding		married 4-24 months		married 6 years or more				1 vs 2	1 vs 3	1 vs 4	2 vs 3	2 vs 4	3 vs 4
	$\bar{x}$	sd	$\bar{x}$	sd	$\bar{x}$	sd	$\bar{x}$	sd								
Total Scale (Children & Marriage)	38.4	4.6	37.8	4.2	37.8	5.0	38.7	5.6	5.4	.001	*				*	
Item 5 (Satisfied with father's responsibilities)	3.9	1.0	4.1	0.9	4.0	1.1	3.7	1.3	6.8	.0002		*			*	
Item 35 (Children will change life)	3.6	1.2	3.5	1.2	3.5	1.4	3.7	1.3	3.5	.015					*	
Item 50 (Agree on number of children)	4.1	1.0	4.0	1.0	3.9	1.1	3.8	1.3	3.3	.0210			*			
Item 59 (Less time for each other)	2.5	1.2	2.3	1.2	2.6	1.3	3.6	1.2	66.4	.0001	*		*	*	*	*
Item 67 (Share all feelings)	4.2	1.0	4.2	1.0	4.1	1.1	4.2	1.1	1.0	.3713						
Item 94 (Pressure to have children)	4.6	0.8	4.5	0.8	4.3	1.1	4.3	1.0	10.1	.0001	*	*	*	*	*	
Item 102 (Agree on values for children)	4.2	0.8	4.1	0.8	4.2	0.9	4.3	1.0	2.9	.0317					*	
Item 117 (Ideas about discipline differ)	3.5	1.2	3.3	1.1	3.1	1.3	2.7	1.2	24.2	.0001	*	*	*		*	*
Item 122 (Disagree on religious ed.)	4.0	1.0	3.9	1.4	4.1	1.1	4.2	1.2	9.9	.0001	*				*	
Item 123 (Satisfied with mother's responsibilities)	3.9	0.9	3.9	0.9	3.9	1.0	4.0	1.1	1.6	.1857						

consensus about children than subjects in Stage 2. Subjects in Stage 1 were also significantly more realistic than subjects in Stage 2.

Item 35 assessed individuals' realistic attitudes about children: "I think having children will dramatically change the way we live." (See Appendix D.) Statistically significant difference was found only between Stages 2 and 4. Subjects in Stage 2 were significantly less likely to agree with the statement than subjects in Stage 4. All of the scores for the item were mid-range indicating less realistic attitudes than expected.

Hobbs and Cole (1976) attempted to prove, through research, that the birth of a child was not as difficult a crisis as previously found by others. In their research, they asked parents to rank order items that they found the most affected by their child's birth. Father most often listed:

- Increased money problems
- Decreased sexual responsiveness of wife
- Decreased contact with friends
- Interruption of routine habits
- Feeling more distant from wife

Mothers most often listed:

- Feeling edgy or emotionally upset
- Increased money problems
- Housekeeping not as neat as it should be
- Additional amount of work
- Worry about loss of figure

The research by Hobbs and Cole showed that parenthood was slightly difficult to adjust to but not bad enough to be considered a crisis. From the items given by their subjects, it seems that childbirth does change the way people live.

Statistically significant differences were found between all stages with the exception of 1 and 3 on item 59; "After we have children, we

will have less time for each other." This item assessed realism in attitudes toward children and marriage. Individuals in Stage 4 were most realistic and agreed with the item more often than any other stage. Subjects with one month until their wedding appear to have the least realistic attitudes about children and marriage. The average score on item 59 for Stage 2 was much lower than any other stage.

Ryder (1973), assessing the effects of a child's birth on marriage, found that women who had given birth reported dissatisfaction with the level of attention their husbands gave them. A significant difference was found between mothers and women who had not yet had a child. The mothers reported that their husbands did not pay enough attention to them. With the research findings by Hobbs and Cole (1976) regarding husbands feeling more distant from their wives, it becomes obvious that time together is effected greatly by the arrival of children.

Item 117, "My partner's ideas about discipline of our children might be different than mine," was responded to significantly differently by all stages except Stages 2 and 3. Individuals in Stage 4 agreed with the item more often than any other individuals and subjects in Stage 1 disagreed with the item more often. Individuals with one month until their wedding disagreed with item 117 more often than individuals with six months until their wedding.

Subjects married for six or more years were much more likely to agree that their partners' ideas of discipline might be different than their own. It is a great possibility that the subjects in Stage 4 have children and were currently facing differences in discipline ideas.

Concerning the questions to be answered, discretion is advised when analyzing the data. The first question is, "During what stage of a

relationship do people report a consensus of decisions regarding children?" Overall scores indicate that Stage 4 individuals reported the most consensus with their partners about children. However, it is important to note that the scale also assesses realistic attitudes about children. Subjects married for six or more years are more likely to have children and therefore, be more realistic about their effect on marriage. Items 117, 50, and 94 imply less consensus in the Stage 4 subjects than many others.

The second question to be answered is, "During what stage of a relationship do people report a lack of consensus about decisions regarding children?" Individuals in Stage 2 and Stage 3 reported equal scores on the overall scale. Both Stage 1 and Stage 4 reported higher scores but the only statistically significant differences on the total scale scores were between Stages 1 and 2 and Stages 2 and 4. Individuals in Stage 2 reported significantly less consensus regarding decisions about children.

On seven of the ten items on the scale, the Stage 2 score was lower than the Stage 1 score but only four were significant. On five of the ten items, Stage 2 scores were lower than Stage 4 scores with four being significant. The stage reporting the least consensus was Stage 2.

Examination of the data partially supports the hypothesis concerning this scale. It was hypothesized that married subjects would score higher (indicating realistic attitudes) and engaged subjects would score lower but report more consensus of ideas about children.

Subjects married for six or more years scored significantly higher than subjects with one month until their wedding but not significantly higher than subjects in Stage 1. Stage 4 and Stage 1 scores were

separated only by 0.3 points. Individuals in Stage 1 and Stage 4 reported the most realistic attitudes about children.

Items concerning consensus regarding children (94, 102, 117, 122) were answered differently by the stages. Married subjects reported more consensus on items 122 and 102 than most engaged subjects but individuals in Stage 1 and Stage 2 reported more consensus on items 117 and 94. It is important to remember that the married subjects were more likely to have children and, therefore, be facing decisions about children.

### Realistic Expectations

Realistic expectations, as assessed by PREPARE, refers to an individual's expectations about love, commitment, and conflicts in the relationship. A moderately high score in this category indicates realistic expectations about the relationship issues. A relatively low score indicates that the individual is too romantic or idealistic about marriage. A very high score often implies pessimism in one's expectations.

Examination of the total scale scores (see Table VII) shows significant differences between Stage 1 and Stage 2, Stages 1 and 4, 2 and 4, and 3 and 4. Realistic expectations were expected to increase from Stage 1, continuously, to Stage 4. This was not implied by the data. Individuals in Stage 2 and Stage 3 reported the least realistic expectations across the total scale. Subjects with one month until their wedding gave the most unrealistic replies and were significantly different from subjects in Stage 1 and Stage 4. Individuals in Stage 4 were most realistic in their responses.

TABLE VII  
GROUP COMPARISONS ON ITEMS FROM THE PREPARE  
REALISTIC EXPECTATIONS SCALE

Realistic Expectations Scale	Stage of Couple Development								F-Ratio	p	Honestly Significant Differences Between Groups (p < .05)					
	6-months until wedding		1 month until wedding		married 4-24 months		married 6 years or more				1 vs 2	1 vs 3	1 vs 4	2 vs 3	2 vs 4	3 vs 4
	$\bar{X}$	sd	$\bar{X}$	sd	$\bar{X}$	sd	$\bar{X}$	sd								
Total Scale (Realistic Expectations)	32.4	6.2	31.6	6.3	32.3	6.8	36.9	6.7	44.3	.0001	*		*		*	*
Item 14 (One right mate)	2.4	1.4	2.3	1.4	2.3	1.5	3.0	1.5	19.2	.0001			*		*	*
Item 19 (Never have problems)	4.2	1.0	4.1	1.0	4.1	1.1	4.5	0.9	11.2	.0001			*		*	*
Item 32 (Problems will end with time)	3.5	1.3	3.4	1.2	3.3	1.4	3.8	1.2	9.2	.0001			*		*	*
Item 36 (More time together will help)	3.1	1.2	2.9	1.2	3.0	1.2	3.4	1.3	9.9	.0001			*		*	*
Item 52 (Meet all my needs)	2.1	1.1	2.1	1.1	2.3	1.3	2.5	1.3	9.4	.0001		*	*		*	
Item 53 (Never question my love)	2.3	1.3	2.3	1.3	2.3	1.5	3.2	1.5	32.0	.0001			*		*	*
Item 82 (Change my partner)	4.3	0.8	4.2	0.9	4.3	0.9	4.4	0.8	8.9	.0001	*				*	
Item 88 (Know all about partner)	4.2	1.0	4.1	1.1	4.2	1.1	4.3	1.0	3.8	.0106					*	
Item 99 (Some romance will fade)	2.5	1.3	2.6	1.2	2.6	1.3	3.5	1.2	41.9	.0001			*		*	*
Item 113 (Difficulties will fade)	3.7	1.1	3.6	1.1	3.8	1.2	4.1	1.0	15.3	.0001	*		*		*	*



According to Hobart's research (1960), individuals who are casual daters and individuals who are married have the least romantic ideas about their partner and relationship. The scores on the total scale for realistic expectations tend to support Hobart's hypothesis. The subjects who were married for six years or more responded most realistically. Assuming that subjects with six months until their wedding are less advanced in their relationship than subjects with a month or less until their wedding, Hobart's prediction is supported in the fact that Stage 1 is significantly more realistic about marital relationships than Stage 2.

