

EARLY-MARRIAGE ADJUSTMENT: EFFECTS OF
LIFE EVENT STRESS AND
FAMILY OF ORIGIN

By

DOLORES MARIE VILICANA POOLE

Bachelor of Science in Nursing
University of Tulsa
Tulsa, Oklahoma
1969

Master of Science in Nursing
Texas Woman's University
Denton, Texas
1974

Submitted to the Faculty of the Graduate College
of the Oklahoma State University
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Thesis Approved:

David Laurier
Thesis Adviser

Frances Stromberg

John Russo

Richard H. Dodder

Norman D. Durbin
Dean of the Graduate College

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CHAPTER I

INTRODUCTION

In a recent decade review of critical issues in family studies, Berardo (1980) proposes a number of topics related to marriage and family that demand further study. The most obvious need is in the identification of stress and coping mechanisms for families, and, following this, an understanding of the development of support systems for married couples. There is also a need to know how married couples manage to survive or sometimes even thrive on various crises that occur. Another important issue appears to be understanding more about the intrasocial kinship networks of married families.

In the 1970's, societal trends tended to place a much stronger emphasis on the individual. Today, however, a shift emphasizing the relationship each spouse has to other family members and to the structure of society is more evident. Wertheim (1975) gives a theoretically derived typology of family systems. She views the family as an open system in a network of other systems, including its subsystems (individual members) and suprasystems (community and culture). Recent conferences focusing on the family were unable to form a consensus as to what is necessary to develop a family life that enhances personal responsibility and supports societal expectations.

The decade of 1951-1961 is usually considered to be the period in which the discipline of family therapy began to develop (Bowen, 1978).

During this period, the emphasis on family-oriented rather than individually-oriented observation began in various parts of the country. Thaxton and L'Abate (1982) state that there is general agreement among family professionals as to the names of the foremost pioneers. Virginia Satir, Nathan Ackerman, Don Jackson, Jay Haley, and Murray Bowen are the primary theorists. Ivan Boszormeny-Nagy, James Framo, Gerald Zuk, and Salvador Minuchin are also frequently mentioned.

As of 1983, the nuclear family unit remains an intimate and private group. It does not carry on its most important business in public settings. Neither does the family usually welcome observers into the home. When it does, the behavior of members may change in the presence of a stranger. The shortage of energy, economic problems, and other crises that are now making family life difficult are probably going to intensify.

The trend to rely on the family for recreation, social life, and for emotional support that enhance the quality of life will likely continue. The nuclear and extended family may take on an added importance as economic changes escalate (Wiseman, 1981).

The main thrust of this research project is to enlarge the observational lens through which past researchers have viewed the marital dyad. This will be accomplished by assessing the marital dyad in relationship to personal responses as well as to the generational histories of each spouse's parental family. This broader context may provide insight that enhances interpretation of factors influencing early-marriage adjustment.

Statement of the Problem

Marriage is one of the crucial life events in which the decision to marry and the inevitable outcome of that union affects the couple, other family members, and society. Doyle (1980) suggests that 10% of all married couples are happily married, while another 20% are happy some of the time. The remaining couples report being bored, staying in the marriage for the sake of children, threatening a divorce, getting a divorce, or deserting. The factors which influence movement to happy or unhappy marital states are of primary importance to researchers, married couples, and society in general.

Since Hamilton's (1929) study, researchers have identified and reidentified generally the same topics in relation to marriage adjustment. Social scientists are noted for their inability to achieve consensus on definition, operationalization, and use of concepts relating to marriage adjustment. However, lack of consensus often stimulates dialogue that can lead to development of improved research and theory.

In the decade from 1951 to 1961, pioneering professionals in the field of family therapy observed the need to view a person within a more complete context, which may include the marriage, each partner's family background, and other societal systems or institutions. The Locke-Wallace (1959) Short Marital Adjustment and Prediction Test from that decade continues to be one of the most widely used instruments in the field. In the 1970 to 1980 decade, Spanier (1976) and Olson, Fournier, and Druckman (1979) synthesized the topics identified by previous researchers on marriage adjustment and produced two

instruments: one relating to the marriage adjustment of the individual; the other to marriage adjustment of the individual and also the couple. Spanier (1976), in his recommendations for future research, states the need for further research on conventionality, social desirability, family unit of analysis, and husband-wife or partner differences in perceptions as they relate to early-marriage adjustment.

Holman and Burr (1980) discuss the growth of family theories in the 1970's. Their analysis of the literature of the 1970's suggests three theoretical orientations having the most impact. They are: (1) interactionist theory, (2) exchange theory, and (3) systems theory. Reviews indicate that the interactionist approach has been most researched, and exchange theory has also received attention. More work is needed using concepts and ideas related to systems based theories. This study has a theoretical emphasis based on a family systems theory that was originated by Bowen (1978).

McCubbin, Joy, Cauble, Comeau, Patterson, and Needle (1980) report that family stress research has followed a course relating social-life events with their associated hardships. McCubbin and Olson (1980) have researched the notion of clustering normative and non-normative life events and have identified a possible explanation for why some families may be more vulnerable to a stressor event or appear to lack regenerative power to recover from a crisis. This study is also interested in life stress and coping mechanisms for the transition time during early-marriage adjustment.

Another aspect of the research problem is an over-focus on one person's point of view about marriage. More research is needed using both partners to identify factors which affect problems in

early-marriage adjustment. Past research, while limited, provides a solid foundation from which new methodologies assessing early-marriage adjustment can be attempted. Research designs can include multiple methods of data collection and can be theoretically varied to give research findings other contexts for interpretation.

The early-marriage period is one of rapid developmental transition and is considered to be a time of stress. The identification of specific stressors related to this normative societal event for males and females is an important research need. In this study, male and female reports of stressful life events will be related to early-marriage adjustment.

In summary, historically validated research has identified the most salient factors pertaining to early-marriage adjustment; however, there is little evidence to indicate that the factors of stress and family systems theory have been covered sufficiently. The interrelatedness of these topics as they relate to early-marriage adjustment remains open for investigation and will be addressed in this research study.

Purpose of the Study

The primary goal of this project is to evaluate early-marriage adjustment in a broader perspective. This consists of evaluating those factors deemed important by previous researchers on marriage adjustment in relationship to: (1) life events that carry potential for stress, and, (2) the Bowen Theory of Family Systems. Such an assessment should build on the strengths of previous attempts to

evaluate early-marriage adjustment and to take into consideration the research problems discussed in this chapter.

As couples live out the daily interaction of married life and formulate patterns or styles of interaction, they can report from personal experience the topics that relate to their early-marriage adjustment. One purpose of this study is to investigate relationship dynamics of couples married six months to two years in an attempt to understand the most salient factors associated with early-marriage adjustment.

The beginning experiences of married life include a number of natural, familial, cultural, and sociological events. Some of the events, sometimes referred to as nodal events, carry the potential to greatly effect couples, their families, and their social systems. Another purpose of this study is to investigate the relationship between early-marriage adjustment and stress from life events that require some adaptation response on the part of married persons.

A final goal is to assess the married person as a part of his or her own family system in relationship to marriage adjustment. The purpose of linking concepts from the Bowen Theory of Family Systems in relationship with early-marriage adjustment is to bridge conceptually research, theory, and clinical practice. This final area will require: (1) development of a structured interview based on concepts from the Bowen Theory of Family Systems; and, (2) development of assessment procedures to evaluate the concepts: Differentiation of Self-Anxiety, Multigenerational Transmission Process, and Sibling Position.

Questions to be Answered

In review of the measures appropriate for the assessment of early-marriage adjustment, these specific questions were identified:

1. Are selected dimensions of marriage adjustment measured by one instrument associated with marriage adjustment as it is measured by a second instrument for couples during the early-marriage time period?
2. What specific marital topics are most frequently reported as potential conflict areas in the early stage of marriage?
3. Is there a relationship between a person's or couple's marriage adjustment relative to other life events experienced during early-marriage?
4. Which specific life events are most relevant or problematic for early-married couples?
5. Do males and females differ in their self-reports about the stressfulness of life events during early-marriage?
6. Is there a relationship between early-marriage adjustment and concepts from the Bowen Theory of Family Systems?
7. Is there a relationship between generational assessment of Bowen's Concept of Differentiation and current marriage adjustment?
8. Is a person's level of anxiety related to reports of early-marriage adjustment?
9. How many research couples will have complementary and non-complementary marital patterns in regard to sibling birth position?
10. Do complementary and non-complementary sibling roles have a relationship to early-marriage adjustment?

11. What percentage of the three generations surveyed in this study report a cancer diagnosis?

Assumptions

Early-Marriage Adjustment

From the previously mentioned research questions, specific assumptions were developed. The following assumptions relate to early-marriage adjustment:

1. Marriage adjustment is a life process which begins with the marriage ceremony and continues for the duration of that marriage.
2. Legal marriage changes the way that persons interact with each other.
3. Certain life events occurring within the early-marriage period have an affect on marriage adjustment.
4. A six month to two year history of marriage is an adequate time criteria to evaluate early-marriage adjustment.
5. Findings can be used by professionals to better understand the problems of couples in early-marriage.

Theoretical and Conceptual Assumptions of the Bowen Theory of Family Systems

From the Bowen Theory of Family Systems, three concepts are applied to the early-marriage adjustment process. These include: (1) Differentiation of Self (relative to one of its main variables-- anxiety); (2) the Multigenerational Transmission Process; and (3) Sibling Position. Conceptually, these topics are linked to the

following assumptions:

1. The Bowen Theory of Family Systems is a specific theory about family emotional functioning. It is not to be confused with general systems theory, which has a much broader frame of reference and no specific application to emotional functioning (Bowen, 1976).

2. People, in various degrees, are able to distinguish between the emotional process and the thinking process.

3. Anxiety can spread rapidly from an individual, to a couple, through a family, or even through society.

4. Early-marriage adjustment is a process that is influenced by the relationship histories of previous generations from both partners' family of origin.

5. The concept of the multigenerational transmission process will reflect the assumption that the nuclear family's emotional system has certain basic patterns between the father, mother, and children that are replicas of past generational patterns and will be repeated in generations to follow.

6. A person's family represents the most influential context of one's life in that family exerts its influence more regularly, more exclusively, and earlier in a person's life than do most other life contexts (Toman, 1976).

7. The lifestyle, thinking, and emotional patterns of people at one level of differentiation are so different from people at other levels that a person tends to choose a spouse with an equal level of differentiation.

The Bowen Theory of Family Systems

Bowen's (1978) own theoretical thinking began a decade before starting family research. He studied several issues concerning generally accepted explanations about emotional illness. He began family research at the National Institute of Mental Health in 1954. Observing entire families living together on a research ward provided a completely new order to clinical data not usually recorded in the literature. Bowen uncovered a wealth of new theoretical insights which have important implications. Bowen knew from observing families that this alternative view of emotional process contained all the necessary elements for a new theory of human behavior. Bowen chose to use only concepts that would be consistent with a recognized science. He chose biological concepts to describe human behavior.

The core of the Bowen Theory of Family Systems has to do with the degree to which people are able to distinguish between the emotional process and the intellectual process. The main components of this Family Systems Theory evolved over a period of six years, from 1957 to 1963 (Bowen, 1978).

Bowen's Theory involves two main variables: (1) the degree of anxiety, and, (2) the level of Differentiation of Self. Several variables relate to anxiety or emotional tension. Among these are intensity, duration, and different sources and types of anxiety. Many other variables have to do with the level of integration of one's Differentiation of Self.

The Bowen Theory of Family Systems is made up of a number of interlocking concepts. Since a theory of behavior is an abstracted

version of what has been observed, a useful theory should be able to generate ideas that predict what will be observed in other similar situations. It should also be able to account for potential discrepancies between hypotheses and research findings. Each concept describes a separate facet of the total system. These concepts describe some overall characteristics of human relationships, the functioning within the nuclear family system (parents and children), the way emotional problems are transmitted to the next generation, and the transmission patterns over multiple generations.

Bowen (1973, 1974) states that his theory postulates two opposing basic life forces. One is a built-in life growth force toward individuality and the differentiation of a separate "self," and the other force is an equally intense desire for strong emotional attachments to other persons.

The Bowen Theory of Family Systems has nine theoretical concepts. They are: (1) Differentiation of Self; (2) Triangles; (3) Nuclear Family Emotional Process; (4) Family Projection Process; (5) Multigenerational Transmission Process; (6) Sibling Position; (7) Emotional Cutoff; (8) Societal Emotional Process; and (9) Spiritual and Supernatural Phenomenon. This research project addresses only concepts (1), (5), and (6). These concepts will be defined within the context of early-marriage adjustment.

General Hypotheses

1. Men and women will have different patterns of response to concepts and topics relevant to early-marriage adjustment.

2. Couples with both partners reporting high marital adjustment will have more consensus than couples with at least one partner reporting high marital adjustment.

3. Identification of life stress events will relate to early-marriage adjustment.

4. Topics within the PREPARE Inventory will relate to another measure of marriage adjustment.

5. Persons from families with lower levels of differentiation identified in the multigenerational transmission process will have less harmony in their marital and family relationships.

6. There is a relationship between one's sibling position in their family of origin and early-marriage adjustment.

7. An individual's level of anxiety will relate to marital adjustment and to stress associated with life events.

Definition of Concepts and Terms

Three conceptual areas are examined through data reported by couples in early-marriage who are assumed to have experienced a cluster of life events that require an adjustment or change in their ongoing lifestyle. These life processes are hypothesized to affect marital partners, the couples' relationship, and both partners' extended family networks.

The following outline presents the three primary conceptual areas and the associated subcategories to be examined in this project. Each concept will be more fully defined in Chapter III.

I. Early-Marriage Adjustment

A. Categories of the PREPARE Inventory

- B. Categories of the Spanier Dyadic Adjustment Scale (DAS)
- II. Life Stress
 - A. Holmes and Rahe (1967) Social Readjustment Rating Scale
 - B. Early-Marriage Stress Scale
- III. Bowen's Theory of Family Systems
 - A. Differentiation of Self-Anxiety
 - B. Multigenerational Transmission Process
 - C. Sibling Position

For this study, the following concepts and terms are defined:

Early-Marriage Adjustment. This concept refers to the time frame of a legally sanctioned marriage relationship that has existed no less than six months and no more than two years. Marriage adjustment is a multifaceted concept that involves both an attitudinal process and interaction styles of partners within their marital relationship. This includes aspects of biological, psychological, and sociological well-being.

PREPARE. This term is an acronym for the Premarital Personal and Relationship Evaluation. PREPARE is an assessment tool designed to aid persons who prepare couples for marriage. The PREPARE inventory has 12 categories that relate to: Idealistic Distortion, Realistic Expectation, Personality Issues, Communication, Conflict Resolution, Financial Management, Leisure Activities, Sexual Relationship, Children and Marriage, Family and Friends, Equalitarian Roles, and Religious Orientation. While each category is intended to assess a component of marital satisfaction, four categories are interpreted somewhat differently. These include: Idealistic Distortion, Realistic Expectations, Equalitarian Roles, and Religious Orientation.

These scales do not directly measure marital adjustment; instead, they assess a person's level of idealism, realistic attitudes, equalitarian views of marital roles, or religiosity. For these reasons, consensus between partners may be more important than high or low scores (Fournier, Olson, and Druckman, 1979/1982).

Idealistic Distortion. This concept is designed to account for the tendency of persons to answer personal questions in a socially desirable direction. Since premarital couples tend to be highly idealistic, this category is intended to assess the degree to which persons attempt to present themselves in a highly favorable and often exaggerated way (Fournier, 1979).

Realistic Expectations. This concept reflects the rational quality of a person's expectations about marriage, love, commitment, and relationship conflicts. This category ascertains the degree to which expectations about marriage relationships are realistic and grounded in objective reflection (Fournier, 1979).

Personality Issues. This concept is based on a person's perception of the personality characteristics of his or her partner and the level of satisfaction or dissatisfaction with that perception.

Communication. This concept is concerned with a person's feelings, beliefs, and attitudes toward the role of communication in the maintenance of marital relationships. The category focuses on the ability of respondents to express important emotions and beliefs, the ability to listen to one's partner, the ability to respond appropriately in certain situations, and on the style or pattern of communication that exists between partners (Fournier, 1979).

Conflict Resolution. A person's attitudes, feelings, and beliefs toward the existence and resolution of conflict in relationships are basic to this concept. The category identifies strategies used to end arguments, satisfaction with the way problems are resolved, and the openness of relationship partners to recognize and resolve issues (Fournier, 1979).

Financial Management. Attitudes and concerns about the way economic matters are to be managed in the family is the primary focus of this concept. The category identifies the tendencies of persons to be spenders or savers, the care in which financial decisions on major purchases are made, and decisions regarding the person or persons who will be in charge of specific financial matters (Fournier, 1979).

Leisure Activities. This concept reflects each person's preferences for spending free time. The category reflects social versus personal activities, active versus passive interests, shared versus individual preferences, and expectations as to whether leisure time should be spent together or balanced between separate and joint activities (Fournier, 1979).

Sexual Relationship. Individual feelings and concerns about the affectional and sexual relationship is assessed by this concept. The category reflects satisfaction with expressions of affection, level of comfort in discussion of sexual issues, attitudes toward sexual behavior and intercourse, and family planning decisions (Fournier, 1979).

Children and Marriage. This concept investigates individual attitudes and feelings about having and rearing children. The category reflects a couple's awareness of the impact of children on the marriage relationship; satisfaction with roles of father and mother in

child-rearing; compatibility in philosophy toward discipline of children; and shared values, goals, and motivations for deciding to have children (Fournier, 1979).

Family and Friends. Feelings and concerns about relationships with relatives, in-laws, and friends are assessed by this concept. The category reflects attitudes of friends and relatives toward the marriage, perceived differences in the backgrounds of the families, comfort in the presence of each other's family and friends, and perceptions of the situation as either potentially conflicting or satisfactory (Fournier, 1979).

Equalitarian Roles. A person's beliefs and feelings about various marital and family roles are included in this concept. The category deals with occupational roles, household roles, sex roles, and parental roles. Dimensions include an equalitarian orientation which highlights sharing responsibilities and a traditional orientation which tends to be more structured and complementary (Fournier, 1979).

Religious Orientation. This concept assesses a person's attitudes, feelings, and concerns about the meaning of religious beliefs and practices within the context of marriage. The category focuses on the meaning and importance of religion, involvement in church activities, and the expected role that religious beliefs will have in the marriage (Fournier, 1979).

D.A.S. DAS (Dyadic Adjustment Scale) is an acronym for the instrument used to assess the quality of marriage and other similar dyads (Spanier, 1976).

Dyadic Consensus. This concept assesses couple agreement and/or disagreement on a number of important marital topics. These include: family finance, religion, friends, conventionality, life philosophy, in-laws, goals, time together, major decisions, household tasks, leisure, and career decisions.

Dyadic Satisfaction. This concept assessed individual reports regarding the following behaviors: discussion of divorce, action after a fight, marriage evaluation, confiding in mate, regretting the marriage, quarrels, nervous reaction, demonstrating affection, happiness in relationship, and feelings about the future.

Dyadic Cohesion. This concept assesses the frequency of occurrence to the following activities: outside interests, idea exchange, laugh together, discuss together, and work together.

Affectional Expression. This concept assesses a person's responses on topics related to the themes of affection, sex, and love.

Life Stress. Life stress refers to a personal response to a life event whose occurrence is either indicative of or requires a significant change in the ongoing life pattern of the person. The emphasis is on change from the existing steady state of a person. In biology, stress is the nonspecific response of the body to any demand made upon it.

Social Readjustment. This concept is defined by Holmes and Rahe (1967) as the intensity and length of time necessary to accommodate to a life event, regardless of the desirability of this event.

Life Crisis. This term is defined as any clustering of life-changing events whose individual values summed to 150 or more life-change units (LCU) in one year. It is predicted that high levels of

LCUs will result in physiological and emotional adjustment (Masuda, 1970).

Nodal Event. This term characterizes any important family event such as birth, death, bar mitzvah, communion, confirmation, Christmas, marriage, or wedding anniversary. Nodal events carry symbolic meaning that may have significant influence on family relationships.

Bowen Theory of Family Systems. This theory has to do with the degree to which people are able to distinguish between the emotional or feeling process and the intellectual or thinking process. Bowen uses biological concepts to describe human behavior.

Family Systems. This term means one's kinship network by legal or sanguineous bond through as many generations as are factually known.

Nuclear Family. A nuclear family includes two generations-- parent or parents, and child and/or children.

Anxiety. Anxiety is the response of the organism to real or imagined stress, not the stress itself. This is an important variable of Differentiation of Self.

Level of Differentiation. This term describes varying levels of human adaptability under conditions of anxiety.

Differentiation of Self. This concept describes differences in people according to their ability to manage the opposing forces of individualization or independence and our need to belong or be associated with other persons. It is hypothesized that people who display a higher level of this concept are more adaptive to stress; less vulnerable to symptom development; and have a smoother, more orderly life course than people who display lower levels.

Marital Fusion. In the emotional closeness of marriage, two partial "selves" fuse into a common "self"; the degree of fusion depends on the basic level of differentiation before the marriage.

Multigenerational Transmission Process. This concept describes the fluctuation of emotional process across generations. It enlarges the perception of the nuclear family as an emotional unit to the perception of the multigenerational family as an emotional unit. Widening the families' observational field permits biopsychosocial dysfunction of a current generation to be seen as a life illustration of an emotional process that has been in the family for generations (Kerr, 1981).

Maternal and/or Paternal Multigenerational Transmission Process of the Respondent. This concept is defined as factual reports of traumatic adaptation strategies to life's processes from previous generations of the mother or father of the respondent.

Sibling Position. This concept's thesis is that important personal characteristics are associated with one's birth-order position in their childhood family. Toman (1976) lists the following positions: the oldest brother of brothers, the youngest brother of brothers, the oldest brother of sisters, the youngest brother of sisters, the male only child, the oldest sister of sisters, the youngest sister of sisters, the oldest sister of brothers, the youngest sister of brothers, the female only child, and twins.

Duplication Theorem or Complementary Nature of Certain Sibling Positions. Other things being equal, new social relationships are more enduring and successful the more they resemble the earlier and

earliest (intrafamilial) social relationships of the persons involved (Toman, 1976).

Rank Conflict. Rank conflict occurs when partners or spouses have had similar or identical age ranks in their respective original families. Neither partner is accustomed to the age rank of the other. In effect, they both claim the associated roles and norms appropriate for that rank or birth position (Toman, 1961).

Sex Conflict. Sex conflict occurs among lovers and spouses when a partner has had no siblings of the opposite sex in his original family. In love and marriage, that partner is expected to have trouble in daily living situations trying to get used to the behaviors associated with the opposite sex (Toman, 1961).

Partial Complementarity. This concept denotes a marital birth order pattern of a middle-born with any other birth order.

CHAPTER II

REVIEW OF THE LITERATURE

Plan of the Review Section

The development of a broader perspective on the topic of early-marriage adjustment guided the literature review in three major areas. These areas included early-marriage adjustment, stress, and the Bowen Theory of Family Systems, with emphasis on three interlocking concepts: Differentiation of Self (as it relates to the variable anxiety), Sibling Position, and the Multigenerational Transmission Process.

Early-Marriage Adjustment

The exchange of vows in the presence of a witness formally begins a couples' transition into marriage. This process announces to the social community their new role as a married couple.

Even though marriage continues to be very popular, the quality of the husband-wife relationship is frequently far less satisfying than either person expects or desires (Olson, 1972). People bring into matrimony many myths and unrealistic expectations that are not congruent with marriage.

In short, Olson (1972) supports Jackson's (1967) statement that the institution of marriage has failed to adapt itself sufficiently to

current requirements. The continuous battle between men and women and the family turmoil that proliferates today are proof of haphazard efforts of people to reconcile traditional role images with current realities. Men and women continue to seek the goal of marital adjustment.

Marriage remains a major life transition with rituals that facilitate the severance of old relationships and the beginning of new ones. Rapoport and Rapoport (1964) emphasize that marriage rituals are not affairs between individuals but include the larger corporate groups to which they belong. This social framework places a focus on occasions which link the evolution of personality systems to social processes. In Western society, the honeymoon is viewed as a phase of the critical role transition from the single state to the assumption of new familial responsibilities. In the social world, couples are viewed as distinct new social units that will enter and participate in society.

Burr (1976) designed a causal model of principles that can be used to ease the transition into marriage. The first principle relates to learning about the spouse role and states that the more that is learned about what marriage will be like before marriage, the easier the transition will be. The second principle suggests that the more definite the process of making a transition, the easier it tends to be. The third principle states that the greater the role transition and the greater the change in social norms, the more difficult the transition. The last principle asserts that the more people agree on their role as spouses, the easier the marriage transition.

Couples making the transition of early-marriage adjustment are initiated to a series of problems that require adaptation. Rapoport (1963), Rausch et al. (1963), Spanier (1976), and Fournier (1979) identified important issues pertinent to the early-marriage period. Within the research of each author, initial content areas were consistent and a few new areas were added in 1979 (Table I). There is one exception. Spanier does not specifically use terminology relative to children and marriage in the Dyadic Adjustment Scale. This scale is intended for use with married as well as other similar dyads that reflect the authors' research interest in nonmarital cohabitating couples and other emerging household arrangements. These varied emerging social forms of living suggest the need of generalizing current methods to assess and include nonmarital dyads. In terms of marriage adjustment and the literature, the relationship between dyadic adjustment and children is not an issue easily dismissed.

Craddock (1980) used a longitudinal design and tested couples 6 to 12 months before and after their marriages. That study supported the hypothesis that couples with an incongruent marital role expectation involving a dispute between traditionalist males and equalitarian females will encounter reduced levels of goal-value consensus after several months of marriage. The major problem that stems from marriages between traditionalist males and equalitarian females also relates negatively to communication. These couples will experience communication difficulties that relate to their ability to maintain premarital levels of goal-value consensus.

Doherty and Ryder (1979), in their study of recently married couples, examined interpersonal trust and locus of control to

TABLE I
CONTENT AREAS OF EARLY-MARRIAGE ADJUSTMENT

Rappoport (1963) Nine crucial tasks of courtship and early marriage	Rausch, Goodrich, Campbell (1963) Ten critical areas in the period of transition of early marriage	Spanier (1976) Dyadic Adjustment Scale, sub- scales of dyadic consensus, dyadic satisfaction, dyadic cohesion, affectional expres- sion	Fournier (1979) PREPARE INVENTORY, PREPARE/ENRICH category content areas
Satisfactory sexual relationship	Sexual relationship	Sexual relationship	Sexual relationship
Satisfactory relations with rela- tives	Relationship with partner's family	Ways of dealing with parents or in-laws	Family
Satisfactory relations with friends	Relationship with friends	Friends	Friends
Agreement about family planning	Plans for future parenthood	Career decisions	Children and marriage
Satisfactory work pattern	Education, occupation, career	Finances--major decisions	Financial management
Patterns of decision making	Handling of money	Discussions: calm, ideas, confi- dential, separation, divorce	Communication
Satisfactory system of communi- cation	Situations of physical intimacy (nudity, dressing, sleeping, waking)	Household tasks	Equalitarian roles
Establishing a couple identity	Establishing a household	Religious matters	Religious orientation
Planning wedding, etc.	Meal time and role expectations	Two additional content areas: Leisure Conventionality	Leisure activities
	Religious, political, social values		Idealistic distortion
			Three additional content areas: Realistic expectations Personality issues Conflict resolution

understand the marital relationship. They found husbands identified as "internals" behaved more assertively in marital conflict than "externals" did and that "external high trusters" were the least assertive. For the wives, data indicated that "internal locus trusters" were the most assertive in marital conflict.

Ryder, Kafka, and Olson (1971) described the transitional processes of separating and joining influences in early-marriage that are influenced more by social pressures from friends and relatives than by personal choice. The transition point of courtship is the wedding. The accompanying seriousness and impact of this event are usually minimized by family and friends. Immediately after the wedding transition there may be a brief time during which the newly married relationship is somewhat protected. This is followed by an open-ended stage of readjustment, a readjustment process that suggests that the beginnings of an early-married life may also be the beginnings of a separation process. The most extreme form of the separation process is a divorce. This readjustment process is followed by the stage of separative events from parents. This stage relates to personal independence. This is defined as a person who is not beholden to or controlled by others. In terms of a marriage, that person gets by without assistance or support. Often, separation from one's parents after marriage is greater in word than in factual independence. Relative to parental illness or death, it is not possible to generalize that having parents around disrupts a couple's relationship, or that removing parents is a joining influence to a marital couple.

Childbirth is the next major transitional process after getting married. A portion of the literature suggests the inclusion of an infant may be separative from a couples' viewpoint.

Goldberg (1981) states that in a surprising number of marital relationships, the sexual component suffers badly or even disappears after the birth of children. Waldron and Routh (1981) had 46 couples complete the Locke-Wallace Marital Adjustment Scale and the Bem Sex Role Inventory during the wives' last trimester of pregnancy and again six weeks after the birth. This study was a partial replication and extension of Ryder's (1973) study, who found wives who had children were more likely than childless couples to report insufficient attention from their husbands. Waldron and Routh discovered that the wives' ratings of their marital adjustment decreased significantly after the birth of their first child. This conclusion replicates Ryder's (1973) findings. They also found that wives' pretest marriage adjustment scores were significantly higher than their husbands'. This concurs with Spanier's (1973) study, which also found that wives' Locke-Wallace Marital Adjustment Scale scores were higher than the husbands'.

Levinger (1978), Havens (1973), and Houseknecht and Spanier (1976) identified three variables usually associated with higher marital disruption. They are: higher education, employment outside the home, and lack of identification with a religious denomination. Houseknecht (1979) included those same variables when investigating (N=50) precision-matched voluntarily childless women with (N=50) married mothers. Houseknecht's findings of identified childless women scored higher than mothers in overall marriage adjustment. However,

it was in terms of cohesiveness that the childless women differed the most. In relationship to cohesiveness, childless women by choice indicated that they engaged in outside interests with their spouses more frequently than did mothers. Childless women also reported a higher frequency in the exchange of stimulating ideas with their spouses. On a different component of marriage adjustment--marriage satisfaction--childless women differed from mothers significantly on two issues. Childless women expressed a stronger desire and determination to continue the marital relationship and they also reported a higher degree of happiness in their marital relationship than did mothers. Finally, a greater extent of agreement between husbands and childless women was found on matters of household tasks than between husbands and wives with children.