Item 19, "I think we will never have problems in our marriage," (See Appendix D.) was responded to realistically by most subjects, however, significant differences were found. Stage 4 individuals were the most realistic and the mean score was very high. Significant differences were found between Stage 4 and all other stages.

Stages 2 and 3 gave realistic responses less often than Stages 1 and 4 but significance existed only between Stages 2 and 3 and Stage 4. Individuals in Stage 1 were second to individuals in Stage 4 in realistic responses.

"Most problems experienced between my partner and I will be resolved simply by the passage of time" (item 32), also elicited significantly different responses between Stage 4 subjects and the other stages. The least realistic responses came from individuals married less than two years followed by those with one month until their wedding. The mean score for Stage 4 subjects was the most realistic but was still low. Most of the subjects were inclined to agree that most of their problems would be resolved by time.

Item 36, "Increasing the amount of time together will automatically improve our relationship," was also responded to unrealistically by most subjects. Significant differences were indicated between Stage 4 and the other stages. The least realistic responses were given by individuals in Stage 2. Although all of the stages were inclined to agree with the item, individuals with one month until their wedding were most likely to agree that time together would automatically improve their relationship.

Item 52, concerning the expectation that one's partner will meet all their needs, received the most unrealistic responses of any item. The majority of subjects in all stages expressed the belief that they expected their partner to meet almost all their needs. Significant differences were found between Stages 1 and 3, 1 and 4, and 2 and 4. Married persons were the most likely to disagree and engaged persons were the most likely to agree.

Compared with the other stages, item 99, concerning romantic love, elicited a significantly different response from Stage 4 individuals. Engaged persons and those married for less than two years were much more likely to disagree with the statement that some romantic love will fade in their marriage. Subjects in Stage 1 gave the least realistic responses and subjects in Stage 4 gave the most realistic responses.

In the article by Krich and Blum (1976), marriage was described as a disappointing experience. Expectations are not met by one's partner and disillusionment brings on disappointment. The engaged and newly married subjects in the present study reported expecting romantic love to continue indefinitely. "To remain madly and worshipfully in love would be to perpetuate a temporary state of lunacy," according to Krich

and Blum. Obviously, some romantic love does fade in marriages (according to the significantly different responses from Stage 4 subjects) and that can be disappointing.

Also disappointing to unrealistic individuals is the decrease in agreement with item 113 from Stage 1 to Stage 4. The item, "I believe that most difficulties experienced before married will fade once we are married," was strongly disagreed with by individuals in Stage 4. They did not agree that problems experienced in their relationship faded when they got married. The least realistic group was subjects with one month until their wedding. Significant differences were found between Stages 1 and 2, 1 and 4, 2 and 4, and 3 and 4.

The questions to be answered concerning expectations state: During what stage of a relationship are people the least realistic about their expectations of marriage?, and During what stage of a relationship are people the most realistic about their expectations of marriage? The stage that gave the least realistic responses was Stage 2. Subjects with one month until their wedding gave the least realistic response on seven of the ten items. Stage 4 subjects gave the most realistic responses to all ten items. Individuals already involved in marriages of six or more years appear to have learned a great deal about their expectations.

The hypothesis regarding expectations predicted that married persons would have more realistic expectations than engaged persons. This was only partially supported. Individuals in marriages of six or more years were the most realistic and the difference was significant. However, subjects married for less than two years gave the least (or next to the least) realistic responses on six of the ten items. Stage 1 gave

the second most realistic responses overall being even more realistic than individuals married for less than two years.

According to research by Epstein and Eidelson (1981), couples in therapy who have unrealistic beliefs and expectations about marriage rated chance for improvement low, preferred individual therapy as opposed to conjoint, had less desire to improve their relationship and reported lower marital satisfaction than people with more realistic expectations. With regard to the findings in this study, subjects in Stage 1 and Stage 4 would be the most effective to work with because of their more realistic attitudes.

## CHAPTER V

### SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

In the twenty years preceding 1978, the number of divorces in America increased by 33 percent. The statistics for the year 1978 indicate that a majority of divorces were granted to marriages lasting less than six years.

Because of these statistics, those who work with young relationships are beginning to emphasize premarital counseling as an approach to preventing many problems. Often, young couples fail to anticipate the conflicts that arise when two people are married. Counselors and clergy can work with young relationships and help the partners to become more realistic in their attitudes about the stresses of married life.

In order to facilitate growth in a relationship, a counselor must be informed of the changes that take place in relationships and when these changes are most likely to occur. At the present time, there is a lack of information available to counselors concerning the timing of attitude changes toward important relationship issues.

The purpose of this study was to increase counselors', educators', and clergys' knowledge of the timing of critical attitude changes concerning Communication, Equalitarian Roles, Religious Orientation, Children and Marriage, and Realistic Expectations. With the knowledge from this study, a person can more perceptively counsel with a young

couple and better understand the stressors that are common to relationships in their particular stage.

The timing of the stressors is important to both the couple and the counselor. The counselor needs to know when couples are the most vulnerable to certain conflicts in order to work more effectively with them. The couple needs to be informed about the often inevitable occurrences of conflicts over certain issues and when they will most likely become a major point of concern.

#### Summary of Review

The review of related literature was divided into five parts, each of which covered one of the issues selected for study. Locating literature on the changes in attitudes toward the five relationship issues proved to be difficult. Research on Communication, Equalitarian Roles, Religious Orientation, Children and Marriage, and Realistic Expectations appears to center on how these issues relate to marriage rather than on how they change over time.

The importance of satisfactory communication in a marriage is rarely questioned. Specific communication skills that differentiated happily from unhappily married couples were found by Boyd and Roach (1977). In research by Jorgensen and Gaudy (1980), disclosure of feelings was found to have a linear correlation with marital satisfaction. The marital satisfaction of the couples increased as their level of disclosure increased.

Navran (1967) hypothesized that couples who make positive adjustments to marriage have communication skills that are effective. The

hypothesis was proven by the significant differences found between the happily married couples and the unhappily married couples.

The difficulty in implementing a truly equalitarian marriage was emphasized in the research of Haas (1980). Couples in his study discussed their desires to have equalitarian marriages and outlined the hardships they encountered in doing so. In studies by Yogev (1981) and Beckman and Houser (1979), it was shown that an attitude emphasizing equalitarian values does not always mean that the division of labor in a household is equalitarian. The women in their studies reported equalitarian attitudes but did not indicate equal-division of labor when listing who does what in their families.

An article written by Rapaport and Rapaport (1975) gave many explanations of why equalitarian roles have remained underdeveloped. They emphasize the use of the word equity rather than equality because of the greater depth of meaning in it. Rapaport and Rapaport outline many of the rewards to couples who have equitable relationships.

The importance of religion to the stability of a marriage was documented in research by Prince (1962), Christensen and Barber (1967) and Glenn (1982). The results of their research indicated that couples sharing the same religious faith had fewer divorces and premarital pregnancies. Marital satisfaction was also found to be lower among couples that did not share the same faith.

As a factor influencing one's choice of a marital partner, religion was found to be the most important factor for young people in deciding who to marry (Hollingshead, 1950). It is important to note that the study was completed over 30 years ago. Religion may not be the most important factor today.

The effects of children on marriage is thought to be extensive by some and minor by others. Ryder (1973) found that mothers often reported that their husbands did not pay enough attention to them after the birth of their child. Waldron and Routh (1981) showed the wife's marital satisfaction decreased after their child was born. The wives reported a lower degree of happiness in the marriage and implied that they were now giving in when they had a disagreement with their mate.

Hobbs and Cole (1976) found that a child's birth was not a crisis to most of their subjects. Wives experienced more difficulty in adjusting to the birth but most couples reported the birth as only a slightly difficult adjustment.

Some of the stress involved in childrearing was documented by Gilbert, Hanson and Davis (1982). Perceived parental role responsibilities were assessed and results indicated a difference between mothers and fathers. Mothers considered nearly all responsibilities (concerning children) as major and fathers did not. Fathers considered sons as a much greater responsibility to them than daughters.

Unrealistic expectations was addressed as the cause to many divorces and disappointing marriages. Crosby (1973) explained the origin of many societal expectations and how they are carried into marriage making the disillusionment of most lovers almost assured. Krich and Blum (1976) introduced forces which help to create unrealistic expectations of marriage. Many of societies expectations have no place in, and cannot possibly exist in today's marriages.

Epstein and Eidelson (1981) emphasized the seriousness involved in unrealistic expectations and beliefs. Using a clinical sample, they showed that individuals with unrealistic expectations rated chance for



improvement in therapy lower, preferred individual therapy, had less desire for improvement and had lower marital satisfaction than those who had more realistic beliefs. In all of the studies, realistic expectations was indicated as a stabilizing factor in healthy marriages.

### Summary of Methods

The type of research involved in this study was developmental and cross-sectional. The sample was divided into four relationship stages that were defined as the independent variable. The dependent variables were defined as the changes in marital attitudes that occur across the four stages.

The population for the study was composed of couples considering marriage who completed the marital preparation inventory called PREPARE. The population was divided into groups according to four criteria. The first group involves all those in the research population that reported weddings six months from the test date ( $n=1,059$ ). The second group includes all subjects who took PREPARE one month prior to their wedding date ( $n=1,260$ ). The third group includes subjects who reported being married no less than four months and no more than 24 months ( $n=221$ ) and the fourth group includes people married six years or more ( $n=226$ ). The total sample size was 2,766.

The instrument used for this study was the Premarital Personal and Relationship Evaluation (PREPARE). The PREPARE was developed by Olson, Fournier and Druckman and originally reported in Fournier (1979). The Inventory is divided into 12 categories, five of which were used in this study. Each category includes ten items with the exception of the Idealistic Distortion category.

In order to determine significant differences between all six possible combinations of stages, the F-test, One-Way Analysis of Variance and the Tukey HSD were used. A mean was calculated for each stage on every item and used as the group mean in statistical analysis. Seven hypotheses were tested.

### Summary of Findings

Analysis of the data revealed many significant differences in attitudes across stages. Background characteristics of the respondents were often significantly different across stages. This was to be expected since the groups were different in terms of age. The majority of the subjects in Stage 1 had at least some college training, had an income of more than \$400 a month, were Caucasian and were Catholic. The average age was 23. In Stage 2, most subjects had finished high school or more, had a monthly income of \$400 or more, were Caucasian and were Catholic. The average age was 23. The majority of the subjects in Stage 3 had some college training or more, made over \$400 a month, were Caucasian and were Catholic. The average age was 25. In Stage 4, the majority of the subjects had some college training or more, made over \$800 a month, were caucasian and were Catholic. The average age was 35. (For more information see Table I.)

As measured by the PREPARE, the Communication Scale indicated the greatest difference between groups. A steady decline in satisfaction with communication was indicated with Stage 1 reporting the most satisfaction. The data indicated that married persons had problems with listening, sharing their feelings, and talking about problems. The greatest significant difference was found on the item concerning

satisfaction with communication. The difference between Stage 1 and Stage 4 was more than one point on a four point range.

The differences between stages for Equalitarian Roles was not as great as the previous scale. Significant differences were found between Stage 1 and Stage 4 on most of the items. Subjects in Stage 4 gave the most traditional responses and subjects in Stage 1 gave the most equalitarian responses. A change in attitude towards roles was implied.

The Religious Orientation Scale indicated the least differences between groups. The Stage 4 mean indicated that the subjects were significantly more traditional in their views toward religion and marriage than the engaged subjects who indicated more individualistic attitudes. Subjects married six or more years were more often united by one faith, valued involvement in religion more and thought religion was an important part of the commitment they made to their partner.

Analysis of the data concerning Children and Marriage indicated that subjects married for six or more years were significantly more realistic in their views about children than Stage 2 subjects. Stage 2 subjects were also less realistic than Stage 1 subjects. Stage 4 individuals felt more pressure to have children, had differing ideas about discipline from their spouses and agreed that they had much less time for one another.

Many differences were found between the Stage 4 responses and the other stages on the Realistic Expectation scale. Obviously, expectations changed across the stages. Stage 4 was significantly more realistic in attitude than any other stage. All married subjects, however, were not more realistic than all engaged subjects. Stage 2 gave the most unrealistic responses, but Stage 3 gave the second most unrealistic

answers. Individuals married for four months to 24 months were less realistic in their expectations than individuals with six months until their wedding. Significant difference was also found between subjects with one month until their wedding and subjects with six months until their wedding.

Seven hypotheses were tested in this study:

1. Married subjects will have significantly lower scores on Communication than engaged subjects.
2. Engaged subjects will have significantly lower scores on Equalitarian Roles than married subjects.
3. Subjects in Stage 1 will have significantly lower scores on Equalitarian Roles than subjects in Stage 2.
4. Subjects in Stages 1 and 3 will score significantly lower on Religious Orientation than subjects in Stages 2 and 4.
5. Subjects in Stage 1 will have significantly lower scores in Religious Orientation than subjects in Stage 3.
6. Subjects in Stages 3 and 4 will have significantly higher scores on Children and Marriage than subjects in Stages 1 and 2.
7. Married persons (Stages 3 and 4) will score significantly higher on Realistic Expectations than engaged persons (Stages 1 and 2).

The analysis of data by issue indicates strong support for the first hypothesis. Lower scores on the Communication Scale imply less satisfaction with communication in marriage. Beginning with Stage 1, the total scale score for communication decreased significantly from stage to stage.

Hypotheses two and three were disproven by the data. In fact, the opposite trend was found. It was hypothesized that the scores on the

Equalitarian Roles Scale would increase from stage to stage indicating a swing from traditional attitudes to more equalitarian attitudes in the married subjects. The analysis indicated that married persons were most often significantly more traditional than engaged persons. The least traditional group was Stage 1.

The next two hypotheses concerned Religious Orientation. The first implied that Stage 1 and Stage 3 would be significantly more individualistic in their view of religion than Stage 2 and Stage 4. The hypothesis was only partially supported. Stage 4 subjects were significantly more traditional in their view of religion than Stage 1 individuals.

The other hypothesis predicted that Stage 1 would score significantly lower than Stage 3. Statistical significance was not found between the total scale scores.

The sixth hypothesis was supported by the data. Stage 4 subjects had significantly higher scores concerning children and marriage than individuals in Stage 1.

The final hypothesis was partially supported by the data. Stage 4 subjects were significantly more realistic in their expectations than Stage 1 and Stage 2 subjects. However, Stage 3 subjects were not more realistic than Stage 1 and Stage 2 subjects.

### Conclusions and Implications

The results of this study can be generalized to many couples who seek premarital or marital counseling. Since the sample for this study was taken from a large data bank and since subjects were shown to be fairly representative of subjects entering first marriages, the sample is assumed to be partially representative of couples seeking marital and

premarital counseling. For the couples in this study, attitudes toward communication issues appear to have changed significantly from stage to stage. Engaged couples reported ease in expression, trust in what their partner says and overall satisfaction with communication. It must be noted that the engaged couples' level of seriousness in issues they discuss is most likely not the same as the married persons. However, the most significant issue in this category is the fact that the engaged persons were much more satisfied with their communication than the married persons.

Counselors (and others who are involved with young relationships) are well aware of the importance of communication in marriage. With the information provided by this study, counselors can better understand the reasons for a decrease in satisfaction with communication from the beginning of a relationship. Item analysis indicates that subjects married for six or more years more often put each other down (item 40), do not listen to one another (item 109), are afraid to share their negative feelings with their mate (item 98) and do not feel comfortable expressing their true feelings to their partner (item 2). All of these are important items to emphasize for counselors and necessary topics of discussion for couples. These are not the only causes for a decline in the level of satisfaction with communication but they are important nonetheless.

The conclusions drawn from the Equalitarian Roles Scale seem to involve expectations. The subjects in the early stages of their relationship responded to the items with more equalitarian attitudes than the other subjects. The married subjects (especially those in Stage 4) indicated attitudes and lifestyles that were significantly more

traditional than the younger relationships. The married persons more often felt that the woman's place is in the home (item 12), the man's job satisfaction is most important (item 29) and that the wife would have the major responsibility in raising the children (item 80).

It is important to realize that the subjects in Stages 3 and 4 were married when they were administered the inventory, therefore, their attitudes as they reported them are most likely representative of their marriages. The subjects in young relationships reported much more equalitarian attitudes and most likely have expectations in the same direction. It is essential that counselors discuss with young couples the change in attitude that may occur in their relationship over time. For the subjects in this study, attitudes were shown to change from engagement to marriage and it is necessary for young couples to be informed of the change that could occur. Information of this type could help the partners be prepared for change or help them to work harder to maintain the level of equality that they desire.

On the Religious Orientation Scale, commitment was emphasized in the married subjects' responses. A shift in attitude was indicated from engagement to marriage implying that religion becomes more important after marriage. The hypotheses in this category were based upon the prediction that because married subjects are more involved with each other they would see the importance of being united by faith as more necessary than the engaged persons would. This would appear to be the case because married persons were more often united by a faith (item 101), felt that marriage should include active involvement in their religion (item 76) and felt that praying together was important to their relationship (item 75).