Ryder (1970) derived 21 patterns of marriage from interview data with 200 young couples (ages 18-27), recently married (six months to two years), middle-class, and Caucasian. The interviews were directed toward the contemporary marriage and focused on phenomenological details of concrete events rather than on undocumented generalities. A function of his research was to document the range of diversity to be found in a sample of couples. It should be noted that 31%, or 62 couples of the 200 in the sample, could not be classified into the 21 identified patterns. The 21 patterns were then organized into five conceptual dimensions: husband potency, or effectiveness; husband impulse control; wife's dependency; wife's attitude toward sex; and wife's orientation toward the marriage. Husbands seemed to appear more differentiated than the wives on impulse control and restraint, and on potency or effectiveness.

Summary

Early-marriage adjustment specifically related to the first two years of marriage does not have a large literature base. Olson (1972), Rapoport and Rapoport (1974), Burr (1976), Ryder et al. (1971), and Fournier (1979) emphasized the transitional process linked to marriage.

The articles of Craddock (1980), Doherty and Ryder (1979), and Ryder (1970) focused specifically on the early-marriage time period. Craddock's (1980) longitudinal study on the effect of incongruent marital roles found significantly reduced levels of goal value consensus on personality growth, children, home, and daily life activities during early-marriage adjustment. These couples whose marital role expectations were incongruent, by involving a contrast between traditionalist husbands and equalitarian wives, experienced reduced levels of goal value consensus. He also related this to problems with communication during early-marriage. The Ryder et al. (1971) article associates the separating and joining influences of early marriage with the family and friend social system. Concepts in the Craddock (1980) article relate directly to the two categories of Communication and Equalitarian Roles in PREPARE, an inventory used in the research. The family and friend systems concept of the Ryder et al. (1971) article related to a PREPARE category Family and Friends and the Bowen theory of family systems' concept Multigenerational Transmission Process.

Marriage Adjustment

Hicks and Platt (1970) and Spanier and Lewis (1980) each prepared a decade review of research on marital quality and related concepts such as adjustment, satisfaction, and happiness. Spanier et al. (1980) stated that definitional ambiguity persists on concepts such as adjustment, quality, satisfaction, and happiness. This confusion is compounded by the fact that conceptual definitions relate to measurements and to theory building. He indicated current research implies marriage analysis when it is the individuals who are studied. Hicks et al. (1970) also called for higher quality research on marriage.

From 1919 to 1976, the literature on the concepts of marriage and family research abounds in multiple definitions on the concept marital adjustment. Social scientists are blatant in their lack of consensus on definition, operationalization, and the use of marriage and family concepts. Spanier and Cole (1976) reviewed the period from 1929 to 1973, and gleaned the multiple definitions of marital adjustment and closely related concepts. This work assessed the need for the development of a new measure of marital adjustment. Spanier (1976) then proceeded to develop the Dyadic Adjustment Scale for married and other similar cohabiting dyads.

Among professionals there is concern about the research findings of marital adjustment. Some conclusions relate to a couple's marital adjustment when, in actuality, responses were either from the husband or the wife. Dean and Lucas (1978) analyzed individual scores and various types of group scores on the relationship between communication and marital adjustment. Self-reports from 44 married couples on

the Bienvenu Communication Scale (1975), the Locke-Wallace Marital Adjustment Scale (1959), and the Crowne-Marlow Social Desirability Scale (1964) were obtained. Along with the traditional use of individual scores, Dean and Lucas constructed three group scores. First, a minimum marital adjustment score was selected from whichever spouse had the lower score value. Next, a maximum score was selected from whichever spouse had a higher score. Third, a mean score was identified. The correlations between marital adjustment and communication are: .73 for individual, .73 for minimum, .71 for maximum, and .76 for mean. Controlling for social desirability reduced the correlations only slightly. Therefore, the issue of an individual's or a couple's score need not overly concern researchers, even though plausible theoretical questions arise.

Marital adjustment requires the spouses' social competence to bring themselves and their environment into a harmonious state. A marital relationship provides the setting in which a person accommodates the desires of his or her mate, while also achieving personal goals. Filsinger (1980) has attempted to provide a link between the concept of general competence and adjustment in long-term marital relationships. In his research, he found that husbands and wives who had possession of higher social self-esteem had higher dyadic marital adjustment. Data from this study indicated individuals who had social confidence had a tendency toward better adjusted marriages. Husbands demonstrated higher judgmental ability and this was related to dyadic cohesion or the time spent with the spouse. However, wives' judgmental ability was related to affectional expression. It appears that

perception of self as being socially competent facilitates marriage adjustment.

The Landis (1946) study researched the length of time required to achieve adjustment in marriage. Couples married from one to forty years replied to questionnaires with responses made independent of the other. These 818 people were asked how long it had taken them to work out an adjustment to each of the following categories: spending the family income, relationships with in-laws, sexual relations, religious life in the home, choosing and associating with mutual friends, and social activities and recreation.

Husbands and wives both agreed that it took longer to achieve a satisfactory adjustment in sexual relations than in any other area in which adjustment had to be made. Husbands more frequently than wives stated that they had a satisfactory sexual adjustment from the beginning. Husbands and wives also agreed that the second most difficult adjustment area was in spending the family income. Fifty-six percent of the couples agreed that they made the adjustment from the beginning. Couples identified in descending rank order the categories social activities, in-laws relationships, religious beliefs, and mutual friends as those requiring the shortest time for adjustment. In the analysis of the data, a breakdown by 10 year periods of marriage was made to identify whether duration of marriage had affected responses. All four groups ranked the areas in the same order.

Cole, Cole, and Dean (1980) replicated Dean's 1966 research investigating the relationship between both spousal and self-rated emotional maturity and the marital adjustment of both spouses. The two original hypotheses are:

1. Perception of other as emotionally mature is positively associated with the marital adjustment of both spouses.

2. Perception of self as emotionally mature is positively associated with the marital adjustment of both spouses.

The results of this decade replication substantiated Dean's earlier findings, indicating that a husband's perception of himself as emotionally mature is positively associated with both his own and his wife's marital adjustment, and that a wife's perception of herself as emotionally mature is positively associated with her own marital adjustment, but not her husband's.

Family textbooks for many years have identified positive emotional maturity with marriage adjustment. However, the definition or judgment of the concepts remains unclear. Dean (1966) concluded that the phenomenon of emotional maturity is a complex one, with 14 different components. He operationally defined emotional maturity as a high score on one or more of the 14 Likert-type subscales. A mature person would reflect an ability to tolerate the normal stresses of everyday living without undue tensions. His findings for a middle-class sample relate that both a high self score and a high spouse rated score on emotional maturity are related to good marital adjustment. It remains unknown how much emotional maturity is necessary for marriage adjustment.

Christensen and Wallace (1976) selected maritally adjusted couples, couples obtaining a divorce, and couples in counseling to predict the rewarding effects of behavior on their mate. The Locke-Wallace Adjustment Test and a developed Marital Interaction Questionnaire based on the work of Clements, Knox, and Turner were used. Findings

consistently illustrated maritally adjusted couples are more accurate in predicting the degree to which certain types of behaviors are rewarding to their spouses than couples in the process of counseling or divorce.

Family counselors report poor communication practices in families with marital relationship problems. Murphy and Mendelson (1973) tested a null hypothesis on those concepts using the Locke-Wallace Adjustment Scale and the Marital Communication Inventory. They found a positive correlation resulted between the scores on the two instruments. This added validity to the assumption that marital communication and adjustment are highly interrelated. That study agrees with Navran's (1967) research that also identified a positive relationship between communication and a good marital relationship. Navran used scores from two instruments: the Marital Relationship Inventory (MRI) and the Primary Communication Inventory. He concluded that adjustment to marriage requires constant attention and that a positive relationship exists between age, length of marriage, and correlations between age and MRI scores.

A unique article relates to play and the marital relationship. In explaining the many serious aspects of marriage adjustment, the focus on play could easily be passed by. The concept of intimate play in relation to marital adjustment has been given little attention. Betcher (1981) refers not to formal recreational play, but rather to more idiosyncratic forms of playfulness that evolves over time in an intimate dyad, such as private nicknames, shared jokes and fantasies, and mock fighting.

Singer (1973) illustrated the concept of make-believe play, and clearly showed that the manifestation of play in children is also associated with a protected intrapersonal setting. Intimate play may also be considered as adapted regression in the presence of a trusted other that parallels the nearest equal to a parent-child form. The realm of interpersonal play offers the potential for growth in some marriages and a rigid model of relating may indicate potential personal problems in others.

The common factor in intimate play is the relationship-stabilizing function that maintains a balance between intimacy and distance congruent with a person's defense styles. Ideally, the concepts of intimate play in relationship to early-marriage adjustment have the potential to defuse serious issues with a humorous playful perspective.

Symbolic-Interaction Theory views self-perception and role perception within given social situations as extremely important factors in the determination of interpersonal relations. Marriage may be seen as a process of reciprocal role perception, understanding, and performance by the marital pair. Taylor (1967), using symbolic interaction as a theoretical base, selected adjusted and unadjusted couples. They responded to the Wallace Marital Success Test and the Interpersonal Checklist. Couples were to check: (1) items which described themselves, (2) items which described their mates, (3) items predicting how their mate would describe them, and (4) items predicting how their mate would describe himself or herself. The hypothesis was supported that greater similarity between self-perception and the spouse's perception of that self would be related to marital adjustment.

Increasing a married couples' information data base about role perceptions, communication, and feelings about self-perceptions would clarify the perceptions of each spouse and would open communications.

In a cross-cultural marital adjustment study, Locke and Karlsson (1952) found similar courtship patterns in Sweden and the United States indicating that adjusted men and women had a longer period of acquaintance, more years of relationship prior to marriage, and longer engagements than reported by the unadjusted. Sociability was measured by the number of friends before marriage, after marriage, and in common during marriage. This indicated the adjusted were more sociable than the maritally unadjusted. The only difference was for women who had almost no male friends before marriage. They were more frequently found in the unadjusted group. It was also found that equality or the absence of one dominant spouse was associated with marital adjustment in Sweden and the United States.

Another issue affecting marital adjustment is a wife's employment status. Staines, Pleck, Shepard, and O'Connor (1978) looked at eight dependent measures of marriage adjustment to identify how satisfied individuals were with their marriage. Specific topics of marital adjustment examined were financial disagreements, understood by spouse, understand spouse, companionship, and happiness. "Dual wives" was defined as wives currently married and employed whose husbands are currently employed. It was found that dual wives score lower on marital adjustment than housewives on two of four global measures: (1) wishing one had married someone else and (2) having thoughts about getting a divorce. The negative effects of wives' employment on wives'

reports of marital adjustment are limited to mothers of preschool children and to wives with less than a high school diploma.

Fineberg and Lowman (1975) focused on the two dimensions of affection and status using a behavioral interaction coding system, the Inventory of Family Feelings, and the self-response Locke-Wallace Short Marital Adjustment Test. Their sample of 10 couples was in the beginning stages of family therapy, and 10 student couples were randomly selected from the telephone directory. Both of these groups were clearly different in how they evaluated their marriages. Couples beginning marital therapy had lower scores on marital adjustment than couples randomly selected. The randomly selected couples that were high on marital adjustment also had higher scores on affection than the groups of couples beginning marital therapy.

Athanasuiou and Sarkin (1974) reviewed retrospective data from a large survey (N=20,000) of sexual attitudes and behaviors for correlations between various premarital sexual experiences and post-marital sexual behavior. The implications of pluralism of premarital sexual ethics for postmarital sexual adjustment were addressed. Generally, those persons who report extensive premarital sexual experiences report extensive extramarital activity. Measures of the locus of first intercourse and number of premarital partners show positive associations with: (1) rating one's marriage as less happy than average, (2) the number of different extramarital partners, and (3) intention to participate in mate-swapping activities.

When the authors removed extraneous variables such as sexual liberalism, sexual romanticism, and attitudes toward separating love and sex, the independent-dependent variable relationships are

essentially unaffected. Behavioral norms and sexual value systems may be changing. These data may not be an indication of the dysfunctional character of premarital sexual behavior. Rather, the data may indicate logical, functional, natural outcomes of the application of different normative systems.

Throughout the literature, a large part of the variance in the dependent variable, marriage adjustment, is not accounted for. After inspecting texts in the marriage and family area, it is apparent that they neglect to mention the concept of commitment. Dean and Spanier (1974) defined commitment as the strength of a person's desire and determination to continue a particular marital relationship. This pilot study on commitment shows a high correlation with marital adjustment as the traditional variables do, and therefore gives at least limited promise for future research. This findings is a stimulus to find other variables that identify the unexplained variance of the dependent variable marriage adjustment.

Hansen (1981) questioned the claim that measurements of marital adjustment research is so contaminated by marital conventionalism as to be of little value. Edmonds (1967) defined marital conventionalization as the extent to which a person distorts the appraisal of his marriage in the direction of social desirability. His perception of marital conventionalization is both extensive and intensive. Therefore, in any study of high ego-involved areas, such as marital adjustment, it is necessary to control for the effect of conventionalization. In Hansen's (1981) reexamination of the relationship between marital adjustment and marital conventionalization, he found minimal support for the hypothesis that Edmond's Marital

Conventionalization Scale is heavily contaminated by marital idealization. His second hypothesis predicted that the positive correlation between Edmond's Marital Conventionalization Scale and marital adjustment would be reduced or eliminated when there is control for marital idealization. Findings indicate the positive relationship between marital adjustment and marital conventionalization is reduced when marital idealization is held constant. However, the degree of decline is so minimal that the results cannot be interpreted as supporting the hypothesis. This may mean the measure of marital conventionalism may be heavily contaminated by marital adjustment instead of the other way around. Therefore, confusion persists on this issue.

Schumm, Bollman, and Jurick (1980) investigated the bias of conventionalization on the Relationship Inventory using abbreviated versions of both instruments. They found moderate correlations between marital conventionality and the scales for Regard, Empathy, and Congruence. This evidence confirms the conclusions of Chesser, Parkhurst, and Schaffer (1979), who relate the results of self-report instruments studies can be considered valid only when conventionalization is addressed in the research design. Schumm, Bollman, and Jurick (1981) have challenged the validity of Edmond's Marital Conventionalization Scale (MCS), which has been accepted with little empirical evidence to validate it. As expected, the MCS was related to marital satisfaction in all groups. Marital conventionalization did not link to measures of conventionality or religiosity in their study. Findings related an uncertainty that conventionality is a strong correlate of the MCS. Until the construct of MCS is better understood, it would

be more accurate to identify the MCS as marital social desirability (MDS).

Marriage adjustment, conservatism, and marital conventionalization relationships were examined in three independent samples. Edmonds, Withers, and Dibatista (1972) found that marital adjustment scales in general--and specifically, the Locke-Wallace Scale--revealed heavy tendencies of subjects to distort estimates of their marriages in the direction of social desirability. When this distortion is held constant by partial correlation techniques, no significant correlations between marital adjustment and conservatism remained. The main conclusion revealed that there is a strong tendency for persons to distort their marriages in the direction of social desirability.

Summary

Dean and Spanier (1974) report a large part of the variance in the dependent variable, marriage adjustment, is not identified or accounted for. This reflects a current need to search for other variables to relate to marriage adjustment and to develop and validate reliable instruments that measure the concepts of marriage adjustment. It was also pointed out that couple as well as individual analysis must be carried out in marital adjustment studies.

Stress Factor in Early-Marriage Adjustment

Personal reactions to the transition from being a single adult, to engagement, and then to a married dyad are varied. Males and/or females may perceive and respond differently, with various levels of intensity, to the same transitional events. The change in a person's

life classification from single to married warrants that change to be considered a significant life event requiring personal adaptation.

This section examines the concept of stress in relationship to life transitions and early-marriage adjustment. There is lack of agreement in the literature on a clearly defined definition or operationalization of the term "stress."

Mason (1975) concurs that the most remarkable historical fact about the term "stress" is its widespread use in biology and medicine, in spite of chaotic disagreement over its definition. Lazarus (1971) defines stress as interacting factors, stimulus, and response, that are intervening processes such as evaluation of threat, coping styles, and social milieu. These factors and processes, viewed together, present a dynamic perspective when evaluating a person in any stressful situation. This broader definition can also relate to the person in early-marriage adjustment.

Holms and Rahe (1967) developed the Social Readjustment Rating Scale (SRRS). This scale is a cluster of social events that require change in a person's ongoing life adjustment. It explores the relationship of what has been called "life stress," "emotional stress," and "object loss," to the concept of illness.

Imig's (1981) longitudinal study of accumulated stress of life changes and interpersonal effectiveness in the family identified that an increase in husbands', not wives', interpersonal effectiveness scores were related to changes in accumulated life stress family concept scores between 1974 and 1976.

Assessing the complex nature of a social situation like early-marriage adjustment and people's reactions to this life event led to

the search for a measurement of stress and social readjustment. Mechanic (1975) suggests the Social Readjustment Rating Scale (Holmes and Rahe, 1967) has some important limitations that necessitate change in order to make the scale more effective. Mechanic perceives the need to measure a person's perception of the events indicating of positive or unpleasant feelings along with the overall score that relates to life events. However, even without a personal degree of response format, the scale presents a useful measurement relative to social adjustments. Two examples are: marriage adjustment and illness onset.

Although stress may harm health, a person cannot escape it and a certain amount is vital to the maintenance of life. Benson (1974) agrees with other professionals that the concept of stress is difficult to define and difficult to quantify. Stress can be usefully defined through its physiological parameters, particularly elevations in blood pressure. Elevated blood pressure is consistently related to environmental situations that require behavioral adjustments by the person and are described as stressful. Hypertension is more than a factor of stressful circumstances. It predisposes man to heart attack and stroke. These cardiovascular diseases account for more than 50% of the deaths yearly in the United States. Each person has an innate asset to counteract stress called the "relaxation response." This has four components: (1) a quiet environment, (2) a constant stimulus of a single sound or word to free oneself from multiple thoughts, (3) a passive attitude, and (4) a comfortable position. Using these four basic elements for 20 minutes twice daily, one can evoke the response and practice a preventive health measure.

Society has experienced rapid technological progress. Married couples, as members of society, make behavioral adjustments such as a faster pace, a more pressured lifestyle, and perhaps a dual career family. All these have potential to induce stress.

Corwin (1980) completed an exploratory study of stress in marital relationships and lifestyle of missile-launch officers. The nation's protective Minute Man System requires personnel to be free of physical and emotional problems that might hinder performance with nuclear weapons. These officers must be prepared to act quickly and accurately in all complicated areas of their responsibility. They must be trained continually to perform military defense tasks without error in the hope that they will never use these skills to launch destructive missiles.

Factors relative to their job stresses are: (1) a commitment of a four-year period, (2) sporadic intervals of working at the site and returning home, (3) constant pressure of precisely programmed behavior, (4) noise of machinery, (5) a location 60-90 feet below the earth, (6) boredom, and (7) the thought of world devastation.

Factors relating to marriage and family are:

1. The officer returns to his family after a two and one-half day absence. He is tired and the family is looking for attention and interest.

2. The officer begins four to five days of constant contact with his wife and children. During the winter, when recreational facilities are lacking and finances are limited, this time at home has its own additional inherent stress.

The hypothesis was supported that missile launch officers' wives perceived more stress in their marriages and lifestyle than did wives of other officers whose jobs were more regularly scheduled and consisted of fewer unusual working conditions. Missile launch officers' wives who were married less than three years, were college graduates, were not working, and whose husbands were not career officers, were the most dissatisfied with their marriage adjustments.

Another category of couples is the dual-career families. Rapoport and Rapoport (1976) found that as more women achieve increased education and training, coupled with higher demands for skilled labor and less social sex bias, the dual-career lifestyle is likely to increase. Skinner (1980) reviewed literature on the sources of dual-career strain and found that these families are vulnerable to high stress. Internal family strain due to work and role overload is a common stressor. Examples of external strains are: (1) little time available for friends, relatives, and other social networks; and (2) the expectation of others that dual-career couples behave in traditional male-female roles. Orden and Bradburn's (1969) study found a woman's choice of employment versus full-time homemaking, strained the marriage only when preschool children were in the family. An overwhelming proportion of the literature finds the impact of dual-career stress is felt most by women. Bernard (1964) notes that men combine professional career and parenting with less stress because society expects less of a man in regard to familial responsibilities. Poloma (1972) outlined four tension management techniques used by dual-career women. These women reduced stress by defining their dual-career patterns positively and as advantageous. They established priorities,

compartmentalized work and family roles, and compromised career aspirations as much as possible. It appears that couples choosing this lifestyle in early-marriage have an additional adjustment dimension.

Miller and Sollie (1980), using a longitudinal design, described changes in stresses that occurred during the transition to parenthood. Measures of personal well-being, personal stress, and marital stress were analyzed for mothers and fathers. The typical new parenthood experience probably includes a modest decline in personal well-being and some increase in stress over the first year or so of parenting. New mothers feel these changes more keenly than fathers, and wives are more likely than fathers to view their marriages in a negative way.

Status inequality and stress in marriage relate to people to whom status advancement is important and who have married mates of lower status. These people tend to have a sense of loss that leads to a disruption of reciprocity, expressiveness, affection, and value-sharing in marital exchange. Pearlin (1975) says these disruptions then act as antecedents to emotional stress. He defines stress as: (1) involving emotional disturbance, (2) being a response to the specific circumstances of specific role areas rather than a generalized state manifested in all roles, and (3) being aroused not only by crises but also by continuous circumstances woven into daily life. Status origins are determined by comparisons of the occupational statuses of the married couples' respective fathers prior to the marriage. It was found that people who marry partners of lower status, while valuing status advancement, are relatively likely to form daily marital exchanges marked by disaffection and a sense of loss. This, in turn, contributes to stress. The importance of inequality to

marital problems and stress relies on each person's meaning and value attached to it. Therefore, a status difference in the occupational categories of the fathers of the couple in the transition of marriage adjustment could affect marriage adjustment.

Delaney (1973) reviews stress in the family as having an external or internal locus. Stress is decreed in terms of intensity. Types of stressors that occur at specific times such as birth, empty nest syndrome, retirement, menopausal depression, and death are mentioned relative to a person's family of origin.

Viewed externally, the family appears to be a closed system. It is a small group organized into paired positions. Hill (1958) describes the modern family as one in a state of greater tension because it is the great burden-carrier of society. A society in rapid social change produces more problems than solutions. In 1983, these ideas remain current. The stressor or crises-provoking event is a situation for which the family has had little or no prior preparation. No crisis-precipitating event is the same for any given family; its impact ranges according to the several hardships that may accompany it. Stressors become crises in line with the definition the family makes of the event. Stressor events are in one of three classifications: (1) by source, extrafamily or intrafamily, (2) by effects upon family configuration, and (3) by type of event impinging on the family. If blame for a stressor can be placed outside a family, the stress may solidify rather than disorganize the family. Hill classified family crises by dismemberment, accession, demoralization, and demoralization plus dismemberment or accession. Examples of dismemberment are: (1) death of a child, spouse, or parent;

(2) hospitalization of a spouse; and (3) war separation. Examples of accession are: (1) unwanted pregnancy; (2) deserter returns; (3) stepfather or stepmother additions; (4) war reunions, and (5) adoptions, aged grandparents, and orphaned kin. Examples of demoralization are: (1) nonsupport, (2) infidelity, (3) alcoholism, (4) drug addiction, and (5) delinquency and events bringing disgrace. Lastly is a combination of family crises classifications, demoralization plus dismemberment or accession. Examples of this joint classification are: (1) illegitimacy, (2) runaways, (3) desertion, (4) divorce, (5) imprisonment, (6) suicide or homicide, and (7) institutionalization for mental illness.

Burgess (1947) included two more categories for classifying family crises: (1) sudden change in family status, and (2) conflict among family members in the perception of their roles.

Types of stresses involving status shifts are: (1) sudden impoverishment, (2) prolonged unemployment, (3) sudden wealth or fame, (4) refugee migrations (political and religious), (5) disasters (tornadoes, floods, explosions), (6) war bombings, deprivations, and (7) political declassing. Even though these classifications reflect research done in 1947 and 1958, the world news of 1983 identified (2), (4), (5), (6), and (7) present in current world affairs.

Hill (1958) stresses that the vulnerability of the lower-class family, however, is no greater to certain stressor events than that of the middle-class family. Each class has its stressors and stress.

Stress and emotional distress may influence the function of the immunological system via the central nervous system and endocrine mediation. Solomon, Amkraut, and Kasper (1974) pointed out that

considerable data link personality factors, stress, and particularly, failure of psychologic defenses or adaptations to the onset and course of cancer and of infectious and autoimmune diseases, particularly rheumatoid arthritis. Their interest concerns physiologic mechanisms by which emotions and distress may relate to the disease.

Day (1951) stated what it took to develop chronic active tuberculosis. A person needs bacilli, moderately inflamed lungs, and an internal or external factor that lowers resistance to disease. He also stated that unhappiness is a cause of lowered resistance.

Four consistent factors are found in reports of personality studies on some patients with cancer. LeShan (1956) lists: (1) the patient's loss of an important relationship prior to the development of a tumor, (2) the cancer patient's inability to express hostile feelings and emotions, (3) the cancer patient's unresolved tension concerning a parent figure, and (4) sexual disturbance. Developing LeShan's findings, Bahnson (1969) theorized that the cancer patient regresses somatically rather than behaviorally in the face of depression or breakdown of psychologic defense.

Moos' (1963) review of literature with rheumatoid arthritis patients (N=5000) found that investigators agree that arthritics, when compared with various control groups, have a tendency to be self-sacrificing, masochistic, conforming, self-conscious, shy, inhibited, perfectionistic, and interested in sports.

Evidence from these and other sources supports the idea that stress and emotional distress may relate to dysfunction and hypofunction of the immunologic system, one of man's main defense systems to survival. Stress and emotional distress may influence the function of

the immunologic system. Therefore, environmental and psychologic factors might in some circumstances be implicated in the pathogenesis of cancer. This assumption seems to have an association with states of relative immunologic incompetence (Solomon, 1969).

Rahe, Meyer, Smith, Kajer, and Holmes (1964) examined the proposition that many, if not all, diseases have their onset in a setting of mounting frequency of social stress. They compared the temporal patterns of social stress in the 10 years preceding onset of symptoms in seven patient samples and two control groups. These categories were: tuberculous employees, nontuberculous employees (as a control group), tuberculous outpatients, cardiac sample (a control group), hernia sample, skin disease sample, pregnancy samples, and an unwed mothers' group. In all, five distinct medical entities were termed the "psychosocial life crises." In all cases there was a mounting frequency of changes in social status found in two years preceding disease onset. This postulates that the life crisis represents a necessary but not sufficient precipitant of major health changes. The fact that onset of disease occurs in a setting of significant environmental alteration requiring a major change in ongoing adjustment of the individual, appears to have relevance to the ecology and epidemiology of disease. Therefore, any set of environmental factors that significantly alter the steady state of the individual increases the probability that bodily resistance to disease will be lowered. The married pregnant women and the unwed mothers both had patterns of increasing social stress virtually identical to the disease groups. The fact of marriage appears to make no difference in the magnitude of antecedent stress. However, marriage and pregnancy may illustrate

high stress, and the lack of a legal mate and pregnancy may also illustrate high stress for different antecedent factors.

Although events causing maladaptive response may contribute to traditional disease entities, Cassel (1970) urges a broader perspective than those suggested by known classifications. Such an effort appears worthwhile, since living conditions have been changing rapidly and will continue to change in dramatic ways. It is reasonable to anticipate that people will find social change difficult, and that adaptations harmful to health will take many forms. A person's motivations, skills, and defensive capacities do not develop in a vacuum but, rather, reflect the social context in which he is reared and in which he develops his social experience. This point relates to a person's nuclear family experience and the generational influence from both parents that contributes to one's historical family context. This is a generational factor that a person brings into the process of early marriage adjustment.

Cobb (1976) investigated social support as a moderator of life stress. He observed strong and often quite hard evidence, repeated over a variety of transitions in the life processes from birth to death, that social support is protective. The new aspect of this previously known fact is the gathering of hard evidence that adequate social support can protect people in crisis from a wide variety of pathological states: from low birth weight to death, from arthritis to depression and alcoholism. This social support can also reduce medication dosage, accelerate recovery, and facilitate cooperation with medical regimens.

Cobb (1976) emphasizes that seemingly little is known about the effects on the transitions to college, to first job, and to marriage. He states that the need for research is indicated.

Kerr (1980) calls attention to repetitive similarity in patterns of familial incidence for seemingly unrelated diseases. This, combined with a common core of characteristics that families present when any diseases predominate over several generations, suggests the course of the disease, both in the present and past generations of the family, and is governed by a common background process. Kerr is suggesting a uni-disease concept--one in which the background process of the family is transmitted generationally and any present disease is a symptom of the uni-disease multigenerational process.

Bowen (1960) originally conceptualized the background process in his family research on schizophrenia. Bowen conceptualized schizophrenia as a symptom of a background emotional process in the family. The background process could be studied within the nuclear family of the schizophrenic and studied as it had evolved over multiple generations of the family. Bowen, in his theory, describes an emotional interdependence that exists in all relationships that have an emotional component and that is particularly intense in family relationships. People have a need for a sense of connectedness with others, a sense of togetherness. People with equivalent togetherness needs are attracted to one another and form potentially enduring relationships such as marriage. People in the process of early marriage adjustment have an option to add a preventive health measure and a broader support network to their marriage by developing more knowledge about their own multigenerational background process.

Summary

Cobb (1976) relates the scarcity of literature in the area of transition to and during marriage. National statistics indicate that the high incidence of divorce observed after the first and second year of marriage prompts such questions as which factors are important in the process of early marriage adjustment and whether a marital dyad as a couple and as persons perceive those factors relative to marriage adjustment. Rapoport (1963), Rausch et al. (1963), Spanier (1976), and Fournier (1979) identified salient content related to early-marriage.

Rahe et al. (1964) reported that a high incidence of illness occurred after a two year period that was accompanied by increased incidences of psychosocial life crises. This two year period that ends in illness may be analogous to the high statistical incidence of the two year marriage that ends in divorce. This is not to suggest cause and effect, but to imply a broader perspective on the early-marriage adjustment period.

Bowen Theory of Family Systems

The Bowen Theory of Family Systems grew out of the family therapy movement that approached the study of human behavior in a new way. The new emphasis on family theory and family therapy began in the late 1940's and 1950's with several widely separated investigators who worked privately without knowledge of one another. The family movement remained underground for some years because of rules regarding privacy of the patient-therapist relationship and concern about

acceptance from colleagues who were primarily working with individuals rather than groups.

Investigators who started family research with schizophrenia were prominent in starting the family movement. This included Lidz in Baltimore and New Haven, Jackson in Palo Alto, and Bowen in Topeka and Bethesda. Family therapy was associated with schizophrenia until the early 1960's. Ackerman (1958) developed his early family ideas from work with psychiatric social workers. Satir (1967), a psychiatric social worker, had developed her family thinking through work with psychiatrists in a state hospital. Bell and Midlefort (1962) were examples of persons who started their work very early and who did not write about it until the family movement was well under way. In 1950, Menninger suggested the formation of the Committee on the Family, A Group for Advancement of Psychiatry. The committee was not able to find psychiatrists working in the field until the family investigators began to hear about one another in the 1955-1956 period (Bowen, 1978).

Spiegel, Chairman of the Committee on the Family, helped organize the first national meeting for psychiatrists doing family research. It was a section meeting at the annual meeting of the American Orthopsychiatric Association in March of 1957.

One important change that has occurred in the study of the family is a shift of focus from the individual to the total family as an interacting unit. When the observational lens is opened to include the entire family, there is increasing evidence that individuals are not separate from family, from others in their environment, and from their multigenerational past.

Bowen's (1978) own theoretical thinking began a decade before he started family research. Many questions arose concerning accepted explanations about emotional illness. He began formal research in 1954 at the National Institute of Mental Health. Observing entire families living together in a research ward provided a new order to clinical data rarely recorded in the literature. Family research was producing a new order of observation and a wealth of new theoretical clues. Bowen chose to use only concepts that would be consistent with a recognized science. He chose biological concepts to describe human behavior.

The core of Bowen Theory of Family Systems has to do with the degree to which people are able to distinguish between the emotional process and the intellectual process. The structure of this Family Systems Theory evolved over a period of six years, from 1957 to 1963 (Bowen, 1978).

The Differentiation of Self concept describes the fact that people are not the same in the manner in which individuality and togetherness are managed in their lives. Two variables are central to this theoretical concept; one is the degree of anxiety and the other is the level of differentiation of self. Several variables have to do with anxiety or emotional tension. Among these are intensity, duration, and a variety of anxiety. Other variables have to do with the level of integration of the differentiation of self. Since theory of behavior is an abstracted version of what has been observed, it should be able to predict what will be observed in other similar situations. It should also be able to account for discrepancies not included in the formulations. Bowen (1973, 1974) states that his theory postulates

two opposing basic life forces. One is a built-in life growth-force toward individuality and the differentiation of a separate "self," and the other is an equally intense emotional closeness.

Theoretical Systems Concepts of Bowen Theory

Differentiation of Self. This concept is a cornerstone of the theory. It defines all people, from the lowest to the highest possible level of human functioning, according to a single common denominator--the ways humans handle the intermix between emotional and intellectual functioning. At the highest level are those with most "differentiation" between emotional and intellectual functioning. They have more freedom to live their emotional lives to the fullest, or they have the capacity to make decisions based on intellect and reasoning when confronted with reality issues. People at the lower levels have emotion and intellect so "fused" that intellectual functioning is submerged in emotionality; in effect, their lives are dictated by emotions. They may be able to "think" about issues outside themselves or think about their own behavior. When anxiety is low but under stress, their thinking is replaced by automatic emotional reactivity. Relatively fixed levels of differentiation called "solid self," which are determined by forces from within self, and large areas of "pseudo self," or functional self are determined by family relationship forces. According to Bowen (1973, 1974), it is possible to assign a functional level of self for an individual, for an entire family, or in the totality of society.

Triangles. This is a key concept that describes the predictable pattern of emotional forces among any three persons. A triangle, the "smallest stable emotional unit," has been called the molecule of emotional systems. A two-person relationship is unstable in that it automatically becomes a three-person system under stress. When stress increases and it involves additional people, the emotional forces continue the action between three poles in the system. An emotional system is in a constant state of movement as the most uncomfortable one attempts to establish a more comfortable state of emotional closeness-distance. When the uncomfortable one achieves equilibrium, it disturbs the balance between the other two and the subtle activity shifts to the other most uncomfortable ones. The term "triangle" defines the fact that emotional forces flow back and forth between three poles. The movement repeats (according to the theory) in moves so precise and predictable that one who knows triangles can predict the next move before it occurs. Knowledge of triangles assists professionals in shifting from an individual focus to one that includes interdependent relationships of others (Bowen, 1973, 1974).

Nuclear Family Emotional System. This concept describes the pattern of emotional forces as they operate over the years in the nuclear family. The intensity of the process is governed by the degree of undifferentiation, by the degree of emotional cut-off with families of origin, and by the degree of stress in the system. Over time, the emotional problem becomes manifest as: (1) emotional distance between the spouses, (2) dysfunction in one spouse which is manifested as physical illness, emotional illness, or social illness,

(3) marital conflict, or (4) projection of the problem to one or more children. The projection of the family problem to children is so important it has been accorded a position as a separate theoretical concept (Bowen, 1973, 1974).

Family Projection Process. This is the process by which parents project part of their immaturity to one or more children. The most frequent pattern is one that operates through the mother with the mechanism that enables the mother to become less anxious by focusing on the child. The lifestyle of parents, random circumstances such as traumatic events that disrupt the family during the pregnancy or about the time of birth, and special relationships with sons or daughters are among factors that help determine the "selection" of the child for this process. The most common pattern is one in which one child receives a major portion of the projection, while other children are somewhat less involved. The child who is the object of the projection is the one most emotionally attached to the parents, and the one who ends up with a lower level of differentiation of self. A child who grows up relatively outside the family projection process can emerge with a higher basic level of differentiation than the parents (Bowen, 1978).

Multigeneration Transmission Process. This concept describes the pattern as a family emotional process transmitted through multiple generations. In each generation the most emotionally involved child is identified as the child who received the most parental immaturity, the child who received the most emotional focus, or the child that has a special significance for the mother or the family, such as the first

male in a family without male heirs, or a child with a physical deformity. This child moves toward a lower level of differentiation of self and the least involved child or children toward a higher level of differentiation (Bowen, 1973, 1974).

Sibling Position. This concept consists of modifications of Toman's (1961) work on the personality profiles of children who grow up in different sibling positions. Unless variables prevent the process, children develop certain fixed personality characteristics determined by the sibling position in which they grew up. Knowledge of these characteristics is important in determining the part a child will play in the family emotional process, in predicting family patterns in the next generation, and in helping a family to reconstitute itself in therapy (Bowen, 1973, 1974).

According to Toman (1961), a person transfers or generalizes his experiences within the family to social situations outside the family. This family influence accompanies persons throughout their stages of growth and development into adulthood.

Toman (1961) observed 3,000 families and focused on the characteristics of each possible sibling position. His final product is a profile of 10 possible positions that relate to the general population, all things being equal. This theoretical research provides guidelines for the Bowen theory concept Sibling Position. (Two additional concepts were officially added to the theory in 1975.)

Emotional Cutoff. This concept describes the most prominent mechanism involved in emotional process between the generations. The life pattern of cutoffs is determined by the way people handle their

unresolved emotional attachments to their parents. The unresolved attachment is handled by the intrapsychic process of denial and isolation of self while living close to the parents, by physically running away, or by a combination of emotional isolation and physical distance (Bowen, 1978).

Emotional Process in Society. This concept states that when a family is subjected to chronic, sustained anxiety, the family begins to lose contact with its intellectually determined principles, and resorts more and more to emotionally determined decisions to allay the anxiety of the moment. The results of the process are symptoms, and eventually regression to a lower level of functioning. The societal concept postulates that the same process is evolving in society. In short, we are in a period of increasing chronic societal anxiety, that society responds to this with emotionally determined decisions to allay the anxiety of the moment; that this process results in symptoms of dysfunction; that the efforts to relieve the symptoms result in more emotional "band-aid" legislation which increases the problem; and that the cycle keeps repeating, just as the family goes through similar cycles to the states we call emotional illness. The current postulation considers society's chronic anxiety as the product of the population explosion, decreasing supplies of food and raw materials necessary to maintain man's way of life on earth, and the pollution of the environment which is slowly threatening the balance of life necessary for human survival (Bowen, 1978).

This concept proceeds in logical steps from the family to larger social groups and to the total of society. Bowen theory does permit

logical extension into a beginning theory about society as an emotional system.

Bowen Theory Concepts Used to Study

Early-Marriage Adjustment

Research on Anxiety

Anxiety, an important variable of the Bowen Theory Family System's concept, Differentiation of self, interacts and influences personal functioning behavior in the relationship system. Anxiety is the response of the organism to stress, but it is not the stressor. It is the anxiety reaction to stress that initiates symptoms and problems in a person. Bowen (1980) defines anxiety as the response of an organism to a threat, real or imagined. An acute anxiety generally occurs in response to a real threat and chronic anxiety relates more to imagined threats. People in relationship systems behave differently when they are anxious than when they are calm. Anxiety can influence intellectual functioning and hinder efficiency, thereby biasing one's observations and judgments. As people pick up another person's anxiety, they quickly respond anxiously and stimulate and continue this anxiety throughout the family or relationship system. An anxious system usually does more of whatever it already has been doing to manage anxiety. This has many forms from chemical dependence, sexual acting out, or cleaning house. Therefore, the way one deals with anxiety and its form of expression can also become a problem. People who are exceptionally anxious owing to a life stimulus have an accelerated potential to make a poor decision in terms of long-term personal

affect. In periods of high stress, anxiety, and emotion in response to a life stimulus, even the intellect of a person with a high level of differentiation has an increased handicap in terms of optimal functioning and decision making.

People in general are unaware of their own signs of anxiety or of the anxiety signals of those with whom they relate. It takes a personally motivated and directed type of cognition to develop an astute recognition of personal anxiety triggers. Recognition of triggers to anxiety sets in motion the personal option as to the type of self management that occurs in an anxiety-producing situation. It also permits a personal decision on the level of self response to anxiety.

Research on Sibling Position

Bowen credits Toman's (1961) Family Constellations with the structure and clarity that added to his systems' thinking and theoretical concept "Sibling Position." Toman developed a profile on 10 sibling positions from research findings of a normal population.

Kerr (1981) continues this same thinking with the fact that people born into the same sibling position in different families grow up with many common personality characteristics, and is perhaps the best illustration of what is meant by functioning position in family systems. Emotional forces in the family system dictate that individual members will function in certain ways. As a child grows, he or she becomes increasingly molded to the position. Functional expectations are deeper than cultural values. A similar molding process can also be observed in nonhuman primates, as older offspring display functional qualities in assisting parental primates with the younger ones.

Weller, Nathan, and Hazi (1974) ranked birth order combinations in terms of successful marriages. Their subjects consisted of 258 women who attended Women's International Zionist Organization in Tel-Aviv, Israel. Nineteen cases were excluded because the women were married less than three years, or the women grew up with only one parent. Findings indicate complementarity of birth ranks makes for a better marriage than similarity of birth rankings, and it makes no difference whether the similarity derives from two first borns, two latter borns, or two only children getting married.

Toman (1962) compared marriages that ended in divorce to those that did not, and Kemper (1966) conducted a study on men only and measured marital happiness in relation to sibling position. Both of these studies are supportive of the findings of Weller et al. (1974), that marriages based on complementary birth order positions (first born and latter born) are more successful than those based on non-complementary birth order. In this study, the middle child was also shown to be similar in marital happiness to marriages based on complementary birth order positions. This finding may be based on the more adjustable personality of the middle born child rather than complementary needs.

MacDonald (1967) selected two aspects relative to birth order to study. The first asks if first borns choose to affiliate with others when under stressful conditions or heightened anxiety. The second asks if first borns are more highly socialized than latter borns. Ninety-three couples who were expecting their first child and living in Ithaca, New York, comprised the sample.

Data lend considerable support to the findings that first borns are more affiliative when anxious and that first born males marry earlier than latter born males. The real-life event of pregnancy provided an additional factual condition. The finding that first born women attend prenatal classes more than latter born women appears to support the argument that first borns, when under stress, seek to affiliate with others in the same state.

A critical review of birth order by Adams (1972) stated that the two most consistent findings in the birth order literature are: (1) greater educational attainment, including college attendance, among first borns (including only children), and (2) first borns are more affiliative and dependent than latter borns. Three areas to be pursued in future research are studies of whole or completed families, theoretical expansions, and sophisticated statistical controls. This research is observing the marital dyad in adjustment bridging that concept to the Bowen Theory.

Sibling interaction is an often overlooked aspect of family functioning. Individual development and many other family behavior patterns may be attributed to autonomous activities within the sibling subsystem. The sibling relationship is seen as a lifelong process, highly influential throughout one's life. Bank and Kahn (1975) identified mutual regulatory processes among brothers and sisters that proceed on the basis of fairness and honesty, a relationship among relative equals. Within and outside the family, siblings perform valuable, tangible services for one another. In daily life, brothers and sisters can make life easy or difficult for one another. Siblings can act as buffers for one another, placing themselves between their

sibling and the outside world. The exchange of goods and services among siblings in the emotional autonomy of the sibling underworld is in continuous flux and is subject to subtle and continuous negotiation, balancing, and change. Siblings negotiate and bargain effectively with one another in a manner that would be instructive for most married couples.

Multigenerational Transmission Process

Bowen (1978, p. 308) believes that "this concept describes the overall pattern of the family projection process as it involves certain children and avoids others and as it proceeds over multiple generations." Kerr (1981) finds that:

The concept expands the perception of the nuclear family as an emotional unit to the perception of the multigenerational family as an emotional unit. To think in these multigenerational terms is to be able to see serious physical and emotional or social dysfunction in this generation as an end product of an emotional problem that had been growing in the family for many generations (p. 248).

Married persons, according to Bowen Theory, choose partners who have a relatively similar level of differentiation. This may parallel a continuum of marital adjustment and may reflect either end of that spectrum, as high or low marital adjustment. Within a continuum of family relationships, some persons need a close tie to the family; others maintain contact and act responsibly, and others need a distant relationship. This illustrates different patterns of the Multigenerational Transmission Process with parental families of origin. The most polarized patterns indicate a level of differentiation in which a couple is unable to effectively be on their own and/or establish their

own autonomy. The more a couple can be separated from either polarity, the less the fusion pattern with the family of origin and the higher the possible level of couple differentiation, personal differentiation, and personal autonomy.

Leader (1975) finds disillusionment and frustration relative to the marital fantasy. In his ideology, a person marries in order to escape his/her family of origin. However, in reality that situation generally illustrates poor relations with the spouse, in-laws, and a duplication of the problem existing in the family of origin. Framo (1976) illustrates four categories in which married couples maintain relationships with their families of origin. These four could be placed relative to the projection process and amount of fusion a person or a couple reflects from their family of origin. One category exaggerates the intense closeness in emotional and physical proximity to daily life interaction. The second category illustrates a duty bound, superficial, impersonal pattern. The next category reflects an absence of relationship on all levels--a cutoff. The fourth category presents a profile of a person who went through a non-traumatic phase of maturation and developed a sense of self and a level of maturity separate from the family of origin, prior to marriage. This person brings to and maintains this maturity in marriage.

Spark (1977), in a search for alternative approaches for marital therapy, observed the need to study couples two ways. One as a horizontal peer-like relationship, and secondly, from a vertical, intergenerational view. This change, from viewing the marriage relationship as a closed-couple system to an open-family system, gave balance to

the therapeutic process, and improvement to all of the family relationships.

As a therapist in private practice, Jackson (as cited in Greenberg, 1977) repeatedly faced a phenomenon he was at a loss to explain. He observed clients' improvement concomitant with behavioral changes among other family members. Seeing that a change in one family member has an effect on others paralleled observations he made on other families with a schizophrenic member. Prior to the conceptualization of family systems thinking, maintenance of the transference and a closed individual system was not congruent with an open-family-system process.

Jackson (1967) identified the beginning of a new era for psychiatry and other disciplines. In this period, professionals came to know human nature as more complex than previously viewed. The shift was from individual appraisal to a more complex interpersonal assessment.

Gilford and Bengtson (1979) measured marital satisfaction in three generations. The University of Southern California provided the data for this study from a larger study of three generational families. A final sample (N=1056) represented married persons in three generations: grandparents (G1) numbered 383, parents (G2) numbered 501, and grandchildren (G3) numbered 172. There is a sample bias towards upper income and higher education. Generation vignettes gave three views of marital satisfaction. The highest frequency of positive interaction and negative sentiment was found in the youngest generation (G3). The fewest good times, but also the fewest bad feelings together were reported by the middle generation (G2). Lastly, a medium level of positive interaction and the lowest negative

sentiment were reported by the grandparent generation (G1). These findings do not support a linear decline in marital satisfaction ending in disenchantment.

Whitehurst (1968), in a Midwest study of 216 married pairs, half of whom were randomly selected, related family-oriented or peer-oriented premarital reference groups to marriage adjustment. The mean length of time married for the sample was seven years, with a third of the sample attaining high school or less education.

Data sustained the hypothesis that important peer group relations prior to marriage are associated with relatively poor marital adjustment than those who are more family oriented. Those with high marital adjustment scores mentioned both parents twice as frequently as did low scorers. Mothers influenced twice as many high scorers as low scorers on marriage adjustment. Finally, the family was mentioned twice as frequently by those who rated higher on marriage adjustment. This illustrates an association between preference for family orientation to marriage adjustment.

Along with the development of Bowen Theory came the need for a concise structuring of the generational data and an illustrated generational family pattern that was available for use during the therapeutic process. This family pattern becomes the natural human framework upon which the concepts of the Bowen Theory are related and developed over time. A counselor can coach a motivated person to observe the theoretical process, in his or her family, and over time to decrease the emotional response and increase a calmer intellectual process.

Wachtel (1982) reports the genogram provides a technique for gathering family data. However, her interpretation and use of the information is eclectic in interpretation and not based on family systems theory. Hartman (1978) describes two methods of diagramming family relationships that facilitate the processes of interviewing and intervention. The eco-map and the genogram serve as a means of data organization on the family system. Bradt (1980) explains the methods and techniques of developing a family diagram. Pendagast and Sherman (1973, 1978) present a guide to the family pattern that is organized and reflects generational information relative to the Bowen Theory of Family Systems.

Marital Status, Emotion and Cancer. Connecting biopsychosocial concepts to reflect a broader theme on relationships of people in the early adjustment period of married life does not exemplify the usual narrow focus of problem identification. Observing early-marriage factors as adjustment, stress, and emotion as related to cancer, the assumption is made by the researcher that they are inter-linked. It is possible this assumption is untrue, in which case the same factors are separate concepts that do not have a cognitive relationship process.

Dorn (1943) reports on data from an Australian sample (1919-1923) that states the agreeable effect of marriage on health appears to be related to childbearing rather than to the fact of marriage, at least relative to cancer. It is found that both males and females, those married and those with children, have a lower incidence of death from cancer than those who are single. However, persons in childless

marriages reflect the highest cancer death rates. Explanation is lacking as to why the death rate for childless married persons exceeds that of married persons with children and single groups. The death rates for married women with children are especially low in comparison with the rates for single women, and women without children for breast and genital cancer. For uterine cancer, single women show a 20% less incidence in comparison with married women with children. However, married childless women have the highest rate of uterine cancer. These clinical observations support childbearing as a transition process of marriage adjustment, and as a factor for married men and women that is associated with less incidence of a cancer diagnosis.

Leiber, Plumb, Martin, Gerstenzang, and Holland (1976) recruited 38 patients receiving chemotherapy for advanced cancer and 37 of their spouses to assess changes in their marriage in terms of desire for affectional (sexual, physical, and verbal) and changes in their actual affectual behavior since the onset of illness. Instruments used to measure the independent variable were the Beck Depression Inventory (BDI), the Affectional Needs and Behavior Scale (ANBS), and a Current State of Health (CSH) questionnaire. Couples who participated were mature adults whose marriages had endured for many years and who most likely established a satisfactory marital relationship prior to cancer. Selection criteria that required participation of both partners may have deleted couples with problems in marriage adjustment.

Findings indicate all BDI scores showed an absence of depression in the total sample. Emotional alienation or withdrawal were not mechanisms employed by these couples in their coping with stresses of a life threatening illness. As a couple, their protectiveness and

feelings of affection increased or remained the same. A substantial segment of the sample reported a lessened desire for sexual intercourse, concomitant with an increased desire for other kinds of physical closeness. This occurrence was found in all subgroups and indicated comfort and reassurance exceeded sexual needs. For females, a decreased sexual desire was associated with a decline in physical health. Males' physiological capacity was not a factor in reduced sexual desire. A decrease in sexual desire was reported by more wives than husbands. Findings further suggest control over the affectional behavior of the couple was maintained by the spouse with the cancer diagnosis. Female patients and their spouses had greater consensus than male patients and their mates. The idea of excluding sexual and affectional relationship needs because of cancer or other serious illness is in need of reconsideration.

A family pattern that illustrates three or more generations can display multiple variables that lend themselves to the interlocking family systems concepts of the Bowen Theory. These variables and generational patterns can depict the spectrum of differentiation for a multigenerational family system. The power source of the various patterns relates to a specific level of intensity for that family system. The emotional forces and how they were managed are key identifying and decoding variables for members in the current generation.

Family systems process is only one of many views and factors in relation to cancer. Family systems process looks at cancer as a symptom of multiple generations much like a diagnosis of schizophrenia in family systems process is perceived to be a symptom of multiple generations. Bowen (1978) speaks of the criteria necessary to cause a

hurricane; if one is missing, the hurricane will not occur. In comparison, since all the factors necessary to form a cancer are unknown, a family systems theory that considers togetherness forces and individual forces in relation to an emotional level within a family system has research viability.

Kerr (1981) reports a period of increased, intense, and sustained anxiety that lasted from several months to a year or more as antecedent to a cancer diagnosis in more than 100 cancer patients and their families. Identifying the role of anxiety in relation to a cancer does not state a causal effect. The effect of sustained intense anxiety over time wears down the natural inherent adaptiveness of the human body, allowing a vulnerable state to exist. Kerr sees four key areas for assessing family vulnerability to the anxiety driven imbalance in a family that can be contributing factors towards the development of a cancer. They are: differentiation, chronic anxiety, emotional cutoff, anxiety-binding mechanisms of the Bowen Theory of Family Systems concept, and the Nuclear Family Emotional Process.

Kerr (1981) presents a concept that includes a cancer position as one based on family systems theory. The person susceptible to cancer, in a majority of instances, has experienced an increased level of chronic anxiety for an extended period of time prior to diagnosis. The first position conducive to cancer is found in a person who has experienced "a disturbance in his or her most emotionally significant relationship system or systems" (Kerr, 1981, p. 298). The second position conducive to cancer illustrates the person "who experiences getting progressively overloaded, overwhelmed, and who is feeling locked in with no outlet" (Kerr, 1981, p. 299).

Kerr (1981) proposes:

Clearly man's intellectual capacities are far more advanced than those of other primates, but it appears that all too often man's intellectual system is governed by his emotionality; his intellect acts in the service of emotionality rather than maintaining enough independence from the emotional system to offer an alternative to an emotionally determined direction (p. 279).

Thomas and Duszynski (1974), in a search for predictors of early disability or death from five physical traumas, found two variables of predictive value that related to family background. Data from 1,337 John Hopkins white male medical students graduating between 1948 and 1964 were used. The group of students who developed tumors indicated a marked lack of closeness to parents. This original finding has been supported in a larger study. The second variable is the father's age at the subject's birth. Data gathered 1 to 23 years before the onset of disease or death of the subjects showed psychological differences and two significant variables relating to family systems.

LeShan (1966) evaluated 450 emotional life histories of cancer patients. Three techniques were used: (1) the Worthington Personal History Test, (2) 150 patients were seen for interviews for two to eight hours, and (3) 45 patients received intensive individual psychotherapy for a total of 5,000 hours. The Rorschach or TAT tests were omitted owing to the increased anxiety and resistance response of the cancer patients. A review of the evaluations revealed a pattern of relationships and ensuing medical developments which were found to exist in 72% of the cancer patients and 10% of the equated controls.

Characteristics of the pattern show evidence of damage to a child's ability to develop relationships with others. This damage

occurred most likely in the first seven years of life. Frequently, this is followed by a significant loss, e.g., a parent or a sibling. This connects the feeling of pain and desertion to a child's learning of emotional relationships. From this process loneliness and guilt are fostered and the child attributes responsibility to himself instead of to outside accidental influences. These children grow and as adults are seen as persons who use very little aggression in expressing or protecting what it is they want. Others view them as decent, good, and benign people. A personal self is a facade that appears very efficient and does function very adequately; however, that does not reflect the real person who harbors a personal despair of self. A theoretical question asks if this life history pattern and despair reflect those of cancer patients generally, or only those who do not respond to treatment.

LeShan (1966) tested the hypothesis that cancer patients would demonstrate the loss of cathexis to other people more significantly than others without cancer. Rationale for this is based on "the birth of a younger sibling, with the consequent perceived loss of parental energy, to a traumatic event" (p. 786). Chi square results supported the hypothesis that persons with cancer have a shorter period of being the youngest child than do their siblings who are free of cancer. A second general hypothesis related the intensity of a lost relationship to marital groups. Therefore, widows should be in the marital group with the highest cancer mortality, followed in rank order by divorced, married, and single groups.

Herring (1936), using Census Bureau data of females only, reported on the mortality rate from cancer. All four cancer categories

demonstrated widows having the greatest incidence of cancer followed by the divorced, the married, and the single, who demonstrated the least cancer incidence. These conclusions agree with the factor of loss of a significant person in relationship to and prior to a cancer diagnosis.

Abstracts of eighteenth and nineteenth century medical literature from England, France, and the United States gave evidence that the physicians of that time dealt with emotions as a cause of cancer. Patient notes reflect the same variables LeShan (1966) identified from more recent patient interviews.

Walsh (1846) lists recommendations on the prophylaxis of cancer that indicated the degree to which he was influenced into believing the mental relationship to cancer. One recommendation reflects a multigenerational family systems view. Walsh guided parents that he identified from cancerous families to keep in mind one fact more important than others in selecting professions for their sons: avoidance of professions that required constant mental diligence, care, and anxiety, such as medicine, law, and politics. He reemphasized the connection between mental suffering and cancer.

Simonton and Simonton (1975) are pioneers in the domain of mind-body communication. Their efforts coupled traditional and medically acceptable radiology treatment with mental visualization for physiological self regulation as a bimodal therapeutic approach to cancer. Their comment on the literature reaffirms the conclusion that there is a relationship of emotion and stress to malignancy. However, historical questions remain regarding what influences cancer. Great

unaccountable differences exist among cancer victims and their course in the treatment of cancer. These facts are open for future research.

The Simonton therapeutic approach considers the patient as a whole. The belief systems of the patient, family, and the physician treating the patient are viewed as important factors in the holistic view. Early in the process, the patient views the best responses from treatment with minimal side effects. This gives the patient a sense of the healing potential of the body and its active role in this process. This takes the factors of emotion and stress and places them as positive forces that patients may choose to identify and control in the process of healing.

Couples in early-marriage adjustment are living in family systems that are experiencing various life events. The acknowledgment of a cancer diagnosis affects the total family system in which couples are a part. They cannot prevent or disclaim their part in the reciprocal give-and-take of the family system process.

Summary

A review of the literature on early marriage adjustment, stress, and the Bowen Theory of Family Systems has been presented. This three-area summary of literature is relevant to the broader view of early-marriage adjustment than is generally addressed. A natural increase in related factors observed comes from the family systems theoretical framework. An effort to limit the presentation to the most salient factors of early-marriage adjustment, stress, and three concepts of the Bowen Theory of Family Systems was attempted.

Research studies specifically targeted to early marriage adjustment are few. The focus of this research is to identify the most prevalent factors from those previously presented in the literature that couples in early-marriage adjustment highlight as potentially problematic. Ryder, Kafka, and Olson (1971) describe a transitional process model in terms of courtship and early marriage. Transitional processes relating to marriage include the interaction of change-resisting and change-facilitating social forces.

The decade review on family stress and coping by McCubbin et al. (1980) indicated a need to know more about life transitions in a family system. Also, a need to know why some families at different times have a greater risk to stress. The exhaustive review is not specifically related to literature focused on stress and early-marriage adjustment. Therefore, this area remains open for study. Imig (1981) found accumulated life change and perceived family functioning statistically significant for men but not women. A need for research is evident to further develop the measurement of life change to reflect the diversity and complexity of family living.

The Bowen Theory of Family Systems Theory and Therapy is responsible for several innovations in conceptualizing human problems. A change in paradigms from an individual focus to that of a family system necessitated a change in the language in order to describe dimensions of family system observations previously unseen. The progressive development of a new manner of family therapy to replace individual therapy was an instinctive, self-operating, automatic process. Bowen attempted to describe families in concepts that would eventually be consistent with the accepted sciences. The foundation

of this theory is a clear understanding of one's self through knowing one's own family and experiencing various problems within one's self (Bowen, 1982). The family systems paradigm is open for research to explore links between research, family systems theory, and clinical practice.

The review of literature indicates a need for further research in the three areas of early marriage adjustment, stress, and the Bowen Theory. The art and science of coordinating these three areas with their multitude of possible variables presents a challenge to the researcher in testing an approach to the family systems theory. The relationship of three constructs may influence each other. It will be the thrust of this research to test this relationship.

CHAPTER III

METHODOLOGY

This study investigates a number of factors that influence early-marriage adjustment. Relevant factors found in the literature include early-marriage adjustment, life event stress, and the Bowen Theory of Family Systems. Assessment of the most salient factors and interaction of these areas will be studied in order to gain broader insight into the dependent variable, early-marriage adjustment. The hypothesized relationships between marital adjustment and other relevant concepts will be mentioned later in this chapter.

Research Design

The purpose of this study is to systematically describe the characteristics and facts of a given population. For this project, the target population consists of couples who have been married at least six months and no longer than two years. The research uses multimethod procedures and is designed to collect detailed and factual information about the period of early-marriage adjustment, to identify problems, and to make comparisons and evaluations.