A study by Prince (1962) showed that most newly married couples who are not united by a faith usually do become members of the same religion by the first anniversary. (It is important to note that the Prince study is over twenty years old.) Significantly more of the subjects in Stage 4 reported being united by faith with their spouse than subjects in Stages 1 and 2. Perhaps many of them made the change-over as predicted by Prince's study. This is an important issue to be discussed with engaged couples. Married subjects in Stage 4 felt the importance of religion more strongly than engaged subjects. Counselors need to point-out the possible conflicts that can arise when two people of different faiths are married.

According to Prince (1962), Christensen and Barber (1967), Glenn (1982) and Heiss (1961) marital satisfaction is significantly lower among couples who do not share the same religious faith. This fact, along with the findings of this study, emphasize the necessity of detailed discussions between counselors and engaged individuals who do not share the same faith.

Although most often the issue of Children and Marriage is not foremost in an engaged couples mind, it is a very important category and should be discussed before marriage. The subjects in this study who had been married for six or more years had significantly more realistic attitudes about children than subjects with one month until their wedding. The importance of drawing conclusions from this scale centers around an item analysis. Even though married persons (in Stage 4) reported more realistic attitudes about children, they reported much less consensus in their views of rearing the children. Individuals in Stage 4 more often reported less satisfaction with their definition of a



father's responsibilities (item 5), did not agree on the number of children desired (item 50), felt pressured to have children (item 94) and often disagreed about discipline (item 117).

In discussing the issue of Children and Marriage with an engaged couple, counselors need to impress upon individuals the importance of planning and communication. When a couple has a child their expectations of the effect it will have on their marriage are bound to become more realistic, but the conflicts that arise may come as a shock to them unless they are prepared. A counselor needs to help the couple understand the necessity of planning and communicating before the child arrives and the conflicts begin.

Realistic Expectations is a very important category because of the implications involved for those who work with young relationships. The analysis of data indicated that married persons in Stage 4 and engaged persons in Stage 1 were the most realistic, however, there was a significant difference between the two groups. Those subjects with one month or less until their wedding were the most unrealistic in expectations about marriage and were significantly less realistic than subjects in Stage 4. This indicates that some disillusionment is in store for the individuals when they become married. According to Crosby (1973), "disillusionment of most lovers is eventually assured."

The significant differences found between the mean scores (for the items) for Stage 4 and all other stages indicated that expectations changed significantly from the time just prior to marriage to the time after six years of marriage. Counselors need to help young couples become more realistic about marriage and their partner. Without this information from counselors, couples will most likely be disappointed

with certain aspects of their marriage that did not meet their expectations.

Of equal importance to counselors, this study showed that individuals with six months until their wedding are significantly more realistic in their expectations about marriage than individuals with only one month until their wedding. This information emphasizes the necessity of scheduling premarital counseling sessions six months in advance of the wedding. Individuals with only one month until their wedding appear to be too romantic and unrealistic to obtain the maximum benefit from premarital counseling.

#### Recommendations

The findings of this study can be useful to anyone who works with young couples or teaches young people. As with most indepth studies, the more that is learned the more one realizes how much they have yet to learn. This study has emphasized the need for more research concerning changes in attitudes. Recommendations for implications of findings are:

1. The findings of this study should be considered when working with engaged and married couples. The information provided can help the counselor understand the stressors common to couples in various stages of relationship growth.

2. The findings of this study could be very valuable to young people preparing for marriage. The information from this research could be used to alert the couple to the changes that could occur in their relationship.

3. The findings of this study could be used in an educational setting. Teaching students how to prevent undesirable changes from

occurring in their relationship could decrease the number of individuals seeking divorce.

4. Expectations of single people could be made more realistic by the findings of this study. Teaching unmarried individuals about the changes that occur in marriage could significantly decrease disillusionment.

5. The findings of this study emphasize the need to schedule premarital counseling at least six months before the wedding. In order for individuals to benefit from counseling, they need to be more realistic and less romantic.

6. This study provides an excellent opportunity for individuals in young relationships and single people to learn from an examination of relationships lasting six or more years.

Recommendations for further research are:

1. Longitudinal research involving many couples followed from engagement to certain points in time.

2. A more detailed segmentation of relationships involving more stages and more evaluation.

3. Studies which examine the differences in attitudes and the difference in change of attitudes between men and women.

4. Studies which examine the degree of change in attitude as it relates to age.

5. Studies that examine the changes in attitudes which lead to divorces.

6. A study examining the changes in attitude across the four stages concerning the other seven categories of PREPARE.

This study has fulfilled its purpose in increasing the knowledge of those who work with engaged and married couples. The findings of this study are applicable and clearly documented and hopefully will be used to help couples build strong relationships.

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APPENDIX A

PREMARITAL PERSONAL AND RELATIONSHIP EVALUATION



# prepare

## A NOTE TO COUPLES:

PREPARE was designed to help you learn more about yourself, your partner and your relationship. PREPARE items cover many important topics about marriage and can help identify those areas in which you and your partner have similarities and differences in your opinions. Sharing these agreements and disagreements will help you to discuss the most important issues in **your** relationship.

PREPARE results are **not** intended to predict your chances for marital success and are **not** to be used to determine whether you should be married. PREPARE results **are** intended to help you and your partner determine your own readiness for marriage.

PREPARE is **not** a test and therefore does not have "right" or "wrong" answers. It is important that you respond to each statement according to **your** point of view. The usefulness of PREPARE depends on your willingness to respond fully and honestly to all items.

PREPARE results are confidential and will be seen by only you, your partner and your clergy/counselor. A couple identification number will be assigned and will be used in place of your names.

While you are taking PREPARE, we request that you not discuss these items with your partner. After you have completed PREPARE, we encourage you and your partner to discuss the items as well as feelings you experienced while taking PREPARE.

**Please do not write on this booklet.**

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<b>RESPONSE CHOICES</b>				
1	2	3	4	5
<b>Strongly Agree</b>	<b>Moderately Agree</b>	<b>Neither Agree Nor Disagree</b>	<b>Moderately Disagree</b>	<b>Strongly Disagree</b>

1. I sometimes feel pressured to participate in activities that my partner enjoys.
  2. It is very easy for me to express all my true feelings to my partner.
  3. It is hard for me to have complete faith in some of the accepted practices of my religion.
  4. In order to end an argument, I usually give in.
  5. I am satisfied with how we have defined the responsibilities of a father in raising children.
- 
6. When we are having a problem, my partner often gives me the silent treatment.
  7. Some relatives or friends have reservations about our marriage.
  8. There are times when I am bothered by my partner's jealousy.
  9. I am completely satisfied with the amount of affection my partner gives me.
  10. I would not seek help from a professional even if we had serious marital problems.
  11. Religion should have the same meaning for both of us.
  12. I believe the woman's place is basically in the home.
  13. Sometimes I am concerned about my partner's temper.
  14. I believe there is only one person in this world to whom I could be happily married.
  15. I would be willing to try almost any sexual activities my partner would like to do.
- 
16. Sometimes I wish my partner was more careful in spending money.
  17. My partner does not seem to have enough time or energy for recreation with me.
  18. I would rather do almost anything than spend an evening by myself.
  19. I think we will never have problems in our marriage.
  20. After looking at our combined incomes, we have changed our minds about how much money we can spend.
-

RESPONSE CHOICES				
1	2	3	4	5
Strongly Agree	Moderately Agree	Neither Agree Nor Disagree	Moderately Disagree	Strongly Disagree

21. We are as well adjusted as any two persons in this world can be.
22. Continuing to search out and share religious beliefs is necessary for me to have a growing relationship.
23. If both of us are working, we should equally share the household responsibilities.
24. At times I am concerned that my partner appears to be unhappy and withdrawn.
25. Sexual activities come naturally for me and do not need to be discussed in detail.
- 

26. We have not yet decided how to handle the finances.
27. Sometimes my family does not accept me as an adult.
28. I have fewer outside interests or hobbies than my partner.
29. It is more important that the husband be satisfied with his job because his income is more important to the family.
30. I wish my partner would smoke and/or drink less.
31. My partner and I do not seem to enjoy the same type of parties.
32. Most problems experienced between my partner and I will be resolved simply by the passage of time.
33. My idea of a good time is different than my partner's.
34. My partner and I understand each other completely.
35. I think having children will dramatically change the way we live.
- 

36. Increasing the amount of time together will automatically improve our relationship.
37. At times I am uncomfortable with the way my partner touches me in public.
38. I am satisfied with our decisions about how much money we should save.
39. If my partner has any faults, I am not aware of them.
40. My partner sometimes makes comments which put me down.
-

<b>RESPONSE CHOICES</b>				
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Strongly Agree</b>	<b>Moderately Agree</b>	<b>Neither Agree Nor Disagree</b>	<b>Moderately Disagree</b>	<b>Strongly Disagree</b>

41. It is easy and comfortable for me to talk with my partner about sexual issues.
42. My partner completely understands and sympathizes with my every mood.
43. In our marriage, the wife should be more willing and able to adjust than the husband.
44. When we are with others, I am sometimes upset with my partner's behavior.
45. We have figured out exactly what our financial position will be after we marry.
- 
46. It is not important to include a religious aspect in the commitment that I make to my partner.
47. I am unsure about the best method of birth control or family planning for us.
48. I think my partner is too involved with his/her family.
49. Every new thing I have learned about my partner has pleased me.
50. We agree on the number of children we would like to have.
51. We have decided to keep records of our spending so we can budget our money.
52. I expect my partner to meet almost all of my needs for security, support and closeness.
53. There is nothing that could happen that would cause me to question my love for my partner.
54. There are times when I do not feel a great deal of love and affection for my partner.
55. Even if the wife works outside the home, she should still be responsible for running the household.
- 
56. My partner and I disagree about how to put our religious beliefs into practice.
57. I feel very uncomfortable with some of my future in-laws.
58. When we are having a problem, I can always tell my partner what is bothering me.
59. After we have children, we will have less time for each other.
60. My partner and I agree on the kind of honeymoon/vacations we enjoy.
-

<b>RESPONSE CHOICES</b>				
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Strongly Agree</b>	<b>Moderately Agree</b>	<b>Neither Agree Nor Disagree</b>	<b>Moderately Disagree</b>	<b>Strongly Disagree</b>

61. In our marriage, the husband will be the head of our household.
62. It is important for me to try different sexual techniques with my partner.
63. I do not think any couple could live together with greater harmony than my partner and I.
64. My relationship is not a perfect success.
65. The husband's occupation should be first priority in determining where we live.
- 

66. It seems like when there is a problem in our relationship, I am always the one who wants to discuss it.
67. I have shared all my feelings about having children with my partner.
68. I do not think anyone could possibly be happier than my partner and I when we are with one another.
69. I am sometimes reluctant to be affectionate with my partner because it is often interpreted as a sexual advance.
70. I have some needs that are not being met by my relationship.
71. Sometimes we have serious disputes over unimportant issues.
72. I am concerned that my partner and I do not spend enough of our leisure time together.
73. There are times when my partner does things that make me unhappy.
74. I go out of my way to avoid conflict with my partner.
75. It is important for me to explore the spiritual aspects of our relationship through praying together.
- 

76. I believe that our marriage means active involvement in our religion.
77. If every person in the world of the opposite sex had been available and willing to marry me, I could not have made a better choice.
78. It bothers me that my partner is often late.
79. I sometimes feel our arguments go on and on and never seem to get resolved.
80. In our marriage, the wife will have almost all of the responsibilities for child rearing.
-

RESPONSE CHOICES				
1	2	3	4	5
Strongly Agree	Moderately Agree	Neither Agree Nor Disagree	Moderately Disagree	Strongly Disagree

81. I should know what my partner is feeling without being told.
82. After marriage, it will be easier to change those things about my partner that I do not like.
83. To avoid hurting my partner's feelings during an argument, I would rather not say anything.
84. I do not seem to have much fun unless I am with my partner.
85. I am very happy with how we have decided to handle our financial matters.
- 
86. Sometimes I do not like the amount of time my partner spends with friends.
87. My relationship could be happier than it is.
88. I believe that I have already learned everything there is to know about my partner.
89. In loving my partner, I feel that I am beginning to better understand the concept that God is love.
90. I am worried that accepting financial assistance or advice from our families will present a problem for us.
91. I am very satisfied with how my partner and I talk with each other.
92. I am worried that one of our families may cause troubles in our marriage.
93. We do have a general plan for how much money we can spend each month.
94. I feel pressured by my partner, parents, and/or friends to have children.
95. Sometimes I have difficulty dealing with my partner's moodiness.
- 
96. I usually feel that my partner does not take our disagreements seriously.
97. In our marriage, the husband should have the final word in most of the important decisions in the family.
98. I do not always share negative feelings with my partner because I am afraid she/he will get angry.
99. I expect that some romantic love will fade in my marriage.
100. My partner and I disagree about some of the teachings of our religion(s).
-

<b>RESPONSE CHOICES</b>				
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Strongly Agree</b>	<b>Moderately Agree</b>	<b>Neither Agree Nor Disagree</b>	<b>Moderately Disagree</b>	<b>Strongly Disagree</b>

101. My partner and I are united by religious faith.
102. We agree on the values and goals that we want for our children.
103. I am very comfortable with all of my partner's friends.
104. I have never regretted my relationship with my partner, not even for a moment.
105. My partner has all of the qualities I have always wanted in a mate.

- 
106. Sometimes I am concerned that my partner's interest in sex is not the same as mine.
107. I am satisfied with our decisions regarding birth control or family planning.
108. I am uncomfortable when my partner spends time with friends of the opposite sex.
109. My partner is always a good listener.
110. I am concerned about who will be responsible for the money.
111. Sometimes I am concerned that my partner will want me to do things sexually that I do not enjoy.
112. When we argue, I usually end up feeling responsible for the problem.
113. I believe that most difficulties experienced before marriage will fade after we are married.
114. I believe we should spend all our free time together.
115. At times I think my partner depends on me too much.

- 
116. If she wants to, the wife will be encouraged to work outside the home.
117. My partner's ideas about discipline of our children might be different than mine.
118. I am sometimes afraid to ask my partner for what I want.
119. One of us has unpaid bills which causes me concern.
120. Sometimes I have trouble believing everything my partner tells me.

**Please Go To The Back Page**

RESPONSE CHOICES				
1	2	3	4	5
Strongly Agree	Moderately Agree	Neither Agree Nor Disagree	Moderately Disagree	Strongly Disagree

121. My partner likes all of my friends.
122. My partner and I disagree on the religious education for our children.
123. I am satisfied with how we have defined the responsibilities of a mother in raising children.
124. When discussing problems, I usually feel like my partner is trying to force me to change.
125. Sometimes my partner is too stubborn.

**WISHING YOU A HAPPY AND SUCCESSFUL MARRIAGE!!**

# **P R E P A R E**

**DEVELOPED BY:**

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**PREPARE II - ENRICH**  
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APPENDIX B

COMPUTERIZED RESULTS OF THE PREMARITAL  
PERSONAL AND RELATIONSHIP EVALUATION

```

PPPPPPPPPP RRRRRRRRRR EEEEEEEEEEE PPPPPPPPPP AAAAAAAAAA RRRRRRRRRR EEEEEEEEEEE
PPPPPPPPPP RRRRRRRRRR EEEEEEEEEEE PPPPPPPPPP AAAAAAAAAA RRRRRRRRRR EEEEEEEEEEE
PP      PP RR      RR EE      PP      PP AA      AA RR      RR EE
PP      PP RR      RR EE      PP      PP AA      AA RR      RR EE
PP      PP RR      RR EE      PP      PP AA      AA RR      RR EE
PPPPPPPPPP RRRRRRRRRR EEEEEEE     PPPPPPPPPP AAAAAAAAAA RRRRRRRRRR EEEEEEE
PPPPPPPPPP RRRRRRRRRR EEEEEEE     PPPPPPPPPP AAAAAAAAAA RRRRRRRRRR EEEEEEE
PP      RR      RR      EE      PP      AA      AA RR      RR      EE
PP      RR      RR      EE      PP      AA      AA RR      RR      EE
PP      RR      RR      EE      PP      AA      AA RR      RR      EE
PP      RR      RR      EEEEEEEEEEE PP      AA      AA RR      RR      EEEEEEEEEEE
PP      RR      RR      EEEEEEEEEEE PP      AA      AA RR      RR      EEEEEEEEEEE

```

**THE PREMARITAL PERSONAL AND RELATIONSHIP EVALUATION**

DAVID H. OLSON, PH.D.  
 DAVID G. FOURNIER, PH.D.  
 JOAN M. DRUCKMAN, PH.D.

PREPARE -- ENRICH,  
 P. O. B O X 1363  
 STILLWATER OK 74076

\*\*\*\*\*  
 \* COUPLE NUMBER 6 GROUP NUMBER 74074-99 DATE 6-26-79 \*  
 \*\*\*\*\*

PREPARE IS AN INSTRUMENT WHICH CAN IDENTIFY A NUMBER OF PERSONAL AND RELATIONSHIP ISSUES THAT COUPLES CAN USE TO STIMULATE DISCUSSION AND INCREASE THEIR AWARENESS. HIGH AND LOW PREPARE SCORES ARE -NOT- INTENDED TO PREDICT CHANCES FOR SUCCESS IN MARRIAGE OR TO DETERMINE WHEN A COUPLE IS READY TOMARRY. THE COUNSELOR, CLERGY OR CONSULTANT SHOULD REGARD -PREPARE- AS A -TOOL- FOR HELPING COUPLES MAKE DECISIONS ABOUT THEIR OWN READINESS FOR MARRIAGE.