Olson (1974) relates that methodological limitations arise when only one method of data collection is used to investigate theoretical concepts and principles. A single method restricts the researcher's view of the concept measured and also limits the flexibility by which

the data are analyzed. Olson suggests that multimethod assessments provide the researcher with multiple perspectives that assist in reporting a judgment that is as objective or realistically possible on human data. Multimethod techniques enhance the validity of social science research. The variables for this study are assessed by pencil and paper self-report surveys and by a structured interview.

Selection of Subjects

Married Couples

Several methods were explored to generate a sample: (1) courthouse records, (2) word of mouth, and (3) a computer list of couples from an ongoing research project. The process of a legal marriage requires a license; therefore, the courthouse and the records held there were a starting point to gather names and addresses of persons who applied for a license in the last two years. Records were examined in Stillwater, and Tulsa, Oklahoma. Considerable effort failed to generate a useable sample in either community and this procedure was abandoned.

During the process of trying to match court records with names in the telephone directory, the researcher began telling people about the project and the search for couples who were married from six months to two years who would be willing to take part in the study. Referrals came from professors, fellow students, secretaries, and ultimately from people being interviewed who would give the names and telephone numbers of acquaintances who would meet the six month to two year history of marriage. Thirty couples were found by this process.

An ongoing research project at Oklahoma State University is based on couples who have taken the PREPARE Premarital Inventory as part of an education for marriage program. A computer program was generated to list Oklahoma couples who had taken PREPARE and were married six months to two years. The printout also listed an identification number that identified a source for future contact about each couple.

These sources were contacted by telephone to explain the current study and to obtain permission to contact the couples directly. Since confidentiality is promised when couples take PREPARE, it was necessary for each coordinator to send a list of couples' addresses and telephone numbers that were identified by number on the PREPARE User Summary to the researcher (Appendix J). Eleven letters, printed on Oklahoma State University stationery, were sent (Appendix J). None of the couples responded by mail. One couple contacted by telephone agreed to be interviewed.

A third coordinator was sent the PREPARE User Summary with seven couples' numbers. Couples were identified and addresses and telephone numbers were given to the researcher. A letter and response form, with stamped, self-addressed return envelopes, were mailed. Three couples responded positively.

Finally, couples who completed a University-sponsored marriage-preparation program were also contacted. The program coordinator agreed to give the researcher the names and addresses of persons who had taken PREPARE and who were married from six months to two years. Nineteen couples who had taken this program were identified from the computer program. The researcher received a list of 13 names and

addresses. Nine responses were received. Seven couples agreed to be interviewed and two declined. Of the four couples who did not respond, three lived in Oklahoma cities other than Stillwater and Tulsa, and one couple lived in Texas. Once names and telephone numbers were identified, telephone calls were made to explain briefly the project and to request consent for an appointment.

The process of selecting subjects closed with a total of 41 couples, or 82 persons, that agreed to take part in a study on early-marriage adjustment. Twenty-seven other couples had been contacted and refused to participate. The generated sample is not a random sample and findings of this research are limited in their generalizability to a larger population. A survey of this sample will help to identify trends present in early-marriage adjustment. Babbie (1979) calls this sample selection process judgmental or purposive sampling. This purposive sampling is a type of nonprobability sampling method in which the researcher uses his or her own judgment in the selection of sample members. Babbie relates even the most carefully selected sample will almost never provide a perfect representation of the population from which it was selected. A certain degree of sampling error will always be present.

Descriptions of Instruments

A multiple-scale self report survey, the Early Marriage Experience Survey (EMES), and a structured interview, the Early Marriage Experience Interview (EMEI), were used to measure and assess the independent and dependent variables in this study. The EMES consists of items from three instruments: a modified version of the PREPARE

Inventory, the Dyadic Adjustment Scale, and the Social Readjustment Rating Scales. Table II summarizes each scale according to source and other pertinent methodological information. Also, see Appendixes A and B. The structured interview (EMEI) (Appendix C) was developed from concepts based on the Bowen Theory of Family Systems. Its main intent for this research is the consideration of the family system of each married person in relation to early-marriage adjustment. To date, there are no validated and reliable instruments to test the influence of one's historical family system on one's present life. This interview is an effort to broaden the data base in the interpretation of factors relative to early-marriage.

The Early Marriage Experience Survey (EMES) was primarily intended to assess personal and couple attitudes and adjustment to marriage. Section II of the EMES represents 65 of the 125 items in the PREPARE Inventory (Appendix A). The shortened inventory was used to measure male, female, and couple variables related to early-marriage adjustment. Section III is the entire 32-item Dyadic Adjustment Scale with its four subscales that measure individual variables that also reflect a person's adjustment to marriage (Appendix A). The Life Events Checklist, Section V, contains the Social Readjustment Rating Scale (SRRS) that measures a person's accumulated stress in response to life event changes. Additional items were included in the Life Events Checklist to reflect life events conceptually oriented towards early-marriage adjustment. Sections I and IV of the EMES provide a demographic summary of subjects.

Selected variables from the structured interview (Appendix C) based on the Bowen Theory of Family Systems (Bowen, 1978) comprise the

TABLE II
 OPERATIONAL SUMMARY OF DEPENDENT AND INDEPENDENT
 VARIABLES USED IN THE STUDY

Source/Category Content	No. of Scale Items	Measurement Level	Range of Scores	Alpha Reliability Estimates *	General Content
Self Report Survey (PREPARE) Individual Raw Scores	65	Interval			
Idealistic Distortion	10	Interval	10-50	.88	Answers in a socially desirable way
Realistic Expectations	5	Interval	5-25	.75	Person's expectations on love, conflict, commitment
Personality Issues	5	Interval	5-25	.74	Perception of partner's behavior
Communication	5	Interval	5-25	.70	Partner's method of giving and receiving information
Conflict Resolution	5	Interval	5-25	.72	Openness of partners to recognize and resolve conflict
Financial Management	5	Interval	5-25	.67	Attitudes and decision process on economic issues
Leisure Activities	5	Interval	5-25	.61	Shared versus individual leisure preferences
Sexual Relationship	5	Interval	5-25	.50	Personal concern about affectional expression and sex
Children and Marriage	5	Interval	5-25	.49	Feelings about having and raising children
Family and Friends	5	Interval	5-25	.70	Concerns about relationships with friends and family members
Equalitarian Roles	5	Interval	5-25	.77	Attitudes about marital and family roles
Religious Orientation	5	Interval	5-25	.82	Religious beliefs and practices within marriage
Dyadic Adjustmt. Scale (DAS)	32	Interval	0-151	.96	Overall measure of dyadic adjustment
Affectional Expression	4	Interval	0-12	.73	Relates to affection, love, sex
Dyadic Consensus	13	Interval	0-65	.90	Agreement on factors of daily life
Dyadic Satisfaction	10	Interval	0-50	.94	Concerns conflict issues-happiness-security
Dyadic Cohesion	5	Interval	0-24	.86	Describes affectual tone of the relationship
Life Events Chk1st. Scale (SRRS) 43					Social events requiring a life adjustment
Original 43 Life Events	39	Ordinal Rank	0-1466		Social events requiring a life adjustment
Original 43 Life Events	39	Interval	0-143		Social events requiring a life adjustment
Original and Additional Life Events	68	Interval	0-204		Additional life events requiring a life adjustment

TABLE II (Continued)

Source/Category Content	No. of Scale Items	Measurement Level	Range of Scores	Alpha Reliability Estimates	General Content
Structured Interview (EMEI)					Family system facts and trends that indicate a level of emotional process present in family generations as affective factors in early marriage adjustment.
**ALEVELD - Anxiety	20	Interval	0-75	.69	Anxiety trend.
MULTIGMA	18	Ordinal	0-150		Ebb and flow of emotional process identified with personal adaptation (maternal).
MULTIGPA	18	Ordinal	0-150		Ebb and flow of emotional process identified with personal adaptation (paternal).
MULTICMA	6	Ordinal	0-27		Cancer generational history linked to emotional process (maternal).
MULTICPA	4	Ordinal	0-12		Cancer generational history linked to emotional process (paternal).
MULILLMA	6	Ordinal	0-27		Other debilitating illness generational history linked to emotional process (maternal) (paternal).
MULILLPA	4	Ordinal	0-12		
TOMANBO	6	Nominal	1 or 2		Complementary or noncomplementary birth-order patterns.

*PREPARE estimate based on 10 item scale (N=5,718) individuals. See Table III for five item estimate (N=5,718). DAS Cronbach's coefficient alpha is used as the reliability estimate. Spearman-Brown was also found to be .96 (N=312). Structured interview (N=82).

**The anxiety, ALEVELD score is the only score from the interview used as a dependent variable. An alpha reliability coefficient was computed and meets minimum standards for research.

following scales: (1) Anxiety, a Level of Differentiation (ALEVELD); (2) Multigenerational Maternal (MULTIGMA); (3) Multigenerational Paternal (MULTIGPA); (4) Multigenerational Cancer Maternal (MULTICMA); (5) Multigenerational Cancer Paternal (MULTICPA); (6) Multigenerational Illness Maternal (MULILLMA); (7) Multigenerational Illness Paternal (MULILLPA) (Appendix H); and (8) Toman Birth Order of Siblings (TOMANBO) (Appendix I).

Measures of Concepts Related to Early-
Marriage Adjustment

PREPARE

PREPARE is an acronym for Premarital Personal and Relationship Evaluation. It is an instrument designed to assess personal and relationship strengths and unsettled issues for couples. The development and validation of PREPARE are documented in Fournier (1979). This inventory effectively and objectively assists couples and counselors to focus on crucial relationship issues.

PREPARE consists of 125 items that reflect 12 conceptual areas. They are: Idealistic Distortion, Realistic Expectations, Personality Issues, Communication, Conflict Resolution, Financial Management, Leisure Activities, Sexual Relationship, Children and Marriage, Family and Friends, Equalitarian Roles, and Religious Orientation.

A five-option Likert scale with interval measurement of one to five applies to all items in the 12 conceptual areas, as delineated by the following: (1) Strongly Agree; (2) Moderately Agree; (3) Neither Agree nor Disagree; (4) Moderately Disagree; and (5) Strongly Disagree.

Reliability refers to the ability of a score to consistently measure a trait or characteristic. Three of the most common methods for estimating the reliability of empirical measurements are the test-retest method, the split-half method, and Cronbach's coefficient alpha. Studies have been done using these reliability coefficients on PREPARE. These techniques provide estimates of reliability and are usually referred to as measures of internal consistency. The split-half method divides a set of items into halves and the scores on each of these halves are correlated. This process produces an estimate of reliability that is referred to as a maximum likelihood estimate.

The third reliability coefficient, alpha, provides a conservative estimate that measures reliability and should be considered on all tests to assess internal consistency (Novick and Lewis, 1967). Table II provides a summary of the alpha coefficients for the PREPARE scales. Other reliability figures are available in Fournier, 1979.

The validity of a measure is reflected in the ability of a scale or subscale within an instrument to measure characteristics that it is designed to measure. There are several types of validity. For PREPARE, face validity evaluates whether items in each of the 12 scales appear by judgment to measure each unique scale category. Within PREPARE each scale item does relate to the main idea or theme of the scale name to the satisfaction of the researcher. Olson, Fournier, and Druckman (1979) have gathered considerable information from available research, consulted with counselors, and are themselves "experts" in family studies. The final judge as to the face validity of the items is the person using them and their need. Construct validity asks if items within a scale measure characteristics suggestive of the

title of each category. Factor analysis on PREPARE items supports the presence of 11 separate categories, which is an acceptable level of construct validity (Fournier, 1979). Criterion-related validity is also well documented for PREPARE and meets the requirements for this research.

One of the first decisions after selecting PREPARE as a research instrument was to decide how to decrease the number of items, maintain the objective of each of the 12 categories, and also reflect the intent of the study. A decision was made to select 5 of the 10 most relevant and reliable items from each category. The basic test of reliability is the ability of items to share a common core of covariance around a particular content area. The most-used method of scale internal consistency is coefficient alpha. Cronbach's (1951) alpha is considered the best measure of internal consistency, owing to its reliance on the homogeneity of inter-item correlation and covariance. The 10-item reliabilities reported in Table II were computed on previously collected data (N=5218). The same data were used to identify the five items with the most homogeneity that also reflected face validity. The result was 65 items in the modified version of PREPARE, five items from each of the 11 categories, and 10 items from the Idealistic Distortion category. Table III lists the alpha values for the modified version of PREPARE used in this study. All scales meet or exceed the minimum requirements for research purposes.

PREPARE Scores

PREPARE is a comprehensive assessment of personal and relationship issues primarily designed for engaged and early-married couples.

TABLE III
 RELIABILITY ASSESSMENT AND COMPARISON IDENTIFICATION
 OF PREPARE ITEMS BY CONTENT CATEGORY

PREPARE Category Titles	No. of Items	5 Item Alpha Reliability (N=5,718)	Item Nos. of Early Marriage Experience Survey Section II, Shortened Version	Original PREPARE Item Numbers	10 Item Alpha Reliability (N=5,718)
Personality Issues	5	.71	04,11,21,49,65	13,24,44,95,125	.74
Realistic Expectations	5	.69	05,08,16,26,62	14,19,36,53,113	.75
Equalitarian Roles	5	.74	03,13,28,30,50	12,29,55,61,97	.77
Communications	5	.70	19,46,51,59,63	40,91,98,109,118	.70
Conflict Resolution	5	.68	35,41,42,61,64	71,79,83,112,124	.72
Financial Management	5	.73	12,17,22,43,48	26,38,45,85,93	.67
Leisure Activities	5	.59	06,07,14,15,36	17,18,31,33,72	.61
Sexual Relationship	5	.57	20,33,57,58,60	41,69,106,107,111	.50
Children and Marriage	5	.69	01,10,25,31,53	5,123,50,67,102	.49
Family and Friends	5	.62	02,20,33,57,58	7,41,69,106,107	.70
Religious Orientation	5	.85	09,38,39,45,52	22,75,76,89,101	.82
Idealistic Distortion	10	.82	18,24,27,32,34	39,49,54,68,70	.88
Total Items	65		37,40,44,55,56	73,77,87,104,105	

The full procedure results in 48 individual scores and 68 couple scores across the 12 topic areas. In this project, the analysis will be limited to Individual Raw Scores (24); Positive Couple Agreement Scores (9); and Couple Item Summary Scores for the amount of Agreement, Disagreement, and Indecision in each category. Couple Item Summaries will provide primarily descriptive data on the most frequently occurring conflict areas, while the Raw Scores and Positive Agreement Scores will be used comparatively in hypothesis testing. The characteristics of each score are briefly described and/or illustrated in Appendix D.

Individual Raw Scores. The Raw Score is an individual score based on the number of points summed across the five items in each specific PREPARE category. A person's score can range from 5 to 25, since each item is assigned a value from 1 to 5. The result is an individual's Raw Score for each PREPARE category. (See Appendix D for an example of the calculation procedure.)

Positive Couple Agreement. This is a couple score that indicates the amount of potential relationship strengths in each PREPARE area. This score calculates agreement between the male and female partners only when agreement reflects satisfaction or favorable relationship adjustment. This score is considered important because agreement itself does not necessarily reflect positive adjustment. For example, partners may agree that a specific issue is a problem for them. Positive Couple Agreement Scores are percentages based on the number of items in which both partner's responses are within one point of each other and are in a positive direction. Both partners could agree with

a positive item or they could both disagree with a negative item. (See Appendix D for an example of this calculation process.)

Couple Disagreement Items. This couple score identifies the number of items per category in which partner responses differed by at least two points. An item may reflect disagreement between partners or merely a different perception that is not necessarily a disagreement.

Couple Indecision Items. This couple score identifies the number of items per category in which either or both partners respond in an indecisive manner as reflected in the response "neither agree nor disagree." Once known, ambivalent areas often allow each partner to become aware of the other person's areas of uncertainty. These are items in which both male and female are indecisive (response = 3) or one is indecisive and the other's response is within one point (3,2 or 3,4).

Couple Special-Focus Items. These items merit special attention, owing to the content of the item and the extreme responses given by the couple. Radical responses that are in a negative direction indicate a potential problem area for the couple. Special Focus Items occur when both persons indicate concern on the same item. Both agree with a negative item; for example, "I am concerned about my partner's temper." There is mutual agreement that this is a problem for them. Or both disagree with a positive item; for example, "I expect that some romantic love will fade in my marriage." Since negative items have their responses reflected, paired male and female score combinations illustrative of this would be (1,1 or 1,2 or 2,2).

Dyadic Adjustment Scale (DAS)

Dyadic adjustment is a process of movement along a continuum that can be evaluated in terms of proximity to good or poor adjustment (Spanier, 1976). Spanier and Cole (1976) have accepted the idea that dyadic adjustment is a process rather than an unchanging state, but would allow for a measure that would meaningfully evaluate the relationship at a given time.

The Dyadic Adjustment Scale is a measure for assessing the quality of marriage and other similar dyads. The 32 item scale is designed for use with either married or unmarried cohabiting couples. A factor analytic study indicates there are four components of dyadic adjustment that can be used as subscales. They are: Dyadic Satisfaction, Dyadic Cohesion, Dyadic Consensus, and Affectional Expression. The 32 item scale reflects an overall measure of dyadic adjustment. The scale has a theoretical range of 0 to 151. Spanier (1976) reports high levels of content, construct, and criterion validity, and this scale has been used in a number of related research studies. Table II reports the alpha reliability coefficients for the total scale (.96) and each subscale (.73 to .94). These data indicate that the total scale and its components have sufficient reliability to justify their use.

The subscale Dyadic Consensus has 13 items and its theoretical range is 0 to 65. The subscale Affectional Expression has 4 items and a theoretical range of 0 to 12. The subscale Dyadic Satisfaction has 10 items and a theoretical range of 0 to 50. The subscale Dyadic

Cohesion is a 5 item scale and has a theoretical range of 0 to 24. (A brief operational summary is provided in Table II.)

Section III of the Early Marriage Experience Survey (EMES) lists the 32 items of the Dyadic Adjustment Scale as used in this study. The modifications include: (1) a change in the wording of item 20, from "Do you ever regret that you married (or lived together)?" to "Do you ever regret that you married?"; and, (2) a decision not to list number values as used in the original Dyadic Adjustment Scale (Appendix E).

The Dyadic Adjustment Scale measures the theoretical construct dyadic adjustment and provides an individual total adjustment score for males and females. In addition, there are four subscales that assess other dimensions related to dyadic adjustment.

Since a correlation of .86 was found between the Dyadic Adjustment Scale and the frequently used Locke-Wallace Marital Adjustment Scale (1959), the DAS scores will be divided into low and high marital adjustment groups for use as an independent variable in this study.

Social Readjustment Rating Scale (SRRS)

Holmes and Rahe (1967) developed a scale for associating clusters of stressful life events with severity of physical illness. Their approach reinforces the work of other authors indicating that prolonged or intense occurrences of stressful events decrease a person's resistance and create the necessary conditions for illness to develop. This study assesses the presence of stress in males and females during early-marriage adjustment.

The assessment of stress will be conceptually linked to the categories of PREPARE and to the Dyadic Adjustment Scale. Stress will also be related to variables from the interview based on the Bowen Theory of Family Systems. Stress for this study is defined as a personal response to a life event whose occurrence is either indicative of or requires a significant change in the ongoing life pattern of the person. The stress event is associated with some adaptive or coping behavior of the person. Emphasis is on change from the current daily life pattern and not on psychological meaning, emotions, or social desirability. Holmes and Rahe (1967) define social readjustment as the intensity and length of time necessary to accommodate a life event, regardless of the desirability of this event. The Social Readjustment Rating Scale (SRRS) lists two categories of items: those indicative of the lifestyle of the person and those indicative of occurrences involving the person. These evolve mostly from ordinary (but sometimes from extraordinary), social, and interpersonal transactions. For this study, life events are assessed for personal intensity and then compared with early-marriage adjustment. Some of the events in the original scale concern family, marriage, occupation, economics, residence, relationships, education, religion, recreation, and health (original SRRS, Appendix F).

Holmes and Rahe's (1967) Social Readjustment Rating Scale (SRRS) will be scored in three ways. First, the original mean values that were assigned by Holmes and Rahe to each item will be calculated and summed for both the male and female. Second, the same items will be given non-weighted values, and third, additional items deemed

appropriate for early-marriage adjustment will be added to the original scale.

SRRS (Original Values). Of the original 43 ranked life events (SRRS, Appendix F), 39 will be included in the Life Events Checklist, Section V (Appendix B). Omitted items are: Death of Spouse (mean value 100), Divorce (mean value 73), Retirement (mean value 45), and Son or Daughter Leaving Home (mean value 29). The rationale for exclusion is that these items do not fit the life experience of couples in this study. However, these items may fit other populations in future studies. Original mean values of the SRRS are assigned to the 39 life events. It should be noted that the original sequence of life events was not maintained, owing to inclusion of additional items that conceptually relate to early-marriage adjustment. The mean value of each event identified by a subject as having occurred within a one year time frame is summed for a total SRRS score. Scale range for the 39 events is 0 to 1,466, and the measurement level is a rank ordering of items.

SRRS (Adapted Values). In addition to scoring the SRRS with original mean values, an adapted scoring procedure was developed. The 39 events retained from the first measurement process were rated by each subject on a 4-point continuum (0-3). The selected value of each event is summed across all 39 events and totaled. This adapted score for the SRRS has a range of 0 to 117 and is intended to approximate an interval level of measurement.

Adapted Life Events Checklist (For Early Marriage). The researcher identified 29 life events that specifically relate to early-marriage adjustment. Some of these events include threats of marital separation, threats of divorce, miscarriage, abortion, and role of married life. These items are randomly mixed in with the Holmes and Rahe (1967) life events list and together comprise the Life Events Checklist Scale (Appendix B). Scores are derived by recoding the values on the survey and summing across all 68 items. The response format and recoded values include: (1) "Did not Occur" = 0; (2) "Yes, No Stress" = 1; (3) "Yes, Minor Stress" = 2; and (4) "Yes, Major Stress" = 3. The result is a scale range from 0 to 204.

Assessment of Concepts From the Bowen
Theory of Family Systems

Differentiation of Self-Anxiety. The Early Marriage Experience Interview was developed from an interest in the Bowen Theory of Family Systems (Appendix C). Concepts from Bowen's Theory were identified and questions developed to focus on seven of the theoretical concepts: Differentiation of Self, Triangles, Emotional Cutoff, Family Projection Process, Nuclear Family Emotional System, Multigenerational Transmission Process, and Sibling Position. Only three of the above variables are used in the analysis: Differentiation of Self, Multigenerational Transmission Process, and Sibling Position.

Differentiation of Self is a cornerstone concept of Bowen's Theory. Differentiation deals with working on one's own self, with being in control of self, with becoming a more responsible person, and permitting others to be themselves. A person generally emerges with

about the same level of differentiation that was evident for their parents. This is determined by processes before birth and modified to some degree by the fortunes and misfortunes during later childhood and adolescence. The basic level of differentiation is finalized about the time the young adult establishes a self separately from his family of origin. The concept of differentiation of self has two important variables: (1) anxiety and (2) level of differentiation. Anxiety was assessed in this project by a newly developed 20-item scale referred to as ALEVELD (an acronym for anxiety level differentiation).

Multigenerational Transmission Process. The concept of multigenerational transmission process was also selected and two new scales were developed: MULTIGMA (an acronym for multigenerational process maternal) and MULTIGPA (an acronym for multigenerational process paternal). These scales are indicators of the generational presence of a lower level of differentiation. They were developed to assess the assumption that illness is a component of the multigenerational process and therefore may be relevant to a person's early-marriage adjustment. MULTICMA (an acronym for multigenerational cancer maternal) and MULTICPA (an acronym for multigenerational cancer paternal) reflect the presence of a family member with the diagnosis of cancer. Scales MULILLMA (an acronym for multigenerational illness maternal) and MULILLPA (an acronym for multigenerational illness paternal) reflect the presence of a family member with the diagnosis of a serious illness other than cancer.

Sibling Position. The concept of sibling position was the third concept from Bowen's Theory to be used in this study. Report of one's

birth-order position in his/her family of origin will be identified. The Toman Birth Order (TOMANBO) Identification Process (Toman, 1961) reflects the theoretical concept sibling position. This identification process identifies whether a person's marital pattern is complementary or noncomplementary with his/her spouse. It is based on the sex and placement rank a person holds in his/her family of origin. This classification was made from responses to the Early Marriage Experience Interview (Appendix C).

In a rank conflict the spouses have had similar or identical age ranks in their respective original families. Neither partner has experience interacting with a person of that age rank. As a couple, they both claim that age rank for themselves. A rank conflict always involves both partners. Rank conflicts are examples of noncomplementary relationships (Toman, 1976).

For a sex conflict between spouses, a partner has had no siblings of the opposite sex in his/her original family. In love and marriage that partner is expected to have trouble in his/her daily life trying to get used to the sex of his/her partner. A sex conflict can involve one or both partners.

Couples who participated in this study will be placed into a complementary or a noncomplementary group, depending on their unique birth-order patterns identified from the sibling profiles of their nuclear family (Appendix I).

The steps used to illustrate a couple's birth-order pattern are as follows:

1. Use symbol b for all brothers.
2. Use symbol s for all sisters.

3. Allow the b or s of the married couple illustrated to stand unenclosed, while the remaining symbols are placed in parentheses.

4. A slash (/) separates the husband's and wife's families and indicates association of marriage.

Example: b(s)/(b)s - An oldest male married to a youngest sister.

The scales identified above are a beginning effort to assess concepts related to the Bowen Theory of Family Systems. One scale assesses anxiety and a second area relates to generational patterns that illustrate a tendency toward lower differentiation within families. A third conceptual area relates to Toman's (1976) research on complementary and noncomplementary marital patterns of couples as based on sibling position in their family of origin. These attempts are to be examined in relation to stress and early-marital adjustment.

Data Gathering Procedures

The instruments used to gather the data for the present study, the Early Marriage Experience Survey, the Life Events Checklist, and the Early Marriage Experience Interview, were previously described. The Survey, which also includes the Life Events Checklist, took approximately 45 to 60 minutes to complete. While one spouse was completing the self-response items, the researcher began the interview process with the other spouse in a separate room. This procedure also took between 45 minutes and 1 hour. The decision about which partner to interview first was determined by the researcher and alternated to reduce response bias due to order of presentation. The self-report survey was designed to collect the following information: (1) demographic couple data, (2) PREPARE categories, (3) DAS concepts, and

the Stress scales, referred to as the Life Events Checklist. The structured interview utilized both open-ended and forced-choice questions. Each instrument was pre-numbered and placed in a separate coded envelope prior to administration to ensure that data were accurately attributed to the right person. All materials, forms, and writing utensils were supplied by the researcher. Since all interviews were done in the home of the respondents, partners who finished first were free to do other things until needed. There was no time limit on the completion of the materials. When completed, couples were thanked for their participation and promised a summary of the findings.

Data Transformation

The instruments PREPARE, DAS, and SRRS were assigned specific numerical code values as established by their authors. The Holmes and Rahe (1967) SRRS adapted version was assigned a second set of numerical values. The interview data were converted into numerical codes representing attributes appropriate to each variable.

A codebook was developed to document raw data locations and code assignments for each variable. Throughout the course of the study, the codebook served as a conceptual and empirical map from which to work. All information from married couples was recorded. It was necessary to set up separate data sets for males, for females, and for couples. Each couple was assigned an identification number and these were used for both partners and for couple analysis. All data were recorded on the first 72 columns of 80 column coding sheets. Coding sheets were used for the direct keypunching of computer cards. After

all cards were keypunched, the investigator verified from a computer listing all punched data with numbers on the coding sheets. The process of verifying punched data was a means of identifying and eliminating possible coding and keypunching errors. Three methods of verification were used to insure the accuracy of computer-stored values for each variable. First, a paper copy of all raw data was produced using an IBM Listing Package. This was used to identify miscoded values and improper column alignments for all coded data. Blank spaces were left at key locations between coded variables to facilitate checking paper alignment of data columns. After corrections were made, a second paper listing was reviewed card by card and response by response by two persons. The investigator manually referred to the original questionnaire and interview forms and read aloud each subject's response or lack of response. All identified errors were corrected. Third, a frequency chart of all study variables (SPSS Statistical Package, Nye, Hall, Jenkins, Steinbrenner, and Bent, 1975) was created for both male and female data. This provided the mean, median, standard deviation, and range for each variable with a frequency list of responses for each valid numerical code. The investigator reviewed each variable listed for males and females to validate that each variable had an accurate response range and no erroneous values were listed for any variable. Corrections were made and a final frequency run was secured and verified. These three processes were used to check the coded data with the subject's response and to guard against possible data processing errors.

From the coded data, five computer files were created and card information was transferred to computer discs. The first disc file

included all male and female data from 41 married couples that related to background information, PREPARE, DAS, and SRRS. The next four disc files contained all the male and female data from 41 married couples that related to the interview. Therefore, all five data sets were stored in disc files maintained by the University Computer Center.

Statistical Procedures

Data used for the statistical analyses were obtained from PREPARE, DAS, SRRS (with its two adapted forms), and the Structured Interview that relates to the Bowen Theory of Family Systems. The SPSS statistical program was used to analyze the specific hypotheses. Hypotheses were analyzed and grouped according to PREPARE, DAS, SRRS, and family system concepts.

Four primary statistical procedures were applied to the data. Descriptive statistics (FREQUENCIES), one-way analysis of variance (ANOVA), t-test, and Cronbach's Coefficient Alpha (RELIABILITY) were generated by the SPSS statistical package at the Oklahoma State University Computer Center. Descriptive statistics were computed for each variable. This was done for couples and separately for male and female subjects. Specific statistics produced by the FREQUENCIES subprogram included the mean, median, mode, standard error, standard deviation, variance, kurtosis, skewness, range, minimum, and maximum.

One-way analysis of variance is a statistical tool for testing the significance between variances of three or more groups (Kerlinger, 1964). The ANOVA subprogram was used to calculate the differences that existed between groups on independent variables. A significant F statistic indicates that the population means are probably unequal.

It does not pinpoint where the differences exist. A variety of special techniques, called "multiple comparison procedures," are available for determining which population means are different from each other. This addresses the problem that when many comparisons are made, some will appear to be significant even when all population means appear to be equal.

Multiple comparison procedures provide protection against calling too many differences significant. These procedures set up more stringent criteria for significance than does the usual t -test. That is, the difference between two sample means must be larger to be identified as a true difference.

The Tukey's HSD (honestly significant difference) multiple comparison procedure is among the most conservative for pair-wise comparison of means. It requires larger differences between means for significance than other methods (McGuire, 1977) through the formula:

$$HSD = W_t = q(\alpha; t, v) \sqrt{s^2/n}$$

The t -test was used to determine whether significant differences existed between two groups of subjects on dependent variables. The two-sample t -test identifies whether the two population means are equal. Probability values are for a two-tailed t -test that corresponds to the null hypotheses, meaning the direction of the difference is not being specified.

The one-tailed t -test applies when one is interested in detecting or predicting a difference in one direction. The alternative hypothesis predicts one population mean will be higher or lower than the other population mean. The test procedure is the same, but the

resulting two-tailed probability value is divided by two. This adjusts for the fact that the hypothesis is rejected only when the difference between the two means is sufficiently large and in the direction of interest or prediction.

Limitations

Subjects in this study are young, married two years or less, reside in northern Oklahoma, and have more than a high school education. Some of the instruments from the structured interview and the life events checklist are new and as yet do not have established confidence levels of validity and reliability. Assessments from surveys and interviews rely heavily on recall ability and the willingness of respondents to be truthful.

Although the same person collected all the data, the presence of the interviewer may have an effect on the information provided by respondents. Personality characteristics of the interviewer may have biased responses from some subjects. For example, one's relationship history with women, a difficult day prior to the interview, or multiple unknown factors may influence the reporting of data which is by nature personal.

This attempt to research the Bowen Theory of Family Systems required new operational efforts in a theoretical area where very little empirical research has been completed. Summaries of personal experience or ideas relative to the theory are documented in the symposia literature, but few studies use experimental design or hypothesis testing. In order to do research, Bowen's theoretical concepts and definitions required the development of construct

definitions, operationalizing procedures, and a measurement process for three of the nine concepts. The Bowen Theory of Family Systems does not fit a cause and effect model of thinking. Therefore, the researcher's intent to be true to science and true to this new paradigm presented methodological dilemmas.

The non-random selection process of subjects limits the generalizability of the study findings to a larger population and from other geographical locations. Since only one subject did not complete high school, the relatively high educational status of the subjects may bias the findings. Subjects may have had more experience in problem-solving and adjustment to the educational system. These areas are the main limitations to this study.

Hypotheses

From the previously mentioned research questions, specific hypotheses were developed. Factors identified in the literature pertinent to marriage adjustment, life events with stress, and Bowen's Theory of Family Systems are the three areas studied. The following hypotheses relate to the relationship dynamics of married couples:

Hypotheses Related to Early-Marriage Adjustment

Hypothesis I. Males with high Dyadic Adjustment Scores will have higher PREPARE scores (Individual and Positive Couple Agreement) than males with lower dyadic adjustment. This hypothesis will be repeated for females.

Hypothesis II. Couples with both partners scoring high on Dyadic Adjustment Scores will have higher Positive Couple Agreement Scores on PREPARE than couples with both partners having low or mismatched dyadic adjustment scores.

Hypothesis III. There is no difference between men and women on stress scores measured by the Social Readjustment Rating Scales.

Hypothesis IV. Males with high Dyadic Adjustment Scores will have lower stress scores on the Social Readjustment Rating Scales than males with low dyadic adjustment scores. This hypothesis will be repeated for females and for the total sample.

Hypotheses Related to the Bowen Theory of Family Systems

Hypothesis V. Persons with high scores on anxiety, as measured by ALEVELD, will have higher stress scores on the Social Readjustment Rating Scales than persons with low scores on anxiety.

Hypothesis VI. Persons with high scores on anxiety, as measured by ALEVELD, will have lower scores on Dyadic Adjustment and PREPARE than persons with low scores on anxiety.

Hypothesis VII. Couples with both partners having high scores on anxiety, as measured by ALEVELD, will have lower dyadic Adjustment and PREPARE (Positive Couple Agreement) scores than couples with both partners having low or mismatched scores on anxiety.

Hypothesis VIII. Persons with high scores on Maternal Multigenerational Transmission Process, as measured by MULTIGMA will have lower Dyadic Adjustment and PREPARE scores than persons with low scores on MULTIGMA.

Hypothesis IX. Persons with high scores on Paternal Multigenerational Transmission Process, as measured by MULTIGPA, will have lower Dyadic Adjustment and PREPARE scores than persons with low scores on MULTIGPA.

Hypothesis X. Couples with a complementary birth-order pattern (Toman, 1961) will have higher Dyadic Adjustment and PREPARE scores than couples with a noncomplementary birth-order pattern.

Hypothesis XI. Couples with a complementary birth-order pattern (Toman, 1961) will have lower scores on the Social Readjustment Rating Scale than couples with a noncomplementary birth-order pattern.

Hypothesis XII. Couples with a complementary birth-order pattern (Toman, 1961) will have lower scores on anxiety, as measured by ALEVELD, than couples with a noncomplementary birth-order pattern.

Hypothesis XIII. Persons with a high score on Maternal Multigenerational Cancer History, as measured by MULTICMA, will have higher stress scores on the Social Readjustment Rating Scales and anxiety, as measured by ALEVELD, than persons with low scores on MULTICMA.

Hypothesis XIV. Persons with a high score on Paternal Multigenerational Cancer History, as measured by MULTICPA, will have higher stress scores on the Social Readjustment Rating Scales and anxiety, as measured by ALEVELD, than persons with low scores on MULTICPA.

Statistics to Analyze Hypotheses

Descriptive statistics and measures of central tendency will be used to summarize the demographic data collected from the EMES and the EMEI. The demographic information collected pertains to individual, couple, and family.

The t-test and analysis of variance used to analyze the early-marriage adjustment related Hypotheses I through IV. Data obtained from the EMES and Life Events Checklist V allowed for investigating the relationships between marriage adjustment and individual and couple agreement on topics pertinent to early marriage: Idealistic Distortion, Realistic Expectations, Personality Issues, Communication, Conflict Resolution, Financial Management, Leisure Activities, Sexual Relationship, Children and Marriage, Family and Friends, Equalitarian Roles, Religious Orientation, and Life Events.

The t-test and one-way analysis of variance were used to analyze Hypotheses V through XIV that were related to the Bowen Theory of Family Systems. Hypotheses V, VI, and VII tested the relationship between stress and nodal life events and topics pertinent to early-marriage adjustment. Generational examples of a parental families' adaptation to life illustrating lower differentiation are related to early-marriage adjustment and similar topics in Hypotheses VIII and IX. The concept of complementary birth-order pattern of married couples is related to: early-marriage adjustment, life events, and anxiety by Hypotheses X, XI, and XII. The relationship between a parental history of cancer is related to life events and associated stresses. This was tested with Hypotheses XIII and XIV.

CHAPTER IV

ANALYSIS OF EARLY-MARRIAGE ADJUSTMENT, STRESS AND THREE CONCEPTS FROM THE BOWEN THEORY OF FAMILY SYSTEMS

This study consists of a non-random sample of 41 couples from two cities in north-central Oklahoma who responded to a questionnaire and were interviewed. Each couple is considered to be in the early phase of marriage, since all were married from six months to two years. The mean length of time married for the sample was 14.5 months. General couple background characteristics are listed in Table IV. Individual and family background characteristics are located in Appendix L.

The statistics used for the data in this research are based on the assumptions of random sampling and independent observations. Although the sample generated for this study is non-random, all subjects are in early-marriage adjustment, i.e., defined for this research by a time range of six months to two years. Kerlinger (1964) stated that if assumptions are violated, reasoning is not completely invalidated; however, it is open to question. The main problem is the inability to identify how much standard error is biased. Generalizability to a larger population is limited in regard to the conclusions and interpretations from this study. Association may be made to young, educated, couples of middle socioeconomic status who live in central Oklahoma. The acceptance level for all hypotheses was set at .05

TABLE IV
 SELECTED COUPLE BACKGROUND CHARACTERISTICS
 OF THE SAMPLE (N=41)

Couple Characteristics	Number
<u>Time of relationship prior to marriage</u>	
6 months or less	4
7 months to 1 year	5
13 months to 2 years	12
30 months to 3 years	6
more than 3 years	14
Total	<u>41</u>
(Mean = 3.5 years)	
<u>Engagement period mean in months</u>	
1 to 5 months	17
6 to 11 months	15
12 months	3
18 months	3
24 months	3
Total	<u>41</u>
(Mean = 8 months)	
<u>Time married</u>	
6 months	18
1 year	21
2 years	2
Total	<u>41</u>
(Mean = 14.5 months)	
<u>Couple birth-order pattern</u>	
complementary	24
noncomplementary	17
Total	<u>41</u>
<u>Current residence couples</u>	
small city (25,000-50,000)	18
large city (over 100,000)	23
Total	<u>41</u>
<u>How many children planned</u>	
(Mean = 2)	

level of significance and will be interpreted conservatively due to the nature of the sample.

Hypotheses Related to Early-Marriage

Adjustment

Early-marriage adjustment Hypotheses I and II investigate the relationship between males', females', and couples' marital Dyadic Adjustment Scale scores and scores on the PREPARE categories of Idealistic Distortion, Realistic Expectations, Personality Issues, Communication, Conflict Resolution, Financial Management, Leisure Activities, Sexual Relationship, Children and Marriage, Family and Friends, Equalitarian Roles, and Religious Orientation. PREPARE is used as the dependent variable. Hypothesis III investigates sex difference on stress using the Social Readjustment Rating Scales. Hypothesis IV investigates the relationship between males', females', or persons' marital Dyadic Adjustment Scale scores and scores on stress using the Social Readjustment Rating Scales.

Hypothesis I. Males with high Dyadic Adjustment Scores will have higher PREPARE scores (Individual and Positive Couple Agreement) than males with lower dyadic adjustment. This hypothesis will be repeated for females.

The measures for marriage adjustment, PREPARE, and the Dyadic Adjustment Scale (DAS), were developed from previous research on the most salient factors relevant to marriage. A high score on DAS or any of its four subscales, Dyadic Consensus, Dyadic Satisfaction, Dyadic Cohesion, and Affectional Expression, indicate a higher level of personal marital adjustment.

For PREPARE, higher scores on 8 of the 12 categories also indicate a greater tendency towards marital adjustment (Table V). These eight categories are: Personality Issues, Communication, Conflict Resolution, Financial Management, Leisure Activities, Sexual Relationship, Children and Marriage, and Family and Friends. The remaining four PREPARE categories of Idealistic Distortion, Realistic Expectations, Equalitarian Roles, and Religious Orientation are interpreted somewhat differently.

Idealistic Distortion and Realistic Expectations assess the tendency of persons to perceive marital issues in a way that accurately identifies the rigors of marriage. High or low scores are not necessarily measures of marital adjustment, but rather measures of one's ability to perceive marriage realistically. Equalitarian Roles and Religious Orientation also tap attitudes and may or may not reflect marital adjustment. High or low scores may not be as important as whether both partners share a similar viewpoint. High scores on Equalitarian Roles suggest a more equalitarian view about husband and wife roles, while lower scores suggest a more traditional view. Highly adjusted couples may be traditional or equalitarian; therefore, this scale would have to be carefully interpreted. The above comments also apply to Religious Orientation in that similar attitudes may be more important than high or low scores.

Hypothesis I is supported by Individual Raw Scores in 8 of the 12 PREPARE categories for males and 7 of 12 for females. This suggests that there is a significant association between high adjustment on the Dyadic Adjustment Scale and marital adjustment as assessed by PREPARE. For males, the most significant results were in the categories of

TABLE V
RELATIONSHIP BETWEEN DYADIC ADJUSTMENT (HIGH AND
LOW) AND INDIVIDUAL PREPARE SCORES

Individual Raw Scores PREPARE Categories	Males' Dyadic Adjustment (N=40)*						Females' Dyadic Adjustment (N=41)					
	High		Low		T Value	Probability**	High		Low		T Value	Probability
\bar{X}	sd	\bar{X}	sd	\bar{X}			sd	\bar{X}	sd	\bar{X}		
Idealistic Distortion	36.8	7.0	29.2	7.0	-3.41	.001	36.3	7.6	27.9	6.2	-3.82	.000
Realistic Expectations	16.0	3.9	17.8	4.1	1.38	.9115	16.2	4.3	18.4	3.5	1.74	.9555
Personality Issues	16.7	4.3	13.4	3.3	-2.70	.005	18.0	4.3	14.0	4.3	-2.93	.003
Communication	19.4	3.6	15.3	3.3	-3.70	.0005	21.5	2.8	17.3	2.7	-4.81	.000
Conflict Resolution	18.2	3.8	15.1	3.1	-2.83	.0035	20.0	3.1	15.8	3.4	-4.07	.000
Financial Management	20.8	2.7	16.8	3.0	-4.27	.000	20.3	3.2	18.6	3.6	-1.59	.0595
Leisure Activities	20.1	2.4	17.9	4.1	-2.01	.027	20.9	2.6	18.1	3.2	-3.03	.002
Sexual Relationship	19.9	3.0	17.4	3.6	-2.34	.024	20.8	3.2	17.8	3.6	-2.71	.005
Children and Marriage	21.4	2.7	17.6	3.1	-4.13	.000	22.2	2.6	21.3	2.6	-1.16	.1265
Family and Friends	19.4	2.9	18.1	4.0	-1.10	.1385	21.9	2.7	17.3	4.0	-4.31	.000
Equalitarian Roles	15.3	5.6	15.5	5.5	0.11	.545	16.9	5.7	15.6	5.9	-0.67	.253
Religious Orientation	18.6	6.0	17.0	4.4	-0.98	.167	19.0	4.7	18.3	3.8	-0.46	.3235

*Missing data, one male.

**Probability values for a one-tailed t-test.

Financial Management and Children and Marriage, while important differences were also noted on Idealistic Distortion, Personality Issues, Communication, Conflict Resolution, Leisure Activities, and Sexual Relationship.

For women, the most significant categories were Idealistic Distortion, Communication, Conflict Resolution, and Family and Friends, while major differences between high and low adjusted women were also found on Personality Issues, Leisure Activities, and Sexual Relationship. On the average, males and females with high scores on marital adjustment DAS also have personal and couple agreement scores on PREPARE that also represent higher marital adjustment (Table VI).

Of the 12 PREPARE categories, two showed significant differences between high and low DAS scores for males only: Financial Management and Children and Marriage, while one other category showed a significant difference for females only (Family and Friends).

For males, high marital adjustment appears to be highly dependent on their realistic financial plans or budgets and mutual agreement with their partner on money. Males with high marital adjustment also indicate plans for children and have a realistic attitude on parental roles. For females, high marital adjustment appears to be highly dependent on having good relations with parents, in-laws, peers, and partners' friends.

When comparing Positive Couple Agreement Scores with Individual Raw Scores on the PREPARE categories (according to DAS scores and by sex of respondent), significant differences among females were found in the same 7 of 12 PREPARE categories. The PREPARE category Family and Friends, showed significance for both males and females when using

TABLE VI

RELATIONSHIP BETWEEN DYADIC ADJUSTMENT (HIGH AND LOW) AND POSITIVE COUPLE PERCENT AGREEMENT SCORES PREPARE OF MALES AND FEMALES

Positive Couple Percent Agreement Score PREPARE Categories	Males' Dyadic Adjustment (N=40)*						Females' Dyadic Adjustment (N=41)					
	High		Low		T Value	Probability**	High		Low		T Value	Probability
\bar{X}	sd	\bar{X}	sd	\bar{X}			sd	\bar{X}	sd	\bar{X}		
Idealistic Distortion	41.5	27.3	27.5	21.7	-1.79	.0405	45.9	25.0	21.5	18.3	-3.50	.0005
Realistic Expectations	36.0	26.4	43.0	33.2	0.74	.767	34.5	25.5	45.2	33.2	1.17	.8745
Personality Issues	30.0	23.8	14.0	18.4	-2.37	.0115	33.6	23.4	7.3	9.9	-4.55	.000
Equalitarian Roles	33.0	33.2	33.0	39.0	0.0	.5	40.0	37.5	23.1	32.1	-1.53	.067
Communication	61.0	21.9	28.0	24.6	-4.47	.000	56.3	27.3	29.4	22.4	-3.40	.001
Conflict Resolution	50.0	25.5	25.0	24.1	-3.18	.0015	49.0	25.2	23.1	23.3	-3.40	.001
Financial Management	67.0	31.9	40.0	30.4	-2.74	.0045	56.3	35.2	48.4	32.1	-0.75	.2295
Leisure Activities	62.0	23.3	44.0	26.4	-2.28	.014	62.7	20.7	40.0	27.4	-3.01	.0025
Sexual Relations	61.0	27.1	47.0	20.8	-1.83	.0375	62.7	21.6	43.1	24.2	-2.73	.0045
Children and Marriage	69.0	31.4	47.0	27.7	-2.35	.012	64.5	34.3	49.4	25.2	-1.58	.061
Family and Friends	51.0	22.9	34.0	28.3	-2.09	.002	54.5	20.6	27.3	26.0	-3.73	.0005
Religious Oriengation	49.0	39.1	39.0	34.6	-0.86	.199	47.2	38.3	37.8	35.8	-0.81	.213

*Missing data, one male.

**Probability values are for a one-tailed t -test.

the "Positive Couple Agreement" scores, but had not shown significance for males using Individual Raw Scores. Thus, for males there were significant differences in scores on 9 of 12 Couple Percent Agreement Scores on PREPARE categories compared to 8 of 12 categories for Male Individual Raw Scores.

Hypothesis II. Couples with both partners scoring high on Dyadic Adjustment will have higher Positive Couple Agreement Scores on PREPARE than couples with both partners having low or mismatched Dyadic Adjustment Scores.

An issue in marital counseling and research with couples is balancing individual self-reports and couple characteristics. Many instruments which use individual self-reports purport to assess couple dynamics. The purpose of this hypothesis is to relate individual scores on marital satisfaction with couple scores on the PREPARE Inventory. One would predict a high degree of relationship between individual and couple scores on marital satisfaction.

Hypothesis II will be evaluated in two ways. First, couples will be categorized into two groups. Partners who are both high in marital adjustment will be followed by partners who are low or mismatched in marital adjustment. They then will be compared using t-test procedures (Table VII). A second comparison will use an F-test to determine whether any differences emerge when putting the subjects into three separate groups (Table VIII). When the one-way analysis of variance indicated a statistical significance between population means, a Tukey-HSD procedure was used to identify which groups presented a statistical difference. Among the statistical procedures for that purpose, the Tukey-HSD is among the most stringent.

TABLE VII

RELATIONSHIP BETWEEN DYADIC ADJUSTMENT (HIGH AND
LOW) AND POSITIVE COUPLE PERCENT
AGREEMENT SCORES PREPARE

PREPARE Categories	Couples' Dyadic Adjustment (N=41)				T Value	Probability*
	\bar{X}	High sd	\bar{X}	Low or Mismatched sd		
Idealistic Distortion	52.86	22.34	25.19	21.20	3.89	.000
Realistic Expectations	34.29	22.78	42.22	32.50	-0.81	.7895
Personality Issues	37.14	24.63	13.33	16.64	3.68	.0005
Equalitarian Roles	38.57	36.34	28.89	35.67	0.82	.209
Communication	67.14	20.16	31.85	24.34	4.65	.000
Conflict Resolution	54.29	25.33	28.15	24.34	3.22	.0015
Financial Management	68.57	32.07	44.44	32.03	2.29	.014
Leisure Activities	64.29	19.50	45.93	27.63	2.21	.0166
Sexual Relationship	64.29	23.77	48.15	23.70	2.07	.023
Children and Marriage	70.00	34.86	51.11	27.36	1.91	.032
Family and Friends	54.29	19.89	35.56	27.92	2.23	.016
Religious Orientation	47.14	39.70	40.74	36.15	0.52	.303

*Probability values are for a one-tailed t -test.

TABLE VIII

COUPLES WHO BOTH HAVE HIGH-LOW OR MIXED LEVELS OF DYADIC
ADJUSTMENT IN RELATIONSHIP TO POSITIVE COUPLE AGREE-
MENT SCORES ON PREPARE CATEGORIES

PREPARE Categories	Couples**			F Ratio	Probability	Paired Means Significantly Different Tukey's HSD Method		
	Group I (N=14) Both high scores on DAS Group I Means	Group II (N=14) Mixed Scores High low/low high on DAS Group II Means	Group III (N=12) Both low scores on DAS Group III Means			Groups 1 & 2	Groups 1 & 3	Groups 2 & 3
Idealistic Distortion	52.86	25.71	23.33	7.5	.0018	*	*	-
Realistic Expectations	34.28	37.14	48.33	0.7	.4691	-	-	-
Personality Issues	37.14	21.42	5.00	9.3	.0005	-	*	-
Equalitarian Roles	38.57	32.86	26.67	0.3	.7105	-	-	-
Communication	67.14	41.43	21.67	13.9	.0000	*	*	-
Conflict Resolution	54.29	40.00	15.00	9.5	.0005	-	*	*
Financial Management	68.57	47.14	43.33	2.3	.1099	-	-	-
Leisure Activities	64.29	58.57	33.33	6.3	.0043	-	*	*
Sexual Relationship	64.29	57.14	38.33	4.3	.0208	-	*	-
Children and Marriage	70.00	60.00	41.67	2.9	.0642	-	-	-
Family and Friends	54.29	50.00	20.00	8.4	.0010	-	*	*
Religious Orientation	47.14	50.00	33.33	0.7	.4892	-	-	-

Note: (*) denotes pairs of groups significantly different at the 0.050 level or greater.

**Missing data, one couple.

A married couple that has a male with a high Dyadic Adjustment Score and a female with a high Dyadic Adjustment Score, has significantly higher Positive Couple Agreement scores on 9 of 12 PREPARE categories than a couple that has at least one person with a low Dyadic Adjustment Score.

The significant PREPARE categories for couples are the same nine identified in testing Hypothesis I. They are: Idealistic Distortion, Personality Issues, Communication, Conflict Resolution, Financial Management, Leisure Activities, Sexual Relationship, Children and Marriage, and Family and Friends. Three PREPARE categories that show no significance between married persons are: Realistic Expectations, Equalitarian Roles, and Religious Orientation.

Hypothesis II is supported since significant differences exist between couples who both have high DAS scores and couples where both partners have low or mismatched DAS scores. This suggests that the two measures are related and that individual and couple scores are consistent. An alternative way to examine this hypothesis is to create three categories of couples.

The DAS was used to measure the degree of marital adjustment and to create three unique couple groups. Group I identifies married couples where both persons had high Dyadic Adjustment Scores. Group II identifies couples where one partner had a high score and the other a low. Group III consists of couples whose scores were both low on dyadic adjustment. The divisions of these three samples were then related to the 12 PREPARE categories.

One-way analysis of variance was used to test the significance of differences among the three levels of Dyadic Adjustment (Groups I, II,

and III) and the Positive Couples Agreement Scores on each PREPARE category. Mean Positive Couple Agreement Scores for each PREPARE category are presented in Table VIII.

Hypothesis II is supported by 2 of 12 PREPARE categories for Groups I and II, and by 7 of 12 PREPARE categories for Groups I and III. Group I couples report a higher level of marital adjustment than those couples who both have low or mismatched DAS scores.

Two PREPARE categories that show high significance for Groups I and II and I and III are Idealistic Distortion and Communication. Communication has the highest F ratio and probability value over all 12 PREPARE categories. Communication is the factor that illustrates the greatest difference among groups when related to Dyadic Adjustment.

The AOV findings signify a strong relationship between Dyadic Adjustment and Communication. As one or both marital partners indicate low Dyadic Adjustment Scores, their ability to communicate also decreases proportionately. Idealism is a factor positively related to Dyadic Adjustment. This implies couples with high Dyadic Adjustment have a tendency to generally impress others favorably.

Paired means of Group I and Group III indicate significant differences in seven PREPARE categories: Idealistic Distortion, Personality Issues, Communication, Conflict Resolution, Leisure Activities, Sexual Relationship, and Family and Friends.

Paired means of Group II and Group III indicate significance in 3 of 12 PREPARE categories. They are: Conflict Resolution, Leisure Activities, and Family and Friends.

Findings suggest to counselors that when both partners of a couple have high Dyadic Adjustment Scores, they will also have the

highest level of marital adjustment. When one person of the couple has a low Dyadic Adjustment Score and the other a high score, there is a slight decrease in the level of marital adjustment and couple agreement. When both partners have low Dyadic Adjustment Scores, they also have the lowest marital adjustment and lowest couple agreement, as indicated by the means values on 7 of 12 significant PREPARE categories. Communication, Conflict Resolution, and Family and Friends are PREPARE categories which seem to be very significant for couples in early-marriage.

Hypothesis III. There is no difference between men and women on stress scores measured by the Social Readjustment Rating Scales.

Hypothesis III is primarily intended to determine whether men or women are more likely to report higher stress in the early phases of marriage. Studies on marriage (Bernard, 1964) suggest that marriage can be conceptualized as "his" or "her" marriages and that the consequences may be different for each sex. In addition, studies on sex differences for mental health referrals suggest that women are more likely to become clients than men. These issues may become clearer by a more detailed assessment of life stress for early-married couples.

A t-test compared the sample means of males and females on three separate measurements of the Social Readjustment Scale: (1) SRRS mean values, (2) SRRS adapted values, and (3) SRRS adapted values with additional items.

Table IX illustrates two important findings: (1) that married couples experience levels of stress much higher than SRRS norms, and (2) that females indicate, at the .05 level, significantly more stress than males on all three measurements of the SRRS.

TABLE IX
SEX DIFFERENCE AND LIFE EVENTS, THREE VERSIONS OF THE
SOCIAL READJUSTMENT RATING SCALE (SRRS)
(N=82)

LIFE EVENTS CHECKLIST Adapted Version of the Social Readjustment Rating Scale (SRRS)	Sex Difference on Life Events				T Value	Probability
	Males		Females			
	X	sd	X	sd		
Original mean values (39 items)	369.05	148.75	437.63	118.74	-2.31	.024
Adapted values (39 items)	20.05	8.79	25.15	8.80	-2.62	.010
Adapted Values (68 items)	26.61	11.72	33.41	12.66	-2.53	.014

Note: Probability values are for the two-tailed t-test.

Hypothesis III is rejected and the alternative hypothesis is accepted.

Findings show that the mean stress score for both men and women are considerably higher than the norms reported by the authors of the SRRS. Their norms suggest that a score over 300 is extremely high and likely to result in physical or emotional consequences. Nearly all persons in this study are above 300 LCU's, verifying that the stage of early-marriage adjustment is an extremely difficult and adaptive one for most persons.

Findings from this research relate to counselors that the early phase of marriage for subjects in this study produced scores sufficiently high to be precursors of a medical or emotional problem. Therefore, counseling techniques to support persons over this stressful period are appropriate. Females, in particular, report more stress and may be more likely to experience problems in adaptation to marriage. The marriage problem is easier to see and to blame than the multiple life events occurring in the system.

Hypothesis IV. Males with high Dyadic Adjustment Scores will have lower stress scores on the Social Readjustment Rating Scales than males with low dyadic adjustment scores. This hypothesis will be repeated for females and for the total sample.

Holmes and Rahe (1967) found an increase in life events as stressors two years prior to the onset of an illness. Statistics in the United States indicate an increase in the divorce rate after the first two years of marriage. Hypothesis IV relates the concept of life events as stressors to the early-marriage adjustment period in order

to test whether this factor warrants consideration in future studies on early-marriage adjustment.

A t-test was used to determine if there is a significant difference between persons with high marital adjustment scores and those with low marital adjustment scores on stress (Table X).

The Social Readjustment Rating Scales have three measurements for the variable stress. It is hypothesized that males with higher levels of marital adjustment will have lower stress scores (SRRS).

No significant difference was found between males with high and males with low Dyadic Adjustment Scores in relationship to the variable stress. Findings from males did not support Hypothesis IV.

Females with higher Dyadic Adjustment Scores have significantly lower scores on stress than females with lower dyadic adjustment. This supports Hypothesis IV, which states that high marital adjustment is related to lower stress. Therefore, on the average, higher dyadic adjustment for women is significantly linked to fewer life events that occur during early-marriage adjustment.

Two frequency counts of the 68-item version of the Life Events Checklist (SRRS) were made in relationship to Hypothesis IV. This was done in response to Mechanic's (1975) criticism on measurement of the Holmes and Rahe (1967) scale that omits personal intensity response.

People were asked to identify life events that occurred one year prior to the interview and data collection. These were coded to identify an intensity of personal response (no stress, moderate stress, major stress) to each event. Table XI depicts a rank order of the items most frequently selected and classified as a major stress. Males identified sex difficulties, threat of marriage separation, and

TABLE X

TOTAL SAMPLE, MALES' AND FEMALES' LEVEL OF DYADIC ADJUSTMENT
IN RELATIONSHIP TO THREE MEASUREMENTS ON STRESS
(SRRS) LIFE EVENTS CHECKLIST

Life Events Checklist	Persons' Dyadic Adjustment (N=81)						Males' Dyadic Adjustment* (N=40)						Females' Dyadic Adjustment (N=41)					
	High X	sd	Low X	sd	T Value	Probability	High X	sd	Low X	sd	T Value	Probability	High X	sd	Low X	sd	T Value	Probability
39 items (SRRS) Original Values	384.55	114.94	431.80	149.99	1.60	.057	362.45	124.89	389.95	161.79	.60	.2755	404.64	103.99	475.84	125.97	1.98	.027
39 items (SRRS) Adapted Values	20.60	7.47	25.18	9.90	2.36	.0105	19.05	7.60	21.75	9.50	.99	.1635	22.00	7.24	28.79	9.21	2.64	.006
68 items (SRRS) Original Plus Additional Life Events	27.83	10.43	32.97	13.84	1.90	.0305	25.50	10.03	28.75	12.65	.90	.187	29.96	10.55	37.42	13.94	1.95	.0295

Note: Probability values are for a one-tailed t-test.

*Missing data for male scale.