PREMARITAL PERSONAL AND RELATIONSHIP EVALUATION

**P R E P A R E**

SUMMARY FORM FOR COUPLE DISCUSSION

COUPLE NUMBER 6 GROUP 74074-99 DATE 6-26-79 COPYRIGHT PREPARE-ENRICH

RESPONSE BIAS MAN = VERY REALISTIC, not many impossibly good responses  
WOMAN = MODERATELY REALISTIC, few impossibly good responses

REALISTIC ATTITUDE ON MARRIAGE (Circle need for discussion in each area)  
TOPIC = Most couples have areas of conflict as well as satisfaction.  
Essential Recommended Helpful Not Critical

APPROVAL OF PARTNERS BEHAVIOR  
TOPIC = Annoying habits or value differences are common marital concerns.  
Essential Recommended Helpful Not Critical

EASE OF COUPLE COMMUNICATION  
TOPIC = Lack of understanding by partner is a common marital complaint.  
Essential Recommended Helpful Not Critical

ABILITY TO RESOLVE CONFLICT  
TOPIC = Conflicts can enrich a marriage when mutual compromises are made.  
Essential Recommended Helpful Not Critical

REALISTIC FINANCIAL PLANNING  
TOPIC = Most couples have difficulty balancing budgets and using credit.  
Essential Recommended Helpful Not Critical

COMPATIBLE LEISURE ATTITUDES  
TOPIC = Many couples have trouble balancing his, her and couple interests.  
Essential Recommended Helpful Not Critical

COMPATIBLE SEXUAL ATTITUDES  
TOPIC = Most couples have different sex drives and unrealistic attitudes.  
Essential Recommended Helpful Not Critical

ATTITUDE ABOUT HAVING CHILDREN  
TOPIC = Plans for child rearing and family planning often change in time.  
Essential Recommended Helpful Not Critical

ADJUSTMENT TO FAMILY AND FRIENDS  
TOPIC = Strained family/friend relations often become a marital problem.  
Essential Recommended Helpful Not Critical

EQUAL HOUSEHOLD RESPONSIBILITY  
TOPIC = Household tasks and roles are a major concern in many marriages.  
Essential Recommended Helpful Not Critical

RELIGIOUS BELIEFS AND ATTITUDES  
TOPIC = Partner religious differences often become more troublesome.

SUMMARY COMPARES EACH COUPLE  
IN TWO MAIN WAYS

1. PARTNERS WITH EACH OTHER
2. COUPLE WITH OTHER COUPLES

DIFFERENCES = FEW, SOME, AVG.,  
MANY OR MAJOR  
STRENGTH AND WORK AREAS SHOW  
NEED FOR COUPLE DISCUSSION

COUPLE SUMMARY

Partners have major differences  
Some strength and work issues

Partners have avg. differences  
Probable couple work area

Partners have avg. differences  
Probable couple work area

Partners have few differences  
Possible couple strength area

Partners have few differences  
Probable couple strength area

Partners have some differences  
Some strength and work issues

Partners have some differences  
Some strength and work issues

Partners have some differences  
Some strength and work issues

Partners have few differences  
Possible couple strength area

Partners have major differences

Partners have some differences

# PREPARE SUMMARY ANALYSIS

PREPARE CATEGORIES	INDIVIDUAL SCORE TRENDS				ITEM SUMMARY				PERCENT POSITIVE COUPLE AGREEMENT	
	MALE PARTNER		FEMALE PARTNER		D	N	U	P	COUPLE POSITIVE AGREEMENT	NATIONAL COUPLE AVERAGES
	PCT	REV	PCT	REV	I	E	N	O		
***** IDEALISTIC DISTORTION *****	**	17.**	**	42.**	S	G	E	S		
REALISTIC EXPECTATIONS	99.	99.	11.	10.	A	C	E	A	30.	38.
PERSONALITY ISSUES	17.	16.	46.	41.	G	I	D	R	20.	40.
COMMUNICATION	10.	10.	35.	31.	R	D	R	E	30.	52.
CONFLICT RESOLUTION	68.	66.	37.	35.	E	E	E	E	60.	50.
FINANCIAL MANAGEMENT	88.	86.	85.	80.	E	E	D	E	80.	39.
LEISURE ACTIVITIES	78.	77.	25.	24.	6	1	0	3	60.	57.
SEXUAL RELATIONSHIP	44.	43.	26.	25.	3	3	2	2	50.	52.
CHILDREN AND MARRIAGE	81.	79.	51.	48.	1	2	4	3	50.	47.
FAMILY AND FRIENDS	46.	44.	63.	59.	1	2	1	6	60.	50.
**EQUALITARIAN ROLES	93.	92.	10.	10.	0	1	1	8	30.	57.
**RELIGIOUS ORIENTATION	26.	25.	10.	10.	2	1	1	6	30.	54.
NORMS BASED ON 7200 COUPLES					AVERAGE COUPLE POSITIVE AGREEMENT				45.	49.

INDIVIDUAL PERCENT SCORES \*PCT\* RANGE FROM 0 TO 100 AND AVERAGE 50. REVISED SCORES \*REV\* ADJUST PCT SCORES BASED ON A PERSONS TENDENCY TO DESCRIBE THEIR RELATIONSHIP IN AN OVERLY IDEALISTIC MANNER. ITEM SUMMARY IS BASED ON 10 ITEMS PER CATEGORY AND MATCHES ITEMS LISTED IN THE ISSUES FOR DISCUSSION SECTION. THE POSITIVE COUPLE AGREEMENT SCORE IS PERCENT POSITIVE AGREEMENT ON 10 ITEMS. \*\* CATEGORIES ARE SPECIALLY SCORED.

## EXPANDED COUPLE PROFILE

THIS COUPLE PROFILE IS DESIGNED TO HELP YOU COMPLETE YOUR COUNSELOR FEEDBACK FORM.  
THE DESCRIPTIONS ARE TENTATIVE AND ONLY INTENDED TO GUIDE DISCUSSION WITH COUPLES.

**KEY**  
++ VERY HIGH  
+= HIGH AVG.  
== AVERAGE  
-= LOW AVG.  
-- VERY LOW

- IDEALISTIC DISTORTION**      MAN = 17.      WOMAN = 42.
- HIGH SCORERS (over 70) are presenting an overly positive view of their relationship. They may be very idealistic or covering up potential issues. Pay more attention to the revised (REV) scores.  
LOW SCORERS (under 30) are carefully reflecting on items and more realistic about marriage. You may have confidence that their scores are accurate. Scores less than 15 may be too pessimistic.
- REALISTIC EXPECTATIONS**      MAN = 99. |++|      WOMAN = 10. |--|      COUPLE = 30. SOME STRENGTH AND WORK ISSUES
- HIGH SCORERS (over 70) are usually realistic about the demands and challenges of marriage.  
LOW SCORERS (under 30) are usually idealistic, too romantic or naive about the rigors of married life.
- PERSONALITY ISSUES**      MAN = 16. |--|      WOMAN = 41. |=|      COUPLE = 20. PROBABLE COUPLE WORK AREA
- HIGH SCORERS (over 70) usually like most of the personality and personal habits of their partner.  
LOW SCORERS (under 30) usually dislike many of the personality traits or habits of their partner.
- COMMUNICATION**      MAN = 10. |--|      WOMAN = 31. |--|      COUPLE = 30. PROBABLE COUPLE WORK AREA
- HIGH SCORERS (over 70) usually feel understood by their partner and can discuss most topics freely.  
LOW SCORERS (under 30) are usually concerned about not being able to express feelings with partner.
- CONFLICT RESOLUTION**      MAN = 66. |+=|      WOMAN = 35. |--|      COUPLE = 60. POSSIBLE COUPLE STRENGTH AREA
- HIGH SCORERS (over 70) usually confront issues directly and feel able to resolve differences.  
LOW SCORERS (under 30) usually find arguments hard to resolve and often avoid conflict at all cost.
- FINANCIAL MANAGEMENT**      MAN = 86. |++|      WOMAN = 80. |++|      COUPLE = 80. PROBABLE COUPLE STRENGTH AREA
- HIGH SCORERS (over 70) have realistic financial plans or budgets and agreement with partner on money.  
LOW SCORERS (under 30) usually are undecided on handling finances or worried about financial situation.
- LEISURE ACTIVITIES**      MAN = 77. |++|      WOMAN = 24. |--|      COUPLE = 60. SOME STRENGTH AND WORK ISSUES
- HIGH SCORERS (over 70) share similar interests, spend time together yet also enjoy separate activities.  
LOW SCORERS (under 30) have different interests, seldom spend time together and/or dislike being alone.

**SEXUAL RELATIONSHIP**            **MAN = 43. |==| WOMAN = 25. |--| COUPLE = 50. SOME STRENGTH AND WORK ISSUES**

HIGH SCORERS (over 70) can discuss sexuality with comfort, can satisfactorily express affection and agree on issues regarding family planning.  
LOW SCORERS (under 30) are concerned about sexual matters, have difficulty discussing sexual issues and may have different preferences than their partner.

**CHILDREN AND MARRIAGE**        **MAN = 79. |++| WOMAN = 48. |==| COUPLE = 50. SOME STRENGTH AND WORK ISSUES**

HIGH SCORERS (over 70) usually desire children, agree on parental roles and have realistic attitudes.  
LOW SCORERS (under 30) disagree about having children, are too idealistic or have value differences

**FAMILY AND FRIENDS**            **MAN = 44. |==| WOMAN = 59. |==| COUPLE = 60. POSSIBLE COUPLE STRENGTH AREA**

HIGH SCORERS (over 70) usually have good relations with parents and in-laws and likes partners friends.  
LOW SCORERS (under 30) have uncomfortable parent or in-law relations and may dislike partners friends.

**EQUALITARIAN ROLES**            **MAN = 92. |++| WOMAN = 10. |--| COUPLE = 30.**

HIGH SCORERS (over 70) usually want to equally share roles, decision-making and household tasks.  
LOW SCORERS (under 30) usually want traditional husband-wife roles and husband leadership on decisions.

**RELIGIOUS ORIENTATION**        **MAN = 25. |--| WOMAN = 10. |--| COUPLE = 30.**

HIGH SCORERS (over 70) have traditional religious beliefs and values and practice as a couple.  
LOW SCORERS (under 30) often question traditional beliefs or interpret religion personally.

**MARITAL COHESION**                **THIS SCALE IS ONLY SCORED FOR THE E\*N\*R\*I\*C\*H INVENTORY**

HIGH SCORERS (over 80) have a preference for high togetherness which may be a problem for them.  
LOW SCORERS (under 20) have a preference for low togetherness which may be a problem for them.

**MARITAL ADAPTABILITY**            **THIS SCALE IS ONLY SCORED FOR THE E\*N\*R\*I\*C\*H INVENTORY**

MODERATE SCORERS (30-70) have a balance between ability to change and ability to maintain stability.  
HIGH SCORERS (over 80) are often too changeable and have difficulty maintaining marital stability.  
LOW SCORERS (under 20) have difficulty adapting to change which may create some problems for them.

APPENDIX C

PREMARITAL PERSONAL AND RELATIONSHIP EVALUATION  
ANSWER SHEET

# PREPARE

## PREMARITAL PERSONAL AND RELATIONSHIP EVALUATION

PREPARE-ENRICH  
P O BOX 1363  
STILLWATER, OK 74076

COUNSELOR'S NAME \_\_\_\_\_

DAVID H. OLSON, Ph D  
DAVID G. FOURNIER, Ph D  
JOAN M. DRUCKMAN, Ph D

Introduction: PREPARE was designed to help individuals discover some of the basic strengths and weaknesses in their relationships. PREPARE results are not intended to predict your chances for marital success but are intended to help you make decisions about your own readiness for marriage. Please answer all questions according to your point of view. The usefulness of PREPARE depends upon your willingness to respond fully and honestly. Please do not place your name on this form so that confidentiality can be maintained. (Use a no. 2 pencil and completely blacken each circle.)

### Education Completed (one only)

- 1 Graduate/Professional
- 2 Four Year College
- 3 Some College/Technical
- 4 Finished High School
- 5 Some High School
- 6 Finished Elementary
- 7 Some Elementary

### OCCUPATION

- 1 Professionals: Doctors, Lawyers, Executives
- 2 Other Professionals: Managers, Teachers, Nurses
- 3 Skilled and Building Trades: Farmer
- 4 Sales, Technicians, Clerical
- 5 Laborer, Factory Worker, Waitress
- 6 General Service Employees
- 7 Student
- 8 Unemployed
- 9 Other \_\_\_\_\_

Write number here and darken circles  
01 = 1 year

How many years have you been married?

05 = five years

If not married, how many months until your wedding?

Write number here

How many months have you known your partner?

00 = less than 1 month  
05 = 5 months

(If married how many months?)

What is your approximate monthly take-home pay? (Not including your partner's income)

- 1 No income
- 2 \$200 or less
- 3 \$200-400
- 4 \$401-600
- 5 \$601-800
- 6 \$801-1000
- 7 \$1001-1200
- 8 \$1201-1400
- 9 \$1401-1600
- 0 over \$1600

Religious Preference

- 0 Agnostic
- 1 Baptist
- 2 Catholic
- 3 Christian
- 4 Episcopal
- 5 Jewish
- 6 Lutheran
- 7 Methodist
- 8 Other Protestant
- 9 Other \_\_\_\_\_

What is your birth position in your family?

How many children in your family?

- 1 One
- 2 Two
- 3 Three
- 4 Four
- 5 Five
- 6 Six
- 7 Seven
- 8 Eight
- 9 Nine
- 0 Ten or more

Marital Status

- 1 Single/engaged
- 2 Single/not engaged
- 3 Divorced/not engaged
- 4 Divorced/engaged
- 5 Married/separated
- 6 Married/living together

What was your parent's general reaction to your plans to marry?

What was the general reaction of your friends to your plans to marry?

- 3 Very Positive
- 4 Positive
- 5 Neutral
- 2 Negative
- 1 Very Negative

RACE

- 1 Afro-American (Black)
- 2 Asian American
- 3 Caucasian (White)
- 4 American Indian
- 5 Spanish Descent
- 6 Other \_\_\_\_\_

Is the woman pregnant?

Yes  No

CURRENT LIVING ARRANGEMENT

- 1 Live alone
- 2 With parents
- 3 With partner
- 4 With others

Parents Marital Status

- 1 Married and living together
- 2 Separated
- 3 Divorced and single both
- 4 Divorced and remarried both
- 5 Divorced one single one remarried
- 6 Single (partner deceased)
- 7 Remarried (partner deceased)
- 8 Both parents deceased

Where did you live most of your life? Where do you currently live?

- 1 Farm
- 2 Rural but not farm
- 3 Town 2500 people or less
- 4 Town 2500 to 25,000
- 5 Suburb 25,000 to 100,000
- 6 Large city over 100,000

YOUR AGE

SEX

Male  Female

COUNSELOR COMPLETE

Couple Number (start with)

Write number and blacken circles

Group Number

COUNSELOR'S ZIP CODE

Write number and blacken circles

Today's Date

Month Day Year

Example: 01 January, 12 December, 82 1982, Blacken Circles



	<b>EXAMPLE</b>	<b>INSTRUCTIONS FOR ENRICH</b> 1. Use only No. 2 pencil. 2. Clearly darken each answer (see example). 3. Be careful not to make stray marks on answer sheet. 4. Do not wrinkle or staple this sheet. 5. Erase all corrections thoroughly. 6. Make sure your answers correspond to the number in the booklet. 7. Read each item carefully, marking your answer according to the response choices listed below. 8. Check to see that you have an answer to each question.
	WRONG	
	WRONG	
	RIGHT	

- |                       |                        |                        |                        |                        |                         |
|-----------------------|------------------------|------------------------|------------------------|------------------------|-------------------------|
| 1 (1) (2) (3) (4) (5) | 21 (1) (2) (3) (4) (5) | 41 (1) (2) (3) (4) (5) | 61 (1) (2) (3) (4) (5) | 81 (1) (2) (3) (4) (5) | 101 (1) (2) (3) (4) (5) |
| 2 (1) (2) (3) (4) (5) | 22 (1) (2) (3) (4) (5) | 42 (1) (2) (3) (4) (5) | 62 (1) (2) (3) (4) (5) | 82 (1) (2) (3) (4) (5) | 102 (1) (2) (3) (4) (5) |
| 3 (1) (2) (3) (4) (5) | 23 (1) (2) (3) (4) (5) | 43 (1) (2) (3) (4) (5) | 63 (1) (2) (3) (4) (5) | 83 (1) (2) (3) (4) (5) | 103 (1) (2) (3) (4) (5) |
| 4 (1) (2) (3) (4) (5) | 24 (1) (2) (3) (4) (5) | 44 (1) (2) (3) (4) (5) | 64 (1) (2) (3) (4) (5) | 84 (1) (2) (3) (4) (5) | 104 (1) (2) (3) (4) (5) |
| 5 (1) (2) (3) (4) (5) | 25 (1) (2) (3) (4) (5) | 45 (1) (2) (3) (4) (5) | 65 (1) (2) (3) (4) (5) | 85 (1) (2) (3) (4) (5) | 105 (1) (2) (3) (4) (5) |