TABLE XI
LIFE EVENTS CLASSIFIED AS MAJOR STRESS PRODUCERS
BY INDIVIDUALS IN EARLY-MARRIAGE ADJUSTMENT

Individuals (N=82)	Males (N=41)	Females (N=41)
1.*Sex difficulties	1.*Sex difficulties	1.*Marriage
2. Change in work conditions or hours	2. Death of close friend	2. Change in work conditions or hours
3. Change in health of family member	3. Threat of marriage separation	3. Trouble with boss at work
4. Marriage	4. Change in work conditions or hours	4. Change in health of family member
5. Trouble with boss at work	5. Change in health of family member	5. Trouble with in-laws
6. Wife begins work	6. Change in social activities	6. Wife begins work
7. Change in residence	7. Birth of a child	7. Change in residence
8. Threat of marriage separation		8. Sex difficulties
9. Death of close friend		9. New role of married life
10. Trouble with in-laws		10. Change in living conditions
11. Birth of a child		11. Change in financial state
		12. Change in responsibilities at work

Note: (*) denotes most frequent response; adapted version of Social Readjustment Rating Scale.

birth of a child as three of the top stress producers for them during early-marriage. Females identified marriage, trouble with in-laws, and sex difficulties as three of the top stress producers. Total sample identified sex difficulties as the most stressful marital adjustment issue.

Frequency counts of life events without the respondent's indication of a personal assessment of intensity are listed in Table XII. Consistent with other frequency tables, the females have listed more items than males. Christmas and marriage are the most frequent responses among all three categories. For the total sample, significant differences were found between persons with high and low dyadic adjustment on two adapted measurements of stress. Hypothesis IV is supported by all three measures of stress for females and two adapted measures of stress for the total sample. Five of nine findings support Hypothesis IV.

Males' Dyadic Adjustment scores are not significantly linked to life events as stressors during early-marriage adjustment. However, females' Dyadic Adjustment scores for early-marriage adjustment relate significantly to an increase of life events as stressors. On the average, females with higher dyadic adjustment reported fewer occurrences of stressful life events during a one-year period in early-marriage. Even though most persons in this study scored 100 units or more above the major life crisis norms set by Holmes and Rahe (1967), the finding identifies an inverse relationship that shows high Dyadic Adjustment relative to low stress scores.

Professionals could use this knowledge to help couples assess life events and stress in relation to the early-marriage adjustment

TABLE XII
 ADAPTED HOLMES-RAHE SOCIAL RESPONSE RATING SCALE
 IDENTIFICATION OF LIFE EVENTS OCCURRING
 FREQUENTLY

Individuals (N=82)	Males (N=41)	Females (N=41)
1. Christmas	1. Marriage	1. Christmas
2. Marriage	2. Christmas	2. Marriage
3. Change in living conditions	3. Change in living conditions	3. New role of married life
4. New role of married life	4. New role of married life	4. Change in living conditions
5. Death of close family member	5. Religious holiday	5. Religious holiday
6. Vacation	6. Vacation	6. Vacation
7. Change in social activities	7. Change in social activities	7. Change in social activities
8. Change in working hours or conditions	8. Revision of personal habits	8. Change in residence
9. Revision of personal habits	9. Change in working hours or conditions	9. Change in recreation
10. Change in residence	10. Change in sleep habits	10. Change in sleep habits
11. Change in sleep habits	11. Change in residence	11. Change in working hours or conditions
12. Change in recreation	12. Change in number of arguments	12. Revision of personal habits
13. Change in number of arguments		13. Change in financial state
14. Change in responsibilities at work		14. Change in number of arguments
15. Change in number of family get togethers		15. Change in responsibilities at work

process. Identification of this factor for males, females, and/or couples having problems during early-marriage is important. It presents nodal life events as factors which require time for personal adjustment. The complaints of a person to a counselor may then be linked to factual events occurring in a family system instead of the narrow focus on the marital problem.

Hypotheses Related to the Bowen Theory of Family Systems

Hypotheses V, VI, and VII, from the Bowen Theory of Family Systems, investigates the relationship between anxiety and the following: personal response to stress, individual dyadic adjustment, and couple dyadic adjustment. Hypotheses VIII and IX examine the influence of Maternal and Paternal Multigenerational Transmission Process of respondents during early-marriage adjustment. Hypotheses X, XI, and XII question the association of a couple's complementary or noncomplementary birth-order pattern on dyadic adjustment, stress, and anxiety. Hypotheses XIII and XIV search for a connection between the maternal or paternal report of a multigenerational cancer history and the variables stress, anxiety, and marriage adjustment.

Hypothesis V. Persons with high scores on anxiety, as measured by ALEVELD, will have higher stress scores on the Social Readjustment Rating Scales than persons with low scores on anxiety.

Anxiety is a key variable in evaluating Differentiation of Self from the Bowen Theory of Family Systems. It is important to know the level of anxiety in this sample in order to interpret the findings in relationship to the theory. Hypothesis V explores a relationship

between anxiety and the SRRS to see if comparable concepts relate to one another in a like manner. Since the Holmes and Rahe (1967) study found a high degree of consensus between populations, differences found may be generalized to like populations (Appendix M).

A 20-item scale, ALEVELD, with interval measurement, was developed based on the Bowen Theory of Family Systems. Considerable ambiguity exists among professionals on the definition, operationalization, and measurement of anxiety and stress. Hypothesis V is an attempt to find a significant relationship between the Holmes and Rahe (1967) SRRS instrument that relates life events as stressors and the ALEVELD scale, a measure of anxiety related to the concept of Differentiation of Self.

Hypothesis V will be evaluated in two ways. First, a t-test will evaluate whether there is a difference between persons with high anxiety scores and those with low anxiety scores on the variable stress as measured by the Social Readjustment Rating Scales (Table XIII). A second comparison will use an F-test to determine whether any differences emerge when putting the subjects into three separate groups, illustrating high, medium, or low anxiety (Table XIV). A Tukey-HSD procedure was used to identify which groups presented a statistical difference.

Results of t-tests indicated that higher stress scores were related to higher anxiety (ALEVELD) scores. Significance at the .05 level was found in two adapted values (Table XIII), with the third value approaching significance at the .07 level. These probability values support Hypothesis V, illustrating that the highest anxiety

TABLE XIII
LIFE EVENTS t-TEST RELATED TO ANXIETY SCALE
(ALEVELD) (N=82)

LIFE EVENTS CHECKLIST Adapted Version of Holmes and Rahe Social Readjustment Rating Scale (SRRS)	(A LEVEL D) Anxiety Level High and Low				T Value	Probability
	High		Low			
	\bar{X}	sd	\bar{X}	sd		
Adapted (SRRS) 39 item scale	24.88	10.24	20.20	7.11	-2.41	.009
Adapted (SRRS) 68 item scale	32.83	14.38	27.05	9.7	-2.14	.018
Original mean values (SRRS) 39 items	424.88	150.84	380.73	121.18	-1.46	.0745

Note: Probability values are for a one-tailed t-test.

TABLE XIV

LIFE EVENTS CHECKLIST RELATED TO ANXIETY SCALE (ALEVELD)
 ONE-WAY ANALYSIS OF VARIANCE (N=82)

LIFE EVENTS CHECKLIST Adapted Version of Holmes and Rahe Social Readjustment Rating Scale (SRRS)	(ALEVELD), Anxiety Means			F Ratio	Probability	Paired Means Significantly Different at .05 level, Tukey's HSD Method		
	Low Group I	Medium Group II	High Group III			Groups 1 & 2	Groups 1 & 3	Groups 2 & 3
Adapted (SRRS) 39 items	18.41	24.41	24.92	4.67	.0121	*	*	
Adapted (SRRS) 68 items	24.89	31.83	33.31	3.65	.0305		*	
Original Mean Values (SRRS) 39 items	346.52	427.93	434.92	3.65	.0305		*	

Note: (*) denotes pairs of means significantly different at the 0.050 level or greater; Group 1 (N=27), Group 2 (N=29), Group III (N=26).

levels are accompanied by a higher factual report of life events as stressors accompanied by life stress.

Analysis of variance was used to test for differences between low, medium, and high group divisions of (anxiety) ALEVELD and (life events stress) SRRS. Mean scores for the individuals' levels of anxiety in relation to stress show significance on SRRS mean values and SRRS adapted values. All three measures of the Social Readjustment Rating Scale have significant probability levels. Significance was found between Groups III and I and II and I that support Hypothesis V (Table XIV), illustrating that the highest anxiety levels are accompanied by a factual reported history of life events as life stress.

Findings suggest that the ALEVELD scale of anxiety may be useful as an assessment tool by counselors. An increase in anxiety during early-marriage adjustment also relates to an increase of life events as stressors and to a person's family system. This highlights the importance of the variable, anxiety, as it relates to the Bowen Theory of Family Systems in relationship to assessments made for persons during early-marriage adjustment. Anxiety is conceptually linked to life events that affect a family system.

Hypothesis VI. Persons with high scores on anxiety, as measured by ALEVELD, will have lower scores on Dyadic Adjustment and PREPARE than persons with low scores on anxiety.

Bowen's Theory of Family Systems hypothesizes that one's ability to function rationally and not respond emotionally in a high-anxiety field is related to that person's level of differentiation and affects his/her problem-solving ability. Based on that, it should be

predictable that persons with high scores on anxiety will have lower scores on marriage adjustment.

A t-test was used to analyze the scores of PREPARE and DAS (Table XV). Persons with higher anxiety, measured by the ALEVELD scale, show significantly lower means on 4 of 12 PREPARE categories. Idealistic Distortion, Personality Issues, Conflict Resolution, and Financial Management represent the four PREPARE categories that support Hypothesis VI.

Persons with higher anxiety on ALEVELD show significantly lower scores on the full Dyadic Adjustment Scale and on the Subscale Dyadic Satisfaction than persons with lower anxiety levels. Therefore, Hypothesis VI is supported by the total DAS scale and one of its four subscales.

Findings from the PREPARE Inventory indicate that a more anxious person is not as concerned with presenting himself/herself in a highly favorable or exaggerated way than a person with lower anxiety. A more anxious person also has a less positive perception of his/her mate's personality characteristics. Personal traits of temper, moodiness, and stubbornness may be more predominate. Higher anxiety is also related to negative attitudes toward relationship conflicts and the strategies used for resolution. Last, an increased anxiety level is associated with a decrease in a person's ability to manage family economics. In relationship to the Dyadic Adjustment Scale (DAS), people who manage to have lower anxiety also have increased marital adjustment and marital satisfaction during early-marriage adjustment.

Hypothesis VII. Couples with both partners having high scores on anxiety, as measured by ALEVELD, will have lower Dyadic Adjustment and

TABLE XV

ANXIETY (ALEVELD) IN RELATIONSHIP TO PREPARE
AND DYADIC ADJUSTMENT (DAS) (N=82)

Anxiety (ALEVELD)	Low Group		High Group		T Value	Probability
	X	sd	X	sd		
<u>PREPARE Categories</u>						
Idealistic Distortion	34.58	7.86	30.98	7.71	2.09	.020
Personality Issues	16.45	4.38	14.79	4.39	1.72	.045
Conflict Resolution	18.43	4.13	16.33	3.46	2.49	.0075
Financial Management	19.80	3.58	18.50	3.45	1.68	.0485
<u>DYADIC ADJUSTMENT</u>						
(DAS) Total Scale	119.25	10.51	114.22	13.47	1.87	.0325
Subscale Dyadic Satisfaction	42.75	3.40	39.59	4.18	3.73	.0000
Subscale Affectional Expression	8.95	1.89	8.54	2.04	0.95	.174
Subscale Dyadic Consensus	50.35	5.43	49.07	7.91	0.84	.2005
Subscale Dyadic Cohesion	17.20	2.62	17.02	2.69	0.30	.3835

Note: Probability values are for a one-tailed t-test.

*Twelve categories of PREPARE were analyzed; no significance was found in eight categories.

PREPARE (Positive Couple Agreement) scores than couples with both partners having low or mismatched scores on anxiety.

Five concepts from the Bowen Theory of Family Systems have an impact on the formulation of Hypothesis VII. First, a person's level of differentiation is directly linked to his/her functioning ability as anxiety is increased. Second, the Family Projection Process represents the method by which parents project part of their immaturity to one or more of their children. These children would have different levels of differentiation and functioning ability in life. Third, the concept of Triangles predicts that when a conflicting relationship between two people develops, a third person is added to absorb the potential relationship problem. Fourth, the Nuclear Family Emotional Process concept describes four patterns as outlets for emotional forces as they occur over a nuclear family's life time. Fifth, the Multigenerational Transmission Process illustrates the historical landscape of the generational emotional process. Thus, the family system process has a subtle influence upon the selection process of a mate near the same level of differentiation.

Hypothesis VII will be evaluated in two ways. First, couples will be categorized into two groups, both partners high on anxiety and both low or mismatched on anxiety, and compared using the t-test procedure. A second comparison will use an F-test to determine whether any differences emerge when putting the subjects into three separate groups (Table XVI).

The t-test results indicate that there was no significant difference at the .05 level to support Hypothesis VII.

TABLE XVI

COUPLES WHO HAVE HIGH-LOW OR MIXED LEVELS OF (ALEVELD),
 ANXIETY IN RELATIONSHIP TO POSITIVE COUPLE PERCENT
 AGREEMENT SCORES ON PREPARE (N=39)

PREPARE Categories	Couples' Both Low Scores on Anxiety (ALEVELD) Group I Means (N=6)	Couples' Mixed Scores High Low/Low High on Anxiety (ALEVELD) Group II Means (N=27)	Couples' Both High Scores on Anxiety (ALEVELD) Group III Means (N=6)	F Ratio	Probability	Paired Means Significantly Different Tukey's HSD Method		
						Groups 1 & 2	Groups 1 & 3	Groups 2 & 3
Idealistic Distortion	55.00	28.89	36.67	3.19	.053	*	-	-
Realistic Expectations	30.00	42.96	30.00	0.89	.419	-	-	-
Personality Issues	40.00	14.07	33.33	5.63	.008	*	-	-
Equalitarian Roles	26.67	30.37	36.67	0.12	.885	-	-	-
Communication	80.00	34.07	46.67	9.22	.0006	*	-	-
Conflict Resolution	56.67	31.85	40.00	2.13	.134	-	-	-
Financial Management	63.33	49.63	50.00	0.41	.670	-	-	-
Leisure Activities	73.33	48.15	53.33	2.37	.108	-	-	-
Sexual Relationship	76.67	48.89	50.00	3.55	.039	*	-	-
Children and Marriage	66.67	55.56	56.67	0.32	.731	-	-	-
Family and Friends	53.33	40.00	40.00	0.60	.553	-	-	-
Religious Orientation	60.00	40.00	53.33	0.91	.413	-	-	-

Analysis of variance was used to test the significance of differences present in Hypothesis VII. Three separate categories of ALEVELD as a measure of anxiety were defined. Couples who had low scores on anxiety (ALEVELD) were in Group I. Couples with mixed high and low scores on anxiety (ALEVELD) were in Group II. Group III represented couples who had high scores on anxiety (ALEVELD). Significance at the .05 level or greater was found on four PREPARE categories. They are: Idealistic Distortion, Personality Issues, Communication, and Sexual Relationship. The mean values of these categories only partially support the direction of Hypothesis VII.

Although only four categories are statistically significant, the above findings do support the theoretical idea hypothesizing that people tend to have greater consensus and more positive functioning in lower anxiety. Group I scores were higher in all but two PREPARE categories. These include: Conflict Resolution, Financial Management, Leisure Activities, Children and Marriage, Family and Friends, and Religious Orientation. Group I has higher, although nonsignificant, mean values than Groups II and III.

Overall, Group II's PREPARE scores are the lowest for all couples. This suggests that when one mate has a high anxiety score and the other a low score, there exists a lack of couple agreement on all PREPARE categories except Realistic Expectations and Equalitarian Roles. Couples from Group II have the least agreement on factors important to early-marriage adjustment. These results must be interpreted conservatively due to the unequal size of the groups.

Hypothesis VIII. Persons with high scores on Maternal Multigenerational Transmission Process as measured by MULTIGMA will have lower

Dyadic Adjustment and PREPARE scores than persons with low scores on the MULTIGMA.

The Bowen Theory of Family Systems hypothesizes that there will be generally more influence from the mother than the father on the children, particularly if she is the primary caretaker. The theory also hypothesizes a person's level of differentiation, or functioning level, is in relationship to other family members and their level of differentiation. The Maternal Multigenerational Transmission Process of the respondent for this research was defined as factual reports of selected traumatic adaptation strategies to life's process by members from the respondent's mother's family.

Hypothesis VIII will be evaluated in two ways. First, respondents will be categorized into two groups: respondents with a high score on the Maternal Multigenerational Process, and respondents with a low score. A comparison of group means will be made using the t-test procedure (Table XVII). A second comparison will use an F-test to determine whether any differences emerge when the respondents are placed into three separate groups (Table XVIII). When the one-way analysis of variance indicates a statistical significance between population means, a Tukey-HSD procedure will be used.

A t-test was used to investigate the differences between the means on the PREPARE categories and the Dyadic Adjustment Scale in relation to MULTIGMA.

A respondent who has a high score on the Maternal Multigenerational Transmission Process has significantly lower Individual Raw scores on 4 of 12 PREPARE categories and 2 areas of DAS than a respondent who has a low score on MULTIGMA.

TABLE XVII
 RELATIONSHIP BETWEEN TWO LEVELS OF THE MATERNAL MULTIGEN-
 ERATIONAL TRANSMISSION PROCESS TO PREPARE AND
 DYADIC ADJUSTMENT (DAS) (N=81)

	Maternal Multigenerational Transmission Process				T Value	Probability
	High X	sd	Low X	sd		
<u>PREPARE Categories</u>						
Idealistic Distortion	30.32	8.70	34.20	7.15	2.19	.0155
Personality Issues	14.58	4.67	16.22	4.23	1.63	.053
Financial Management	18.13	3.80	19.75	3.27	2.04	.0225
Children and Marriage	19.84	3.99	21.18	2.63	1.66	.052
<u>Dyadic Adjustment</u>						
(DAS) Total Scale	113.39	13.64	118.76	11.02	1.95	.0275
<u>Subscale</u>						
Dyadic Satisfaction	39.84	3.87	41.96	4.08	2.32	.0115

Note: Probability values are for a one-tailed t-test. All 12 PREPARE categories and all four (DAS) subscales were analyzed.

TABLE XVIII

THREE LEVELS OF THE MATERNAL MULTIGENERATIONAL TRANSMISSION
PROCESS IN RELATIONSHIP TO PREPARE AND DYADIC
ADJUSTMENT SCALE (DAS) (N=82)

Five of Twelve PREPARE Categories	Maternal Multigenerational Transmission Process of Respondents			F Ratio	Probability	Paired Means Significantly Different Tukey's HSD Method *		
	Individual's Low Group I \bar{X} (N=33)	Individuals' Medium Group II \bar{X} (N=28)	Individual's High Group III \bar{X} (N=21)			Groups 1 & 2	Groups 2 & 3	Groups 1 & 3
Idealistic Distortion	35.61	30.32	31.43	4.00	.0220	*	-	-
Realistic Expectations	15.64	18.86	17.10	5.30	.0069	-	*	-
Communication	19.61	17.07	18.48	3.36	.0399	*	-	-
Financial Management	20.36	17.89	18.86	4.04	.0213	*	-	-
Children and Marriage	21.85	19.11	20.91	6.14	.0033	*	-	-
(DAS) Subscale Dyadic Satisfaction (N=81) Missing Data 1	42.52	40.37	40.00	3.31	.0419	-	-	-

Note: (*) denotes pairs of groups significantly different at the .050 level; (-) = no significance; Multigenerational Transmission Process is defined for this specific research in a manner that relates to a lower level of Multigenerational Differentiation. Multigenerational Transmission Process is defined on factual reports from the research respondents of multigenerational selections of traumatic adaptation strategies to life's process.

The significant PREPARE categories are: Idealistic Distortion, Personality Issues, Financial Management, and Children and Marriage. The two significant Dyadic Adjustment areas are for the total DAS and a subscale, Dyadic Satisfaction.

Hypothesis VIII is partially supported, since significant differences exist between respondents who have a high history of MULTIGMA and those who do not on 4 of the 12 PREPARE categories and two areas of DAS.

An alternate way to examine Hypothesis VIII is to create three categories of respondents. Group I reports the lowest scores on the maternal generational process, Group II reports a medium level of the process, and Group III has the highest report of the maternal process. Analysis of variance was used to examine the difference between the means of PREPARE categories and Dyadic Adjustment in relationship to these three levels of the Maternal Multigenerational Transmission Process.

The AOV statistic found significance in 5 of 12 PREPARE categories; none, however, in the direction predicted. Congruent with Bowen's Theory of Family Systems, the AOV findings support the fact that persons with a lowest level of the multigenerational process indicate the highest levels of marriage adjustment. However, respondents with the highest level of the multigenerational process did not necessarily have the lowest marital adjustment.

Significance found by the t-test on DAS and a subscale Dyadic Satisfaction were not affirmed by AOV or the Tukey-HSD method. Also, the PREPARE category, Personality Issues, did not show significance

with this more stringent process. However, the PREPARE Communication category was added with the AOV procedure.

Four PREPARE categories--Idealistic Distortion, Communication, Financial Management, and Children and Marriage illustrated that persons with a low reported history of the variable Maternal Multigenerational Transmission Process, Group I, have a higher PREPARE mean value and a possible higher level of functioning during early-marriage adjustment for those issues. This is congruent with the Bowen Theory of Family Systems that requires the interaction of many more variables and does not imply cause and effect but consideration of factual data from family systems variables. Group I has the lowest mean value for the PREPARE category Realistic Expectations. This indicates persons in Group I have a less objective view about life decisions during early-marriage. This also agrees with the Bowen Theory of Family Systems that hypothesizes a person's functioning level of Differentiation of Self is not identified until that person functions in a high anxiety situation in life. How well a person functions relative to increased levels of anxiety is directly related to his/her personal level of differentiation.

Persons in Group II indicate the lowest mean values on four PREPARE categories, but these values are so close to Group III that perhaps they are illustrating the same trend of the multigenerational process. As the Multigenerational Transmission Process increases, scores relating to early-marriage adjustment decrease.

Findings indicate a research idea with statistical significance that links the Multigenerational Transmission Process on the mother's side of the family to the early-marriage adjustment process of the

respondent in the current generation. The Bowen Theory of Family Systems states problems presented in the current generation have their roots in the generational process of the past. Findings partially concur with the theory and are a statement for the relevance of including the Bowen Theory of Family Systems in the clinical assessments of persons having marital problems during early-marriage adjustment.

Findings from the t-test support the directional hypotheses and indicate persons with higher reports of a maternal multigenerational history in which certain family members choose a traumatic adaptation strategy to life's process are less inclined to impress people in a socially desirable manner. They were, however, more inclined to present themselves as they are. Respondents with an increased history of Multigenerational Transmission Process tend to be more negative in evaluating the personality characteristics of their mates. They also appear to be less able in the care and management of financial matters. Persons with a higher level of the generational process also reflected a less than realistic perception of parental roles and lack of agreement in attitudes and feelings regarding the decision to have children. Lastly, respondents with an increased level of Maternal Multigenerational Transmission Process have a significant decrease in dyadic adjustment and dyadic satisfaction during early-marriage adjustment.

Hypothesis IX. Persons with high scores on Paternal Multigenerational Transmission Process, as measured by MULTIGPA, will have lower Dyadic Adjustment and PREPARE scores than persons with low scores on MULTIGPA.

The Bowen Theory of Family Systems hypothesizes that the functioning level of a person is a reflection of the functioning levels from past generations.

The Paternal Multigenerational Transmission Process of the respondent for this research was defined as factual reports of selected traumatic adaptation strategies to life's processes by family members from the respondent's father's family.

Hypothesis IX will be evaluated in two ways. First, the respondents will be categorized into two groups: those with a high score on the Paternal Multigenerational Transmission Process, and those with a low score. A comparison of group means will be made using the t -test procedure (Table XIX). A second comparison will use an F -test to determine whether any differences emerge when the respondents are placed into three separate groups (Table XX). When the one-way analysis of variance indicates a statistical significance between population means, a Tukey-HSD procedure will be used. A t -test was used to investigate mean differences of PREPARE categories and the Dyadic Adjustment Scale in relation to MULTIGPA.

A respondent who has a high score on the Paternal Multigenerational Transmission Process has significantly lower Individual Raw scores on 2 of 12 PREPARE categories and one DAS subscale than a respondent who has a low score on MULTIGPA.

Significance at the .05 level for the Paternal Multigenerational Transmission Process of the respondent is observed in two PREPARE categories: Idealistic Distortion and Financial Management. Significance is also found in one subscale of DAS, Dyadic Satisfaction (Table XIX). The significance is in the direction predicted.

TABLE XIX

RELATIONSHIP BETWEEN TWO LEVELS OF THE PATERNAL MULTIGENERATIONAL
TRANSMISSION PROCESS OF THE RESPONDENT TO PREPARE
AND DYADIC ADJUSTMENT (DAS) (N=81)

	Paternal Multigenerational Transmission Process				T Value	Probability
	High X	sd	Low X	sd		
<u>PREPARE Categories</u>						
Idealistic Distortion	31.13	7.29	34.26	8.33	1.81	.037
Financial Management	18.23	3.70	20.00	3.21	2.33	.0116
<u>Dyadic Adjustment</u>						
(DAS) Total Scale	114.59	13.75	118.67	10.55	1.50	.0685*
<u>Subscale</u>						
Dyadic Satisfaction	40.23	4.14	42.00	3.95	1.97	.026

Note: Probability values are for a one-tailed t-test. All 12 PREPARE categories and all four (DAS) subscales were analyzed.

* Nonsignificant

TABLE XX

PATERNAL MULTIGENERATIONAL TRANSMISSION PROCESS
OF THE RESPONDENT IN RELATIONSHIP TO PREPARE
AND DYADIC ADJUSTMENT SCALE (DAS) (N=81)

Two of Twelve PREPARE Categories	Paternal Multigenerational Transmission Process of Respondents			F Ratio	Probability	Paired Means Significantly Different	
	Individual's Low	Individuals' Medium	Individuals' High			Tukey's HSD Method	
	Group I \bar{X} (N=42)	Group II \bar{X} (N=24)	Group III \bar{X} (N=16)			Groups 1 & 2	Groups 2 & 3
Realistic Expectations	16.07 -L	18.83 -H	17.25 -M	3.81	.0263	*	-
Financial Management	20.00 -H	17.29 -L	19.63 -M	5.11	.0082	*	-

Note: (*) denotes pairs of groups significantly different at the .050 level; Multigenerational Transmission Process is defined for this specific research in a manner that relates to a lower level of Multigenerational Differentiation. Multigenerational Transmission Process is defined on factual reports from the research respondent of multigenerational selections of traumatic adaptation strategies to life's process.

Hypothesis IX is marginally supported, since significant differences exist between respondents with low and high scores on MULTIGPA. Two of twelve PREPARE categories and one subscale of DAS support Hypothesis IX. Significance in paternal process is found in two of the same categories as the maternal process of the respondent.

An alternate way to examine Hypothesis IX is to create three categories of respondents. Group I reports the lowest scores on the paternal generational process. Group II reports a medium level of the process, and Group III identifies the highest scores on the paternal process.

A one-way analysis of variance illustrates a repeated pattern of the process observed in the maternal analysis. Individuals in Group III with a high level of MULTIGPA do not represent the lowest mean values for the PREPARE categories (Table XX). These findings do not support Hypothesis IX.

Findings of the AOV analysis relate respondents with the lowest score on the Paternal Multigenerational Transmission Process, Group I, indicate a realistic attitude toward financial plans and agreement with partner on money management significantly more than respondents with medium scores on MULTIGPA. However, respondents with low scores also illustrate the least realism about the demands and challenges of marriage.

Findings from the t -test relate that respondents with high scores on MULTIGPA have a lower ability to manage finances. These same respondents also have the lowest score on Idealistic Distortion. This finding indicates that the respondents are not presenting an overly positive view of their marriage. This would concur with the AOV

findings on Realistic Expectations. Dyadic Satisfaction during early-marriage is also greater for respondents with low scores on MULTIGPA than respondents with high scores.

Hypothesis X. Couples with a complementary birth-order pattern (Toman, 1976) will have higher Dyadic Adjustment and PREPARE scores than couples with a noncomplementary birth-order pattern.

Toman (1976) states that, all things being equal, new social relationships are more enduring and successful the more they resemble the earlier and earliest (intrafamilial) social relationships of the persons involved.

The Bowen Theory of Family Systems hypothesizes that, all things being equal, a person's personality in relation to his/her birth-order position correlates closely with Toman's (1961) descriptive characteristics of that birth-order position. If this is not present, then a person's characteristics are indicators that he/she has received a greater portion of the family's emotional focus and/or immaturity.

A t-test was used to examine the differences between the means on the 12 categories of PREPARE and the Dyadic Adjustment Scales in relationship to complementary or noncomplementary birth-order marital patterns. Results indicate that there was no significant difference at the .05 level for all PREPARE categories and for the DAS scale to support Hypothesis X.

Analysis of variance was utilized to investigate the statistical significance between a couple's complementary birth-order marital pattern and mean values of PREPARE categories.

Couples' birth-order marital patterns were ordered into a continuum of most to least complementary. These were then divided

into three divisions. Group I indicated complementary patterns. Group II is a partial complementary pattern, and Group III a noncomplementary birth-order marital pattern. Partial complementarity was defined as a middle-born married to a person with any other birth-order. Findings show no significance for DAS and significance for only 1 of 12 PREPARE categories to support Hypothesis X (Table XXI).

Significance was found in the Realistic Expectations category. This category assesses the reasonable and judicious nature of a person's expectations about marriage, commitment, and conflict. It suggests that couples who have complementary birth-order marital patterns have a more rational outlook on marital expectations than couples with partial complementarity. The largest mean differences were found between Group I and Group II. Couples with complementary marital patterns are more realistic and ready to confront the facts of early-marriage than those with partial complementarity. Results infer minimal support for Hypothesis X.

Hypothesis XI. Couples with a complementary birth-order pattern (Toman, 1976) will have lower scores on the Social Readjustment Rating Scale than couples with a noncomplementary birth-order pattern.

No significance was found. A t-test was used to test the existing relationship between complementary and noncomplementary birth-order marital patterns and the Social Readjustment Rating Scale that was measured three ways. Since none of the relationships were significant at the .05 level, it appears that no association exists for these variables. A continuum of complementary to noncomplementary patterns of the married couples was divided into three divisions and a one-way analysis of variance statistic at the .05 level also agreed

TABLE XXI
 CONTINUUM OF COMPLEMENTARY BIRTH-ORDER
 MARITAL PATTERNS IN RELATIONSHIP
 TO PREPARE

PREPARE Category	Complementary Group I (N=16)	Partial Complementary+ Group II (N=44)	Non- Complementary Group III (N=22)	F Ratio	Probability	Paired Means Significantly Different Tukey - HSD Groups 1 & 2
Realistic Expectations	19.81	16.21	16.96	5.16	.0078	*

Note: (*) denotes pairs of groups significantly different at the 0.050 level of significance; (+) denotes marital birth-order pattern of a middle-born with any other birth order; analysis was done on all 12 PREPARE categories.

with the nonsignificant findings. Therefore, findings do not support Hypothesis XI.

Hypothesis XII. Couples with a complementary birth-order pattern (Toman, 1976) will have lower scores on anxiety, as measured by ALEVELD, than couples with a noncomplementary birth-order pattern.

Initial t-test analyses indicated no significant difference between the means of anxiety (ALEVELD) when related to complementary and noncomplementary birth-order marital patterns. However, a realignment of couples on a continuum of most to least complementarity put couples into three divisions. An analysis of variance was used to test for differences between degrees of anxiety by the scale ALEVELD and three complementary divisions of the birth-order marital patterns. No significance was found. The findings do not support Hypothesis XII.

Interpretation for absence of significance may relate to the sample selection or it may relate to the fact that the subjects for this research reflect a SRRS mean value of 403 units.

Holmes and Masuda (1973) designate 300+ LCU's as a major crisis level that requires personal adjustment and a stress response to life events. Findings from Hypothesis IV indicate subjects with high anxiety scores also have the highest SRRS scores. This emphasizes the homogeneity of this sample on two variables: stress and anxiety. These comments are possible explanations for the absence of significance. It is an assumed rationale.

Hypothesis XIII. Persons with a high score on Maternal Multigenerational Cancer History, as measured by MULTICMA, will have higher stress scores on the Social Readjustment Rating Scales and anxiety, ALEVELD, than persons with low scores on MULTICMA.

Over 200 articles in the literature relate emotional and stress factors present among the factors identified in cancer research. Walsh (1846) cautions families with a history of cancer diagnoses to advise their sons against professions that would require increased stress and mental attention. He cautioned against the professions of law, medicine, and politics.

The t-test procedures were used to determine whether the means on stress scores and anxiety (ALEVELD) are significantly different in relation to high and low divisions of MULTICMA. No significance was found to support Hypothesis XIII.

Hypothesis XIV. Persons with a high score on Paternal Multigenerational Cancer History, as measured by MULTICPA, will have higher stress scores on the Social Readjustment Rating Scales and anxiety, ALEVELD, than persons with low scores on MULTICPA.

A t-test was used to determine the difference between the means of the Social Readjustment Rating Scale and anxiety (ALEVELD) in relation to MULTICPA. MULTICPA is a variable relating to a factual report of the history of a cancer diagnosis in the respondent's father's generational family.

A high level of the variable anxiety, ALEVELD, of the respondent has a significant relationship with the variable MULTICPA. This finding minimally supports Hypothesis XIV (Table XXII).

Paternal and maternal reports of cancer have higher, although nonsignificant, means on the Social Readjustment Rating Scales relating to life events and stress. Both generational lines reflect higher, but nonsignificant, PREPARE means. However, in the Dyadic Adjustment scale and four subscales, the maternal process has higher,

but nonsignificant, means on all subscales. The paternal process reflects a higher, but nonsignificant, mean in the DAS subscale Dyadic Cohesion.

TABLE XXII
 PATERNAL MULTIGENERATIONAL TRANSMISSION
 PROCESS OF THE RESPONDENT IN RELATIONSHIP TO ANXIETY (ALEVELD)
 (N=82)

	High		Low		T Value	Probability
	\bar{X}	sd	\bar{X}	sd		
Anxiety (ALEVELD)	25.73	7.57	22.76	7.03	1.84	.0345

Note: Probability value is for a one-tailed t-test.

The significant finding relating anxiety to MULTICPA suggests a generational link connecting higher anxiety levels in respondents to a higher paternal generational report on the history of cancer diagnoses.

Rank Order of PREPARE Items With the Highest Frequency of Disagreement or Conflict

This analysis attempts to rank order two PREPARE item scores by observing the frequency counts on disagreement and positive couple agreement scores. These scores are then ranked to illustrate the

choices made by the 41 couples in this research. The nine PREPARE categories most associated with marital adjustment are used. With this process of identification, inferences will reflect the most problematic PREPARE items in specific categories.

Items on Which Couples Disagree. These items are identified when there is a difference between partner responses of two or more points on a specific PREPARE item. Couples in this research identified 16 items that reflect topics in which couples disagree the most (Table XXIII). In short, PREPARE categories Family and Friends and Personality Issues were the most frequently mentioned.

Items of Positive Couple Agreement. These items identify partner responses that are similar and are in the positive direction. A frequency count of each item listed how many couples had similar responses on each PREPARE item. Instead of ranking frequencies on each specific variable in which there was couple agreement, lack of agreement or low scores were used to identify problematic areas. Therefore, the frequency of the number of couples who did not display agreement was noted. The initial item indicates the most couple disagreement. For this item, 37 couples concurred (Table XXIV). The personality category in PREPARE is repeated again, indicating that persons have identified negative personality characteristics in their mates during early-marriage adjustment.

Summary

Descriptive statistics, t-test, one-way analysis of variance, and Tukey's HSD were applied to data obtained from the research procedures

TABLE XXIII
 PREPARE ITEMS WITH THE HIGHEST COUPLE
 DISAGREEMENT OR DIFFERENCE

PREPARE Categories	Rank Order of Items
Family and Friends Communications	1.* I feel very uncomfortable with some of my in-laws.
Family and Friends Personality Issues Conflict Resolution	2. I do not always share negative feelings with my partner because I am afraid she/he will get angry.
Family and Friends Personality Issues	3. Some relatives or friends have reservations about our marriage.
Family and Friends Personality Issues Conflict Resolution	4. When we are with others, I am sometimes upset with my partner's behavior.
Family and Friends Personality Issues	5. To avoid hurting my partner's feelings during an argument, I would rather not say anything.
Family and Friends Personality Issues	6. At times I am concerned that my partner appears to be unhappy and withdrawn.
Family and Friends Personality Issues	7. My partner sometimes makes comments which put me down.
Family and Friends Personality Issues Idealistic Distortion	8. I am very comfortable with all my partner's friends.
Family and Friends Personality Issues Idealistic Distortion	9. Sometimes I am concerned about my partner's temper.
Family and Friends Personality Issues Idealistic Distortion	10. There are times when I do not feel a great deal of love and affection for my partner.
Family and Friends Personality Issues Idealistic Distortion	11. I am sometimes reluctant to be affectionate with my partner because it is often interpreted as a sexual advance.
Family and Friends Personality Issues Idealistic Distortion	12. I am concerned that my partner and I don't spend enough of our leisure time together.

TABLE XXIII (Continued)

PREPARE Categories	Rank Order of Items
Personality Issues	13. Sometimes I have difficulty dealing with my partner's moodiness.
Family and Friends	14. My relationship could be healthier than it is.
Idealistic Distortion	15. 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.
Conflict Resolution	+16. When we argue, I usually end up feeling responsible for the problem.

Note: (*) denotes most frequently selected item (24 out of 41 couples).

+Difference for 16 out of 41 couples.

TABLE XXIV
PREPARE ITEMS WITH THE HIGHEST INCIDENCE OF
POTENTIAL COUPLE CONFLICT

PREPARE Categories	Rank Order of Items
Personality Issues	*1. Sometimes my partner is too stubborn.
Sexual Relationship	2. Sometimes I am concerned that my partner's interest in sex is not the same as mine.
Realistic Expectations	3. There is nothing that could happen that would cause me to question my love for my partner.
Personality Issues	4. Sometimes I have difficulty dealing with my partner's moodiness.
Conflict Resolution	5. When we argue, I usually end up feeling responsible for the problem.
Communication	6. My partner sometimes makes comments which put me down.
Conflict Resolution	7. To avoid hurting my partner's feelings during an argument, I would rather not say anything.
Financial Management	8. We have figured out exactly what our financial position will be after we marry.
Personality Issues	9. Sometimes I am concerned about my partner's temper.
Realistic Expectations	10. Increasing the amount of time together will automatically improve our relationship.
Conflict Resolution	11. Sometimes we have serious disputes over unimportant issues.

TABLE XXIV (Continued)

PREPARE Categories	Rank Order of Items
Communication	12. I do not always share negative feelings with my partner because I am afraid she/he will get angry.
Realistic Expectations	13. I believe there is only one person in this world to whom I could be happily married.

Note: (*) denotes 37 out of 41 couples.

(Appendix K). The statistical techniques were used to test each designated hypothesis and the .05 level of significance was required for acceptance.

The findings and results were discussed in the order in which the hypotheses were presented in Chapter III. The findings presented in this chapter were based on data from 41 married couples whose length of time married was not less than six months nor more than two years. The results from this particular study must be cautiously interpreted, since the sample was not randomly generated. The sample is relatively homogeneous, however, and was selected to help identify general trends in early-marriage adjustment and may relate well to couples who reside in north-central Oklahoma and are classified as white, middle-class, suburban, and highly educated. The age range for males was 20 to 34 years of age, while the female age range was from 19 to 33.

PREPARE was modified and the items used in this research reflect similar reliability and validity values reported by Fournier (1979) and Fournier, Olson, and Druckman (1983). On the average, high individual or couple scores on the eight PREPARE categories that specifically relate to marriage adjustment were related to high scores on Dyadic Adjustment during early-marriage adjustment.

The category Idealistic Distortion was found to be significantly high for individuals and couples. These findings may suggest that persons are presenting an overly positive view of their marriage, i.e., they are very idealistic, or are concealing potential issues.

Couples identified categories upon which they had the highest disagreement. The PREPARE category Family and Friends was mentioned

most frequently, followed by Communications, Personality Issues, Conflict Resolution, and Sexual Relations.

Couples also identified PREPARE categories with the highest incidence for potential couple conflict. The category identified most frequently was Personality Issues, followed by the categories of Sexual Relationship, Realistic Expectations, Conflict Resolution, Communication, and Financial Management.

Findings on the variable stress as it was measured by the Social Readjustment Rating Scale identify this as a variable to be considered in assessments that relate to counseling persons or couples during early-marriage adjustment. Females indicated more stress than males and identified more life events related to adaptation and stress than males. Females also related higher stress scores in relationship to lower dyadic adjustment during early-marriage, while males did not. However, 66 of 82 persons in this research sample had scores over 300 units, which indicates extreme levels of life stress units as defined by Holmes and Masuda (1973). This emphasizes that the period of early-marriage adjustment is extremely stressful for men and women.

Findings that relate to the Bowen Theory of Family Systems illustrate that the theory can be operationalized with some measure of difficulty for the research process. The variable anxiety was measured by a 20-item scale with a .69 alpha reliability coefficient. A histogram illustrated a normal bell-shaped curve. This research found that persons with higher anxiety scores also had higher stress scores. The study also found that persons with higher anxiety have lower marriage adjustment scores in four PREPARE categories: Idealistic Distortion, Personality Issues, Conflict Resolution, and Financial

Management. Also, persons with high anxiety had low scores in the Dyadic Adjustment Scale and in the subscale of Dyadic Satisfaction. It was also found that couples, where both partners have low anxiety scores, also had the highest marriage adjustment on 10 of 12 PREPARE categories during early-marriage adjustment. Four significant PREPARE categories--Idealistic Distortion, Personality Issues, Communication, and Sexual Relationship--indicate the highest levels of marriage adjustment for couples with lowest anxiety.

Variables relating to the concept Sibling Position did not relate significantly to early-marital adjustment, stress, or to Bowen's Theory of Family Systems. Only one PREPARE category showed that couples with complementary birth-order marital patterns were significantly higher than couples with partial complementary patterns. The Realistic Expectations score showed couples with a complementary marital pattern are more rational toward married life than couples with partial complementarity.

Significant findings relate the Bowen Theory of Family System's concept of Multigenerational Transmission Process to early-marriage adjustment. The study of differentiation, as defined in this study is linked to lower marital adjustment on two validated and reliable instruments, PREPARE and DAS. Although this does not imply cause and effect, it does warrant consideration of generational family systems variables in assessments of persons or couples needing counseling during early-marriage adjustment.

Findings from this research highlight the importance of couple analysis, and with the PREPARE Inventory helps identify the subtle dynamics of marriage interaction during early-marriage adjustment.

The total scoring procedures of the PREPARE inventory allows for identification of areas of couple agreement, disagreement, special focus, and indecision. Individual scores on the categories are also useful. The PREPARE inventory provides counselors with an individual as well as a couple data base that offers information generally not accessible through other inventories.

The variables that relate to stress and the Bowen Theory of Family Systems report sufficient significance to be added to assessments on early-marriage adjustment.

CHAPTER V

SUMMARY AND DISCUSSION OF FINDINGS, CONCLUSIONS, RECOMMENDATIONS, AND PROBLEMS FOR FURTHER STUDY

Marriage is one of the crucial life events in which a decision to marry and the inevitable outcome of that union affects the couple, other family members, and society. Marriage adjustment, as a concept, has an important place in the study of marriage and family relationships. The concept is difficult to define, operationalize, and measure (Spanier and Cole, 1976).

Raush, Goodrich, and Campbell (1963) studied adaptation to the first year of marriage. They found marriage to be a transition event requiring attitudinal and behavioral modification to the sexual relationship; the establishment of the home, family, and friend relationships; education and career plans; parenthood; and religious activity. The PREPARE inventory assesses those areas and includes other important topics.

An overall thrust of this research is to examine early-marriage adjustment relative to factors previously researched in the literature and to evaluate them with individual and couple analysis. The second focus includes life events and their accompanying stress in couples in early-marriage adaptation. The third thrust area centers on the Bowen Theory of Family Systems. Three theoretical concepts are studied in

relationship to early-marriage adjustment. The hypothesized factors of concern in this study stem from those three areas.

The purposes of this study were: (1) to investigate relationship dynamics of couples married six months to two years in an attempt to better understand the most salient factors associated with early-marriage adjustment; (2) to investigate the relationship between early-marriage adjustment and stress from life events; and (3) to investigate three concepts of the Bowen Theory of Family Systems in relationship to early-marriage adjustment.

More specifically, answers to the following questions were sought:

1. Are selected dimensions of marriage adjustment measured by one instrument associated with marriage adjustment as it is measured by a second instrument for couples during the early-marriage time period?
2. What specific marital topics are most frequently reported as potential conflict areas in the early stage of marriage?
3. Is there a relationship between a person's or couple's marriage adjustment relative to other life events experienced during early-marriage?
4. Which specific life events are most relevant or problematic for early-married couples?
5. Do males and females differ in their self-reports about the stressfulness of life events during early-marriage?
6. Is there a relationship between early-marriage adjustment and concepts from the Bowen Theory of Family Systems?

7. Is there a relationship between generational assessment of Bowen's Concept of Differentiation and current marriage adjustment?
8. Is a person's level of anxiety related to reports of early-marriage adjustment?
9. How many research couples will have complementary and noncomplementary marital patterns in regard to sibling birth position?
10. Do complementary and noncomplementary sibling roles have a relationship to early-marriage adjustment?
11. What percentage of the three generations surveyed in this study report a cancer diagnosis?

Data were collected from April of 1981 to April of 1982. Each of the couples were married for no less than six months and no more than two years. All couples were interviewed in their own homes.

Measures used to collect data were: (1) a shortened version of the PREPARE inventory, (2) the Dyadic Adjustment Scale (DAS), (3) three adapted versions of the Holmes and Rahe (1967) Social Readjustment Rating Scale (SRRS), and (4) the Early-Marriage Experience Interview with scales on anxiety (ALEVELD), maternal or paternal Multigenerational Transmission Process and birth-order position (see Table II).

Demographic characteristics of this sample of couples in the process of early-marriage adjustment interviewed from two cities in north-central Oklahoma revealed the majority of couples were highly educated and middle-class. Couples were married 14.5 months, on the average, at the time of the interview.

Conclusions on Early-Marital Adjustment

Couple Findings

Positive Couple Agreement Scores on PREPARE categories in relationship to high and low Dyadic Adjustment were significant in 9 of 12 categories. Couples with higher marital adjustment have more agreement in these areas. These include: Idealistic Distortion, Communications, Personality Issues, Conflict Resolution, Financial Management, Leisure Activities, Sexual Relationships, Children and Marriage, and Family and Friends.

Couples with mutually low scores on DAS differed significantly from those with mutually high scores on all above areas, except Children and Marriage and Financial Management.

Marital couples identified 16 items that they both agreed are problems for them. A rank ordered list of items from PREPARE identify the categories of Personality Issues, Communication, Conflict Resolution, and Family and Friends as areas of most frequent disagreement. PREPARE items with the lowest Positive Couple Agreement Scores reflect the following categories: Sexual Relationship, Realistic Expectations, Conflict Resolution, Communication, and Financial Management.

Frequently mentioned life events classified as major stress producers for persons in the early-marriage adjustment process are: sex difficulties, change in work conditions or hours, change in health of a family member, and marriage. A similar list of life events that did not ask for a personal intensity response included Christmas, marriage, change in living conditions, new role of married life, and

death of a close family member as the most frequent life event areas for stress.

Married persons with each partner having a low score on anxiety indicated higher dyadic early-marriage satisfaction than couples with high anxiety levels. Couples were not paired for high stress scores; however, 66 out of 82 persons had scores over 300 LCU for a one year period during early-marriage. This indicates a higher level of stress related to life events for couples in early-marriage adjustment.

Complementary birth-order marital patterns of couples indicated significance for the PREPARE category Realistic Expectations. Couples that have an absence of rank and sex conflict are more rational and less idealistic in early-marriage.

Three generational background characteristics on two health areas show that for this relatively young sample, the incidence of a cancer diagnosis increases with age, and cardiovascular illness is the most prevalent illness in their generational report.

Findings for Male Respondents

Males classified into a group with a high level of dyadic adjustment have significantly higher scores on the following PREPARE categories: Idealistic Distortion, Personality Issues, Communication, Conflict Resolution, Financial Management, Leisure Activities, Sexual Relationship, and Children and Marriage. A repetition of those eight PREPARE categories, plus the category Family and Friends, was found when using the Positive Couple Percent Agreement Score that identified areas for males that facilitate early-marriage adjustment.

The concept of life events as stress, in analysis, did not show a significant difference for males. Men identified sex difficulties, death of a close friend, threat of marriage separation, change in work conditions or hours, change in health of a family member, change in social activities, and birth of a child as major stress-producing life events for them.

Occurrences of life events listed by males without a level of intensity are: marriage, Christmas, change in living conditions, new role of married life, religious holiday, vacation, change in social activities, revision of personal habits, change in work hours or conditions, change in sleeping habits, change in residence, and change in the number of arguments with a spouse.

Although lack of significance is present in the conceptual area of stress, measured with PREPARE, DAS, and ALEVELD, a frequency count with the adapted versions of the Holmes and Rahe (1967) SRRS showed scores for the majority of men over 300. That level indicates a high level of stress among men during early-marriage adjustment.

Findings for Female Respondents

Females that have a high level of dyadic adjustment have the highest scores on these PREPARE categories: Idealistic Distortion, Personality Issues, Communication, Conflict Resolution, Leisure Activities, Sexual Relationship, and Family and Friends.

Three separate measures that are adapted versions of Holmes and Rahe (1967) indicate significantly higher stress for females in relation to males. Women have higher scores than men on the number of stressful variable life-events. They also report more items of major

stress than men. Some issues females identified as major stress-producing life events are: marriage, change in work conditions or hours, change in health of a family member, trouble with in-laws, sex difficulties, and new role of married life.

Life events that do not evoke intense responses are more numerous for females than for males. Most items refer to the changes required in a daily life pattern because of marriage. An item held in common with males is the change in the number of arguments with the spouse.

Conclusions on Stress

Sixty-six out of eighty-two persons from this research sample had a mean value of over 300 Life Crises Units (LCU) from the SRRS. Holmes and Masuda (1973) define the 300+ LCU range as indicating of a major life crisis. Those authors also found a direct relationship between the magnitude of life crisis and the risk of a health change. As the life-change units increased, so did the percentage of illness associated with the life crisis. For the remainder of the sample, 11 persons had moderate life crisis scores, 200-299 LCU, and five had mild life crisis scores, 150-199 LCU.

Findings from this research relate that the period of early-marriage adjustment reflects a powerful evidence that "stressful" life events occur for both men and women. These events may evoke personal reactions that are important in the adjustment and transition process of early-marriage adjustment. Women indicate significantly higher values than men on three SRRS measurements. Women with higher dyadic marital adjustment have significantly lower scores on the SRRS than women who report lower dyadic satisfaction during early-marriage.

Persons in this research who had high anxiety scores also reported significantly higher SRRS scores. Persons with higher levels of anxiety also reported lower levels of early-marriage adjustment on three PREPARE categories: Personality Issues, Conflict Resolution, and Financial Management. These same persons indicated lower marital adjustment with significantly lower scores on the total Dyadic Adjustment Scale and, specifically, one DAS subscale, Dyadic Satisfaction. When both partners of a marital couple have low anxiety scores, the highest values indicate the highest level of couple adjustment during early-marriage.

Conclusions on the Bowen Theory of Family Systems

Based on the data analyses for this study and limited by the extent to which data resulting from research procedures were both valid and reliable, the following conclusions were drawn. These conclusions must be read with the knowledge that methodological limitations existed in the non-random sampling, as discussed in Chapter III.

The Bowen Theory of Family Systems provides a conceptual framework for evaluating a person's current functional patterns in relationship to his/her generational families' level of differentiation. Concepts of Differentiation--Anxiety, Sibling Position, and Multigenerational Transmission Process--are related to a person's and couples' behavior in early-marriage adjustment.

Wertheim (1975) views the family system as structurally controlling personal development. The concept of morphostasis, change

reducing forces, are linked to a family systems rules and help create stability. Morphogenesis is conceptualized as a serial, change-producing process. Thus, decision-making is dependent on specified, necessary, and sufficient conditions for its occurrence. These conceptual ideas link a person's process through early-marriage adjustment to the science and typology of family systems.

Bowen (1976) states that the core of his theory relates to the degree to which a person is able to distinguish between the feeling process and the intellectual process. The personal growth developed through family interaction is the result of a struggle between opposing emotional and intellectual forces. Personal strengths are transferred to the marriage, and from the marriage to the multigenerational family system.

One of the main variables of the Bowen Theory of Family Systems is the degree of anxiety. From the Early-Marriage Experience Interview, items were identified to compose an anxiety scale. Factor analysis reduced the number of items from 20 to 13. With a sample of $N=82$, the reliability coefficient alpha was 0.80.

Differences between those persons with high anxiety levels and those with low anxiety were observed in relationship to stress. Persons with high anxiety also had the highest reports of life events accompanied with inherent adaptive stress for a one year time period. This links two like concepts statistically. Persons with low anxiety relate the most dyadic satisfaction during the early-marriage adjustment process. The relationship between low anxiety and high marital satisfaction is affirmed in a like direction by PREPARE findings. Couples with low anxiety levels have the highest scores that indicate

a Positive Couple Agreement on 10 of 12 categories. Two categories omitted are Realistic Expectations and Equalitarian Roles.

Bowen (1976) states that if the level of anxiety is sufficiently low, almost any person can appear normal in the sense that he/she is free of symptoms. However, when an anxiety level is raised and remains raised over a period of time, a person develops tension within himself/herself or within his/her family or social system. Personal tension resulting from anxiety may be expressed as physiological symptoms or physical illness, in emotional dysfunction, or in social deviation.

Kerr (1982) defines anxiety as the response of the organism to stress, and not the stress itself. People get symptoms and problems from their anxiety reaction to stress. An anxious person or family system generally does more of whatever he/she or it has been doing to alter its anxiety. By shifting the intellectual process to the foreground, the emotionality of an anxious situation can be diminished. Over time, a person can learn what triggers his/her personal anxiety and become a calmer participant as anxiety moves its way through the family system.

A high level of Multigenerational Transmission Process for the respondent's mother was found to relate with lower marital adjustment on four PREPARE categories: Idealistic Distortion, Personality Issues, Financial Management, and Children and Marriage. A second measure of marital adjustment, the DAS, also indicated a decrease in dyadic adjustment during early-marriage in relationship to a high level of the Multigenerational Transmission Process from the respondent's mother.

Defining high, medium, and low levels of the Multigenerational Transmission Process showed respondents with a low level of a mother's Multigenerational Transmission Process had the highest marital adjustment process. High values on early-marriage adjustment from four PREPARE categories--Idealistic Distortion, Communication, Financial Management, and Children and Marriage--and one DAS subscale--Dyadic Satisfaction--are related to respondents with a low Multigenerational Transmission Process. However, a report of a high Multigenerational Transmission Process was not related to the lowest reported values on marriage adjustment.

A high level of Multigenerational Transmission Process for the respondent's father was found to relate with lower marital adjustment on two PREPARE categories: Idealistic Distortion and Financial Management. A second measure of marital adjustment, the DAS, indicated a decrease in Dyadic Satisfaction during early-marriage in relationship to a high level of Multigenerational Transmission Process from the respondent's father.

Dividing the Multigenerational Transmission Process of the respondent's father into high, medium, and low levels showed respondents with a high level of the generational process did not have the lowest values on two PREPARE categories: Realistic Expectations and Financial Management. However, a medium value indicated a fair ability to manage economic matters and make realistic decisions about married life. Respondents with a low level of their fathers' generational processes illustrate the highest facility in matters relating to financial management and the lowest ability in Realistic Expectations, which indicates they are more naive about the rigors of married life.

Respondents with a medium level of the father's Multigenerational Transmission Process illustrated the most difficulty in financial decisions and the highest realistic outlook on the rigors of marriage.

Persons whose parents have low histories of traumatic adaptation strategies have the least anxiety and are significantly different from those persons whose parents both have high histories, or parents where one parent has a high and one a low history of traumatic adaptation strategies. This finding agrees with the Bowen Theory of Family Systems that hypothesizes that as anxiety increases, the probability for rational judgment decreases.

The concept Sibling Position classified a person's birth-order position in relationship to the birth-order position of the spouse. Significance was found in only one of 38 possible comparisons. Those couples who have complementary birth-order marital patterns have a more rational quality about marriage than those couples with partial complementarity. This idea is congruent with the Bowen Theory of Family Systems.

Another area of significant result related the multigenerational factual paternal history of cancer diagnosis to anxiety. Persons with a high incidence of cancer diagnoses in the father's generation are found to be more anxious than persons with a reported low incidence of cancer diagnosis in the father's family.

Kerr (1981) relates that cancer occurs in other animal species and in plants; it is not confined just to man. He suggests concepts developed about cancer in man should be consistent with observations in the rest of nature. Cassel (1965) proposes a theory of multiple causes. The theory states that several conditions or factors must be

present for a disease to develop. Rasmussen (1969), in his research, stressed mice with sound, electric shock, and constraint. Changes in the mice induced by repeated applications of the stress or anxiety-producing conditions are multiple. Specific for this research, findings relate that it is the heterozygous animal of intermediate susceptibility that the greatest influence of stress on the host-virus tumor relationship is seen. Simonton and Simonton (1975), based on more than 200 articles in the literature, have concluded that there is a relationship between the emotions and stress to cancer as well as other serious illnesses. Literature to date affirms the relationship between emotion and stress to malignancy. The result of that finding asks how that process is influenced. Kerr (1981), Thomas and Duszynski (1974), Solomon (1969), LeShan (1966), and Walsh (1846) concur with the conceptual linkage of family systems and emotions and stress to cancer. Respondents in the process of early-marriage adjustment who report the presence of a diagnosis are linked through their family system to this factor. On the average, the respondents are in the phase of young adulthood. Their factual family reports indicate an incidence of cancer findings that parallel Scheflen's (1951) findings that cancer death rates rise sharply with age. These respondents, as part of the emotional and intellectual multigenerational family systems, cannot escape this fact. The level of differentiation anxiety of the generational family systems will affect the current generation and the respondents who are in an early-marriage adjustment process.

Issues that couples disagree on most relate to such family system concepts as in-laws and friends in relation to a person's marriage. When asked to identify events that produced major stress for the

respondent, a family systems perspective is noticed in these items: (1) change in the health of a family member, (2) death of a close friend, (3) trouble with in-laws, and (4) birth of a child. These reports were limited to one year prior to data collection.

The Bowen Theory of Family Systems has theoretical concepts that relate to variables important to learning about a person in relationship to his/her generational families of origin. Data from a respondent gleaned by questions based on the Bowen Theory of Family Systems place information into a theoretical framework that enhances assessment and ability to build on theory. Without a theoretical process, assessment of factors is likened to the diagnosis and treatment of symptoms without a specific disease framework. The same symptom can be present for a continuum of least serious to most serious diseases. An assessment of factors relevant to early-marriage adjustment will present symptomatic and nonsymptomatic areas for discussion. It lacks the framework of interpretation upon which to place personal and couple factors as reported by the respondents. It is the theoretical framework that extends the understanding of underlying factors.

Recommendations and Problems for

Further Study

Based on the findings and conclusions of this study, the following recommendations are made:

Strategies that include other pertinent factors not previously explored, along with traditional factors mentioned in the literature on early-marriage adjustment, are used to broaden a data base. The process and dynamics of early-marriage adjustment are important

indicators in determining the nature of a couple's marriage. Marriage counselors must be aware that personal problems may be an outgrowth of a larger family system process. Such a conclusion lends support for a family systems versus an individual assessment of early-marriage adjustment.

As a result of this study, several related problems appear to merit investigation:

1. Increased professional interest and clinical practice purporting to use the family systems process as a therapeutic modality warrant further investigation from a theoretical perspective.

2. In order to affirm findings from more than one measure, the selection of more than one valid and reliable instrument to evaluate variables is needed.

3. Multimethod measures to evaluate the same variables from different perspectives offer affirmation of findings. It may also uncover nuances of the variables under investigation, but not previously conceptualized.