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- |                        |                        |                        |                        |                        |                         |
|------------------------|------------------------|------------------------|------------------------|------------------------|-------------------------|
| 6 (1) (2) (3) (4) (5)  | 26 (1) (2) (3) (4) (5) | 46 (1) (2) (3) (4) (5) | 66 (1) (2) (3) (4) (5) | 86 (1) (2) (3) (4) (5) | 106 (1) (2) (3) (4) (5) |
| 7 (1) (2) (3) (4) (5)  | 27 (1) (2) (3) (4) (5) | 47 (1) (2) (3) (4) (5) | 67 (1) (2) (3) (4) (5) | 87 (1) (2) (3) (4) (5) | 107 (1) (2) (3) (4) (5) |
| 8 (1) (2) (3) (4) (5)  | 28 (1) (2) (3) (4) (5) | 48 (1) (2) (3) (4) (5) | 68 (1) (2) (3) (4) (5) | 88 (1) (2) (3) (4) (5) | 108 (1) (2) (3) (4) (5) |
| 9 (1) (2) (3) (4) (5)  | 29 (1) (2) (3) (4) (5) | 49 (1) (2) (3) (4) (5) | 69 (1) (2) (3) (4) (5) | 89 (1) (2) (3) (4) (5) | 109 (1) (2) (3) (4) (5) |
| 10 (1) (2) (3) (4) (5) | 30 (1) (2) (3) (4) (5) | 50 (1) (2) (3) (4) (5) | 70 (1) (2) (3) (4) (5) | 90 (1) (2) (3) (4) (5) | 110 (1) (2) (3) (4) (5) |
| 11 (1) (2) (3) (4) (5) | 31 (1) (2) (3) (4) (5) | 51 (1) (2) (3) (4) (5) | 71 (1) (2) (3) (4) (5) | 91 (1) (2) (3) (4) (5) | 111 (1) (2) (3) (4) (5) |
| 12 (1) (2) (3) (4) (5) | 32 (1) (2) (3) (4) (5) | 52 (1) (2) (3) (4) (5) | 72 (1) (2) (3) (4) (5) | 92 (1) (2) (3) (4) (5) | 112 (1) (2) (3) (4) (5) |
| 13 (1) (2) (3) (4) (5) | 33 (1) (2) (3) (4) (5) | 53 (1) (2) (3) (4) (5) | 73 (1) (2) (3) (4) (5) | 93 (1) (2) (3) (4) (5) | 113 (1) (2) (3) (4) (5) |
| 14 (1) (2) (3) (4) (5) | 34 (1) (2) (3) (4) (5) | 54 (1) (2) (3) (4) (5) | 74 (1) (2) (3) (4) (5) | 94 (1) (2) (3) (4) (5) | 114 (1) (2) (3) (4) (5) |
| 15 (1) (2) (3) (4) (5) | 35 (1) (2) (3) (4) (5) | 55 (1) (2) (3) (4) (5) | 75 (1) (2) (3) (4) (5) | 95 (1) (2) (3) (4) (5) | 115 (1) (2) (3) (4) (5) |

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- |                        |                        |                        |                        |                         |                         |
|------------------------|------------------------|------------------------|------------------------|-------------------------|-------------------------|
| 16 (1) (2) (3) (4) (5) | 36 (1) (2) (3) (4) (5) | 56 (1) (2) (3) (4) (5) | 76 (1) (2) (3) (4) (5) | 96 (1) (2) (3) (4) (5)  | 116 (1) (2) (3) (4) (5) |
| 17 (1) (2) (3) (4) (5) | 37 (1) (2) (3) (4) (5) | 57 (1) (2) (3) (4) (5) | 77 (1) (2) (3) (4) (5) | 97 (1) (2) (3) (4) (5)  | 117 (1) (2) (3) (4) (5) |
| 18 (1) (2) (3) (4) (5) | 38 (1) (2) (3) (4) (5) | 58 (1) (2) (3) (4) (5) | 78 (1) (2) (3) (4) (5) | 98 (1) (2) (3) (4) (5)  | 118 (1) (2) (3) (4) (5) |
| 19 (1) (2) (3) (4) (5) | 39 (1) (2) (3) (4) (5) | 59 (1) (2) (3) (4) (5) | 79 (1) (2) (3) (4) (5) | 99 (1) (2) (3) (4) (5)  | 119 (1) (2) (3) (4) (5) |
| 20 (1) (2) (3) (4) (5) | 40 (1) (2) (3) (4) (5) | 60 (1) (2) (3) (4) (5) | 80 (1) (2) (3) (4) (5) | 100 (1) (2) (3) (4) (5) | 120 (1) (2) (3) (4) (5) |

<b>RESPONSE CHOICES</b>				
1 - STRONGLY AGREE	2 - MODERATELY AGREE	3 - NEITHER AGREE NOR DISAGREE	4 - MODERATELY DISAGREE	5 - STRONGLY DISAGREE
CHECK ALL ERASURES. THANKS				

- |                         |
|-------------------------|
| 121 (1) (2) (3) (4) (5) |
| 122 (1) (2) (3) (4) (5) |
| 123 (1) (2) (3) (4) (5) |
| 124 (1) (2) (3) (4) (5) |
| 125 (1) (2) (3) (4) (5) |

APPENDIX D

LISTING OF ITEMS BY CATEGORY OF THE PREMARITAL  
PERSONAL AND RELATIONSHIP EVALUATION

## PREPARE

## Communications\*

- (+) 2. It is very easy for me to express all my true feelings to my partner.
- (-) 6. When we are having a problem, my partner often gives me the silent treatment.
- (-) 40. My partner sometimes makes comments which put me down.
- (-) 66. It seems like when there is a problem in our relationship, I am always the one who wants to discuss it.
- (-) 81. I should know what my partner is feeling without being told.
- (+) 91. I am very satisfied with how my partner and I talk with each other.
- (-) 98. I do not always share negative feelings with my partner because I am afraid she/he will get angry.
- (+) 109. My partner is always a good listener.
- (-) 118. I am sometimes afraid to ask my partner for what I want.
- (-) 120. Sometimes I have trouble believing everything my partner tells me.

## Equalitarian Roles

- (-) 12. I believe the woman's place is basically in the home.
- (+) 23. If both of us are working, we should equally share the household responsibilities.
- (-) 29. It is more important that the husband be satisfied with his job because his income is more important to the family.
- (-) 43. In our marriage, the wife should be more willing and able to adjust than the husband.
- (-) 55. Even if the wife works outside the home, she should still be responsible for running the household.
- (-) 61. In our marriage, the husband will be the head of our family.
- (-) 65. The husband's occupation should be first priority in determining where we live.
- (-) 80. In our marriage, the wife will have almost all of the responsibilities for childrearing.
- (-) 97. In our marriage, the husband should have the final word in most of the important decisions in the family.
- (+) 116. If she wants to, the wife will be encouraged to work outside the home.

\*The positive (+) and negative (-) signs indicate the direction used in scoring the items within each category. Persons agreeing with positive items (+) or disagreeing with negative items (-) will get a high score on that category.

### Religious Orientation

- (-) 3. It is hard for me to have complete faith in some of the accepted practices of our religion.
- (+) 11. Religion should have the same meaning for both of us.
- (+) 22. Continuing to search out and share religious beliefs is necessary for me to have a growing relationship.
- (-) 46. It is not important to include a religious aspect in the commitment I make to my partner.
- (-) 56. My partner and I disagree about how to put our religious beliefs into practice.
- (+) 75. It is important for me to explore the spiritual aspects of our relationship through praying together.
- (+) 76. I believe that our marriage includes active involvement in our religion.
- (+) 89. In loving my partner, I feel that I am beginning to better understand the concept that God is love.
- (-) 100. My partner and I disagree about some of the teachings of our religion.
- (+) 101. My partner and I are united by our religious faith.

### Children and Marriage

- (+) 5. I am satisfied with how we have defined the responsibilities of a father in raising children.
- (+) 35. I think having children will dramatically change the way we live.
- (+) 50. We agree on the number of children we would like to have.
- (+) 59. After we have children, we will have less time for each other.
- (+) 67. I have shared all my feelings about having children with my partner.
- (-) 94. I feel pressured by my partner, parents, and/or friends to have children.
- (+) 102. We agree on the values and goals that we want for our children.
- (-) 117. My partner's ideas about discipline of our children might be different than mine.
- (-) 122. My partner and I disagree on the religious education for our children.
- (+) 123. I am satisfied with how we have defined the responsibilities of a mother in raising children.

## Realistic Expectations

- (-) 14. I believe there is only one person in this world to whom I could be happily married.
- (-) 19. I think we will never have problems in our marriage.
- (-) 32. Most problems experienced between my partner and I will be resolved simply by the passage of time.
- (-) 36. Increasing the amount of time together will automatically improve our relationship.
- (-) 52. I expect my partner to meet almost all of my needs for security, support and closeness.
- (-) 53. There is nothing that could happen that would cause me to question my love for my partner.
- (-) 82. After marriage, it will be easier to change those things about my partner I don't like.
- (-) 88. I believe that I have already learned everything there is to know about my partner.
- (+) 99. I expect that some romantic love will fade in my marriage.
- (-) 113. I believe that most difficulties experienced before marriage will fade once we are married.

VITA 2

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