4. A couple analysis, along with individual analysis of the same variables, is needed. This may give the researcher a different assessment of the data findings.

5. A random sample selection process would permit the results to be generalized to a larger population.

6. Longitudinal studies are needed on engaged dyads, early-married dyads, and couples married several years to observe possible changes in factors relating to marital adjustment.

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APPENDIXES

APPENDIX A

EARLY-MARRIAGE EXPERIENCE SURVEY

**EARLY
MARRIAGE EXPERIENCE
SURVEY**

Confidential



ID_____

EARLY MARITAL PERSONAL AND RELATIONSHIP EVALUATION

This questionnaire is designed to provide you with an opportunity to express your opinions on items relating to early marital relationships. Your input will be used to help us better understand the issues in early marital adjustment and will provide helpful information for couples preparing for marriage.

Section I. Background Information: Please read each question and select the number that best fits your opinion on that matter. Write the number on the space provided.

_____ 1. Please describe your living arrangements since you have been married?

- (1) With partner only
- (2) With your parents
- (3) With parents of your spouse
- (4) With friends
- (5) No stable arrangement

_____ 2. Religious Preference

- (0) Agnostic
- (1) Baptist
- (2) Catholic
- (3) Christian
- (4) Episcopal
- (5) Jewish
- (6) Lutheran
- (7) Methodist
- (8) Other Protestant
- (9) Not Listed

_____ 3. 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

_____ 4. What is your approximate monthly take home pay? (Not including your partner's income.)

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

_____ 5. Please describe your marital history?

	<u>Age at time of marriage</u>	<u>Duration of Marriage</u>	<u>Age at time of divorce</u>	<u>Age at Death of Spouse</u>
First Marriage	_____	_____	_____	_____
Second Marriage	_____	_____	_____	_____
Third Marriage	_____	_____	_____	_____
Fourth Marriage	_____	_____	_____	_____

_____ 6. For the first fifteen years of your life in which of the following did you spend most of your time?

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

Section II. There are no "right" or "wrong" answers. Please answer all questions according to your point of view. Select the number that best answers the question to the left of the question number and circle it.

1. Strongly Agree 2. Moderately Agree 3. Neither Agree nor Disagree 4. Moderately Disagree 5. Strongly Disagree

- 1 2 3 4 5 01. I am satisfied with how we have defined the responsibilities of a father in raising children.
- 1 2 3 4 5 02. Some relatives or friends have reservations about our marriage.
- 1 2 3 4 5 03. I believe the woman's place is basically in the home.
- 1 2 3 4 5 04. Sometimes I am concerned about my partner's temper.
- 1 2 3 4 5 05. I believe there is only one person in this world to whom I could be happily married.
- 1 2 3 4 5 06. My partner does not seem to have enough time or energy for recreation with me.
- 1 2 3 4 5 07. I'd rather do almost anything than spend an evening by myself.
- 1 2 3 4 5 08. I think we will never have problems in our marriage.
- 1 2 3 4 5 09. Continuing to search out and share religious beliefs is necessary for me to have a growing relationship.
- 1 2 3 4 5 10. I am satisfied with how we have defined the responsibilities of a mother in raising children.
- 1 2 3 4 5 11. At times I am concerned that my partner appears to be unhappy and withdrawn.
- 1 2 3 4 5 12. We have not yet decided how to handle the finances.
- 1 2 3 4 5 13. It is more important that the husband be satisfied with his job because his income is more important to the family.
- 1 2 3 4 5 14. My partner and I do not seem to enjoy the same type of parties.
- 1 2 3 4 5 15. My idea of a good time is different than my partner's.
- 1 2 3 4 5 16. Increasing the amount of time together will automatically improve our relationship.
- 1 2 3 4 5 17. I am satisfied with our decisions about how much we should save.

- | 1. Strongly
Agree | 2. Moderately
Agree | 3. Neither Agree
nor Disagree | 4. Moderately
Disagree | 5. Strongly
Disagree | |
|----------------------|------------------------|----------------------------------|---------------------------|-------------------------|--|
| 1 | 2 | 3 | 4 | 5 | 18. If my partner has any faults, I am not aware of them. |
| 1 | 2 | 3 | 4 | 5 | 19. My partner sometimes makes comments which put me down. |
| 1 | 2 | 3 | 4 | 5 | 20. It is easy and comfortable for me to talk with my partner about sexual issues. |
| 1 | 2 | 3 | 4 | 5 | 21. When we are with others, I am sometimes upset with my partner's behavior. |
| 1 | 2 | 3 | 4 | 5 | 22. We have figured out exactly what our financial position will be after we marry. |
| 1 | 2 | 3 | 4 | 5 | 23. I think my partner is too involved with his/her family. |
| 1 | 2 | 3 | 4 | 5 | 24. Every new thing I have learned about my partner has pleased me. |
| 1 | 2 | 3 | 4 | 5 | 25. We agree on the number of children we would like to have. |
| 1 | 2 | 3 | 4 | 5 | 26. There is nothing that could happen that would cause me to question my love for my partner. |
| 1 | 2 | 3 | 4 | 5 | 27. There are times when I do not feel a great deal of love and affection for my partner. |
| 1 | 2 | 3 | 4 | 5 | 28. Even if the wife works outside the home, she should still be responsible for running the household. |
| 1 | 2 | 3 | 4 | 5 | 29. I feel very uncomfortable with some of my future in-laws. |
| 1 | 2 | 3 | 4 | 5 | 30. In our marriage, the husband will be the head of our household. |
| 1 | 2 | 3 | 4 | 5 | 31. I have shared all my feelings about having children with my partner. |
| 1 | 2 | 3 | 4 | 5 | 32. I don't think anyone could possibly be happier than my partner and I when we are with one another. |
| 1 | 2 | 3 | 4 | 5 | 33. I am sometimes reluctant to be affectionate with my partner because it is often interpreted as a sexual advance. |
| 1 | 2 | 3 | 4 | 5 | 34. I have some needs that are not being met by my relationship. |
| 1 | 2 | 3 | 4 | 5 | 35. Sometimes we have serious disputes over unimportant issues. |
| 1 | 2 | 3 | 4 | 5 | 36. I am concerned that my partner and I don't spend enough of our leisure time together. |
| 1 | 2 | 3 | 4 | 5 | 37. There are times when my partner does things that make me unhappy. |
| 1 | 2 | 3 | 4 | 5 | 38. It is important for me to explore the spiritual aspects of our relationship through praying together. |
| 1 | 2 | 3 | 4 | 5 | 39. I believe that our marriage means active involvement in our religion. |

- | 1. Strongly
Agree | 2. Moderately
Agree | 3. Neither Agree
nor Disagree | 4. Moderately
Disagree | 5. Strongly
Disagree | |
|----------------------|------------------------|----------------------------------|---------------------------|-------------------------|---|
| 1 | 2 | 3 | 4 | 5 | 40. 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. |
| 1 | 2 | 3 | 4 | 5 | 41. I sometimes feel our arguments go on and on and never seem to get resolved. |
| 1 | 2 | 3 | 4 | 5 | 42. To avoid hurting my partner's feelings during an argument, I would rather not say anything. |
| 1 | 2 | 3 | 4 | 5 | 43. I am very happy with how we have decided to handle our financial matters. |
| 1 | 2 | 3 | 4 | 5 | 44. My relationship could be happier than it is. |
| 1 | 2 | 3 | 4 | 5 | 45. In loving my partner, I feel that I am beginning to better understand the concept that God is love. |
| 1 | 2 | 3 | 4 | 5 | 46. I am very satisfied with how my partner and I talk with each other. |
| 1 | 2 | 3 | 4 | 5 | 47. I am worried that one of our families may cause troubles in our marriage. |
| 1 | 2 | 3 | 4 | 5 | 48. We do have a general plan for how much money we can spend each month. |
| 1 | 2 | 3 | 4 | 5 | 49. Sometimes I have difficulty dealing with my partner's moodiness. |
| 1 | 2 | 3 | 4 | 5 | 50. In our marriage, the husband should have the final word in most of the important decisions in the family. |
| 1 | 2 | 3 | 4 | 5 | 51. I do not always share negative feelings with my partner because I am afraid she/he will get angry. |
| 1 | 2 | 3 | 4 | 5 | 52. My partner and I are united by our religious faith. |
| 1 | 2 | 3 | 4 | 5 | 53. We agree on the values and goals that we want for our children. |
| 1 | 2 | 3 | 4 | 5 | 54. I am very comfortable with all of my partner's friends. |
| 1 | 2 | 3 | 4 | 5 | 55. I have never regretted my relationship with my partner, not even for a moment. |
| 1 | 2 | 3 | 4 | 5 | 56. My partner has all of the qualities I've always wanted in a mate. |
| 1 | 2 | 3 | 4 | 5 | 57. Sometimes I am concerned that my partner's interest in sex is not the same as mine. |
| 1 | 2 | 3 | 4 | 5 | 58. I am satisfied with our decisions regarding birth control. |
| 1 | 2 | 3 | 4 | 5 | 59. My partner is always a good listener. |
| 1 | 2 | 3 | 4 | 5 | 60. Sometimes I am concerned that my partner will want me to do things sexual that I do not enjoy. |
| 1 | 2 | 3 | 4 | 5 | 61. When we argue, I usually end up feeling responsible for the problem. |

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

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

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

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

	<u>Yes</u>	<u>No</u>
29. _____ Being too tired for sex.	_____	_____
30. _____ Not showing love.	_____	_____

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

Extremely Unhappy	Fairly Unhappy	A Little Unhappy	Happy	Very Happy	Extremely Happy	Perfect
.

32. Which of the following statements best describes how you feel about the future of your relationship?

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

Section IV. Select the number that best answers the question and write in it the space to the left of the question number or fill in the blank.

- _____ 1. 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
- _____ 2. Occupation
- (1) Professional (Doctors, Lawyers, Executives)
 - (2) Other Professionals (Administrators, Teachers, Nurses)
 - (3) Skilled (Electrician, Plumber)
 - (4) Clerical (Salesperson, Secretary, Office)
 - (5) Semi-skilled
 - (6) Unskilled
 - (7) Student
 - (8) List what you do _____
 - (9) Not Applicable
- _____ 3. Which item best describes your usual work schedule?
- (1) Scheduled work hours changed weekly
 - (2) Split shift
 - (3) Rotating Shifts
 - (4) Night hours (approx. 11:00 pm - 7:00 am)
 - (5) Afternoon hours (approx. 3:00 pm - 11:00 pm)
 - (6) Day hours (approx. 9:00 am - 5:00 pm)
 - (9) Not applicable
- _____ 4. Do you have any control over the shift hours you work?
- (1) Always
 - (2) Sometimes
 - (3) Never
- _____ 5. Does your career or employment demand out of town travel that will separate you from your spouse?
- (1) More than 20 days per year
 - (2) Between 11 and 20 days per year
 - (3) Between 5 and 10 days per year
 - (4) Less than five days per year
 - (5) Never gone over night
- _____ 6. Have you accepted shift work other than 9 to 5 that would keep you away from your family during the usual hours families spend together?
- (1) Yes
 - (2) No
 - (9) Not applicable

- _____ 7. Which term best describes your pattern of part time employment?
- (1) Always
 - (2) Often
 - (3) Sometimes
 - (4) Rarely
 - (5) Never
 - (9) Not applicable
- _____ 8. If you are employed part time, list the number of hours you work per week?
- _____ hours
- (9) Not applicable
- _____ 9. Would you accept a position with a company that requires total family dislocations in order to advance?
- (1) Yes, definitely
 - (2) Yes, with reservations
 - (3) Probably would not
 - (4) Definitely not
- _____ 10. When you told your friends of your decision to marry how were you able to accept their negative remarks?
- (1) Very nervous
 - (2) Nervous
 - (3) Fairly calm
 - (4) Calm
 - (9) Not applicable
- _____ 11. When you told your father of your decision to marry how did you respond to his negative remarks?
- (1) Very nervous
 - (2) Nervous
 - (3) Fairly calm
 - (4) Calm
 - (9) Not applicable
- _____ 12. When you told your mother of your decision to marry how did you respond to her negative remarks?
- (1) Very nervous
 - (2) Nervous
 - (3) Fairly calm
 - (4) Calm
 - (9) Not applicable
- _____ 13. When you told friends of your decision to marry how were you able to accept their positive remarks?
- (1) Very pleased or excited
 - (2) Pleased or excited
 - (3) Fairly calm
 - (4) Calm
 - (9) Not applicable
- _____ 14. When you told your father of your decision to marry how did you respond to his positive remarks?
- (1) Very pleased or excited
 - (2) Pleased or excited
 - (3) Fairly calm
 - (4) Calm
 - (9) Not applicable
- _____ 15. When you told your mother of your decision to marry how did you respond to her positive remarks?
- (1) Very pleased or excited
 - (2) Pleased or excited
 - (3) Fairly calm
 - (4) Calm
 - (9) Not applicable

- _____ 16. How often do you attend religious services?
- | | |
|---------------------------|--|
| (1) More than once a week | (5) 2 to 3 times a year |
| (2) Weekly | (6) Once a year |
| (3) 1 time a month | (7) Only for social obligation,
marriage and/or funeral |
| (4) 2 times a month | (8) Never |
- _____ 17. Did you make a decision to change your religious beliefs prior to your marriage?
- | | | |
|----------------|------------------|----------|
| (1) Completely | (2) Considerably | (3) Some |
| (4) Neutral | (5) Not at all | |
- _____ 18. Is birth control a religious issue in your marriage?
- | |
|------------------|
| (1) Yes, always |
| (2) Yes, usually |
| (3) Sometimes |
| (4) Seldom |
| (5) Never |
- _____ 19. Regarding birth control decisions, which of the following best describes your typical discussion?
- | | | |
|-------------------------|---------------|------------------------|
| (1) A continuous hassle | (2) Difficult | (3) Somewhat difficult |
| (4) Fairly easy | (5) Very easy | |
- _____ 20. Since your marriage do you ever go alone to visit your parents?
- | | | |
|---------------------|-------------------------|------------------------|
| (1) Never | (2) Rarely | (3) Sometimes (yearly) |
| (4) Often (monthly) | (5) Frequently (weekly) | |
- _____ 21. Since your marriage do you ever go alone to visit your brother(s) and/or sister(s)?
- | | |
|------------------------|-------------------------|
| (1) Never | (4) Often (monthly) |
| (2) Rarely | (5) Frequently (weekly) |
| (3) Sometimes (yearly) | (9) Not applicable |
- _____ 22. Since your marriage do you ever visit your family at times other than school vacations, religious and/or family holidays?
- | | | |
|---------------------|-------------------------|------------------------|
| (1) Never | (2) Rarely | (3) Sometimes (yearly) |
| (4) Often (monthly) | (5) Frequently (weekly) | |
- _____ 23. When having a conversation with another person do you usually end up talking about somebody else (eg. children, spouse, friends)?
- | | | | | |
|-----------|------------|------------|---------------|-----------|
| (1) Never | (2) Rarely | (3) Always | (4) Sometimes | (5) Often |
|-----------|------------|------------|---------------|-----------|
- _____ 24. In your dreams and thoughts prior to your marriage, do you remember who you fantasized about most?
- | |
|--------------------------|
| (1) Your future children |
| (2) Your future mate |
| (3) Not applicable |

- _____ 25. As a young child in your family did you have a learning disability that required special attention from your parents and/or the School system?
- (1) Yes (2) No
- _____ 26. List disability _____
- _____ 27. What was your level of difficulty with this disability?
- (1) A serious problem
 (2) A moderate problem
 (3) A slight problem
 (4) Not a problem at all
- _____ 28. During your adolescence (12-17) how would you rate your own adjustment?
- (1) Turbulent and difficult
 (2) Balanced with ups and downs
 (3) Orderly and/or calm
- _____ 29. During your adolescence (12-17) how would you rate the relation between yourself and family?
- (1) Turbulent and difficult
 (2) Balanced with ups and downs
 (3) Orderly and/or calm
- _____ 30. During your adolescence (12-17) how would you rate the relation between yourself and community?
- (1) Turbulent and difficult
 (2) Balanced with ups and downs
 (3) Orderly and/or calm
- _____ 31. During your school process if you moved from room to room with a different teacher for each subject you adapted:
- (1) With great difficulty
 (2) Difficultly
 (3) Some adjustment
 (4) Easily
 (9) Not applicable
- _____ 31. When you are under a high amount of stress which one of the following are you most likely to do?
- | | |
|------------------------|--|
| (1) Get depressed | (6) Spend more time at work |
| (2) Take a drink | (7) Spend more time in exercise and other activities |
| (3) Become irritable | (8) Discuss your view with another |
| (4) Develop a headache | (9) Other _____ |
| (5) Go off by yourself | |
- _____ 32. Identify from the above list the second thing you are most likely to do.
- _____ 33. Since marriage, which of the following best describes any changes in communication with your partner?
- (1) More difficult to understand partner
 (2) No change
 (3) Much easier to understand partner

APPENDIX B

LIFE EVENTS CHECKLIST

Section V. Life Events Checklist

The following list contains a number of commonly occurring events in the lives of individuals. In the last year, please check those events which you have experienced. Also, please rate the amount of stress each event has created in your life. Select the number that reflects your experience to the left of the question number and circle it.

- | | 1. Did not
Occur | 2. Yes, No
Stress | 3. Yes, Minor
Stress | 4. Yes, Major
Stress | |
|---|---------------------|----------------------|-------------------------|-------------------------|--|
| 1 | 2 | 3 | 4 | | 01. Marriage |
| 1 | 2 | 3 | 4 | | 02. Threats of marital separation |
| 1 | 2 | 3 | 4 | | 03. Marital separation |
| 1 | 2 | 3 | 4 | | 04. Threats of divorce |
| 1 | 2 | 3 | 4 | | 05. Marital reconciliation |
| 1 | 2 | 3 | 4 | | 06. Pregnancy |
| 1 | 2 | 3 | 4 | | 07. Miscarriage |
| 1 | 2 | 3 | 4 | | 08. Abortion (personal choice) |
| 1 | 2 | 3 | 4 | | 09. Abortion (couple choice) |
| 1 | 2 | 3 | 4 | | 10. Change in person responsible for contraception |
| 1 | 2 | 3 | 4 | | 11. Change in contraceptive method |
| 1 | 2 | 3 | 4 | | 12. Sex difficulties |
| 1 | 2 | 3 | 4 | | 13. New role of married life |
| 1 | 2 | 3 | 4 | | 14. Change in living conditions |
| 1 | 2 | 3 | 4 | | 15. New role of parent |
| 1 | 2 | 3 | 4 | | 16. Revision of personal habits |
| 1 | 2 | 3 | 4 | | 17. Change in sleeping habits |
| 1 | 2 | 3 | 4 | | 18. Change in eating habits |
| 1 | 2 | 3 | 4 | | 19. Change in religious belief |
| 1 | 2 | 3 | 4 | | 20. Death of close friend |
| 1 | 2 | 3 | 4 | | 21. Close relative or friend has a major accident |

	1. Did not Occur	2. Yes, No Stress	3. Yes, Minor Stress	4. Yes, Major Stress	
1	2	3	4	22.	Trouble with boss - at work
1	2	3	4	23.	Change in work hours or conditions
1	2	3	4	24.	Fired at work - loss of job - strike
1	2	3	4	25.	Business readjustment
1	2	3	4	26.	Change in financial state - recession
1	2	3	4	27.	Change to different line of work
1	2	3	4	28.	Foreclosure of mortgage or loan
1	2	3	4	29.	Change in responsibilities at work
1	2	3	4	30.	Outstanding personal achievement
1	2	3	4	31.	Change in number of arguments with spouse
1	2	3	4	32.	Drug abuse
1	2	3	4	33.	Minor violation of the law
1	2	3	4	34.	Marital separation of parents
1	2	3	4	35.	Divorce of parents
1	2	3	4	36.	Mother remarries
1	2	3	4	37.	Father remarries
1	2	3	4	38.	Change in number of family get-togethers
1	2	3	4	39.	Death of close family member
1	2	3	4	40.	Change in health of family member
1	2	3	4	41.	Relative or friend moved in with you
1	2	3	4	42.	Trouble with in-laws
1	2	3	4	43.	Christmas
1	2	3	4	44.	Vacation
1	2	3	4	45.	Religious Holiday
1	2	3	4	46.	Change in social activities

	1. Did not Occur	2. Yes, No Stress	3. Yes, Minor Stress	4. Yes, Major Stress	
1	2	3	4	47.	Change in recreation
1	2	3	4	48.	Change in church activities
1	2	3	4	49.	Personal injury or illness
1	2	3	4	50.	Spouse injury or illness
1	2	3	4	51.	Birth of a child
1	2	3	4	52.	Birth of an exceptional child
1	2	3	4	53.	Death of a child
1	2	3	4	54.	Husband begins work
1	2	3	4	55.	Husband stops work
1	2	3	4	56.	Husband begins school
1	2	3	4	57.	Husband stops school
1	2	3	4	58.	Wife begins work
1	2	3	4	59.	Wife stops work
1	2	3	4	60.	Wife begins school
1	2	3	4	61.	Wife stops school
1	2	3	4	62.	Change in residence
1	2	3	4	63.	Mortgage over \$30,000
1	2	3	4	64.	Mortgage or loan less than \$30,000
1	2	3	4	65.	Change in schools
1	2	3	4	66.	Physical abuse
1	2	3	4	67.	Jail term
1	2	3	4	68.	Alcohol abuse
1	2	3	4	69.	Other List _____
1	2	3	4	70.	_____
1	2	3	4	71.	_____

APPENDIX C

EARLY-MARRIAGE EXPERIENCE INTERVIEW

EARLY MARRIAGE EXPERIENCE
INTERVIEW

OKLAHOMA STATE UNIVERSITY

CONFIDENTIAL

ID Number _____

PREPARE II ID Number _____

Prior to your marriage, was there an addition to your family of origin due to:

- _____ 1. Adoption?
 (1) No (2) Yes
- _____ 2. Birth?
 (1) No (2) Yes
- _____ 3. Relative (moved in)?
 (1) No (2) Yes
- _____ 4. Other?
 (1) No (2) Yes

If there was a death(s) in your mother's family within one year prior to your marriage, identify that person(s) by:

(9) Not applicable

5. Name _____
6. Sex _____
7. Relationship _____
8. Occupation _____
9. Sibling Position _____
- _____ 10. Did this death have an influence in your decision to marry?
 (1) Considerable (2) Some (3) Neutral
 (4) Slightly (5) None

If there was a death(s) in your father's family within one year prior to your marriage, identify that person(s) by:

(9) Not applicable

11. Name _____
12. Sex _____
13. Relationship _____
14. Occupation _____
15. Sibling Position _____

- _____ 16. Did this death have an influence in your decision to marry?
(1) Considerable (2) Some (3) Neutral
(4) Slightly (5) None
- _____ 17. Did your sister and her husband have a child during the year prior to your marriage?
(1) No (2) Yes (9) Not applicable
18. How many months prior to your marriage? _____
19. Her sibling position to you: child # _____
- _____ 20. Did your brother and his wife have a child during the year prior to your marriage?
(1) No (2) Yes (9) Not applicable
21. How many months prior to your marriage? _____
22. His sibling position to you: child # _____
- _____ 23. Did your sister(s) marry within the year prior to your marriage?
(1) No (2) Yes (9) Not applicable
24. How many months prior to your marriage? _____
- _____ 25. Did your brother(s) marry within the year prior to your marriage?
(1) No (2) Yes (9) Not applicable
26. How many months prior to your marriage? _____
- _____ 27. Did your single sister(s) move out of the family home within the year prior to your marriage?
(1) Yes (2) No (9) Not applicable
- _____ 28. Did your single brother(s) move out of the family home within the year prior to your marriage?
(1) Yes (2) No (9) Not applicable

Post marriage, was there an addition to your family of origin due to:

- _____ 29. Adoption?
(1) No (2) Yes
- _____ 30. Birth?
(1) No (2) Yes
- _____ 31. Relative (moved in)?
(1) No (2) Yes
- _____ 32. Other?
(1) No (2) Yes
- _____ 33. Was there a death(s) in your mother's family within the year since your marriage?
(1) No (2) Yes
34. If yes note number of persons _____
- _____ 35. Was there a death(s) in your father's family within the year since your marriage?
(1) No (2) Yes
36. If yes note number of persons _____
- _____ 37. Did your sister(s) marry within the year since your marriage?
(1) Yes (2) No (9) Not applicable
- _____ 38. Give the number of months your sister(s) married after you.
- _____ 39. Did your brother(s) marry within the year since your marriage?
(1) Yes (2) No (9) Not applicable
- _____ 40. Give the number of months your brother(s) married after you.
- _____ 41. Did your single sister(s) move out of the family home within the year since your marriage?
(1) Yes (2) No (9) Not applicable
- _____ 42. Did your single brother(s) move out of the family home within the year since your marriage?
(1) Yes (2) No (9) Not applicable

_____ 43. Do you know what your mother thinks about your marriage by the feeling in your gut?

- (1) Never (2) Rarely (3) Always
(4) Often (5) Sometimes

_____ 44. Has cancer been diagnosed in your mother's family of origin?

- (1) Yes (2) No

Check generations cancer was diagnosed in.

_____ 45. Generation #1 (your family)

_____ 46. Generation #2 (your parents)

_____ 47. Generation #3 (your grandparents)

List number of persons in each generation with the diagnosis of cancer.

_____ 48. Generation #1 (your family)

_____ 49. Generation #2 (your parents)

_____ 50. Generation #3 (your grandparents)

List the persons in generation #1 (your family) and their specific information.

Person Sex	Relationship	Age at Diagnosis	# of months of Illness	# of years of Illness	Type of Cancer	Sibling Position	Age at Death
---------------	--------------	------------------------	---------------------------------	--------------------------------	----------------------	---------------------	-----------------

List the persons in generation #2 (your parents) and their specific information.

Person Sex	Relationship	Age at Diagnosis	# of months of Illness	# of years of Illness	Type of Cancer	Sibling Position	Age at Death
---------------	--------------	------------------------	---------------------------------	--------------------------------	----------------------	---------------------	-----------------

List the persons in generation #3 (your grandparents) and their specific information.

Person Sex	Relationship	Age at Diagnosis	# of months of Illness	# of years of Illness	Type of Cancer	Sibling Position	Age at Death
---------------	--------------	------------------------	---------------------------------	--------------------------------	----------------------	---------------------	-----------------

_____ 51. Has serious illness been diagnosed in your mother's family of origin other than cancer?

(1) Yes (2) No

Identify the generation this serious illness was diagnosed in.

_____ 52. Generation #1 (your family)

_____ 53. Generation #2 (your parents)

_____ 54. Generation #3 (your grandparents)

List the number of persons in each generation with a diagnosis of a serious illness.

_____ 55. Generation #1 (your family)

_____ 56. Generation #2 (your parents)

_____ 57. Generation #3 (your grandparents)

List the persons in generation #1 (your family) and their specific information.

Person Sex	Relationship	Age at Diagnosis	# of months of Illness	# of years of Illness	Type of Illness	Sibling Position	Age at Death
---------------	--------------	------------------------	---------------------------------	--------------------------------	-----------------------	---------------------	-----------------

List the persons in generation #2 (your parents) and their specific information.

Person Sex	Relationship	Age at Diagnosis	# of months of Illness	# of years of Illness	Type of Illness	Sibling Position	Age at Death

List the persons in generation #3 (your grandparents) and their specific information.

Person Sex	Relationship	Age at Diagnosis	# of months of Illness	# of years of Illness	Type of Illness	Sibling Position	Age at Death

58. On your mother's side of the family is there one uncle or aunt who has done exceptionally well in terms of society's definition of success?

Give number of persons identified.

(9) Not applicable

59. List person(s) first name _____
60. Sex _____
61. Relationship _____
62. Sibling position _____
63. Talent _____

64. Is anyone named after this person?

(1) No (2) Yes

- _____ 65. On your mother's side of the family are there any persons identified for their contributing successful talents to society?

Give number of persons identified.

(9) Not applicable

66. List person(s)
first name _____
67. Sex _____
68. Relationship _____
69. Sibling position _____
70. Talent _____

- _____ 71. Is anyone named after this person?

(1) No (2) Yes

- _____ 72. On your mother's side of the family is there a proverbial black sheep (someone always causing a problem)?

(1) Her mother (5) One brother or sister
 (2) Her father (6) More than one relative
 (3) Your mother (7) Relative
 (4) More than one of your mother's brothers or sisters or a combination (8) None

On your mother's side of the family is there a known:

- _____ 73. Lost family member (run away)?

(1) Her mother (5) One brother or sister
 (2) Her father (6) More than one relative
 (3) Your mother (7) Relative
 (4) More than one of your mother's brothers or sisters or a combination (8) None

- _____ 74. Institutionalized family member for health reasons?

(1) Her mother (5) One brother or sister
 (2) Her father (6) More than one relative
 (3) Your mother (7) Relative
 (4) More than one of your mother's brothers or sisters or a combination (8) None

- _____ 75. Is there a family member that you know of that is in jail?
- | | |
|---|----------------------------|
| (1) Her mother | (5) One brother or sister |
| (2) Her father | (6) More than one relative |
| (3) Your mother | (7) Relative |
| (4) More than one of your mother's brothers or sisters or a combination | (8) None |
- _____ 76. Institutionalized family member in a corrections center?
- | | |
|---|----------------------------|
| (1) Her mother | (5) One brother or sister |
| (2) Her father | (6) More than one relative |
| (3) Your mother | (7) Relative |
| (4) More than one of your mother's brothers or sisters or a combination | (8) None |
- _____ 77. In your mother's family has any relative undergone treatment for alcoholism?
- | | |
|---|----------------------------|
| (1) Her mother | (5) One brother or sister |
| (2) Her father | (6) More than one relative |
| (3) Your mother | (7) Relative |
| (4) More than one of your mother's brothers or sisters or a combination | (8) None |
- _____ 78. In your mother's family is there any person who tends to drink too much?
- | | |
|---|----------------------------|
| (1) Her mother | (5) One brother or sister |
| (2) Her father | (6) More than one relative |
| (3) Your mother | (7) Relative |
| (4) More than one of your mother's brothers or sisters or a combination | (8) None |
- _____ 79. In your mother's family has any person had mental illness that required hospitalization or treatment (schizophrenia, depression)?
- | | |
|---|----------------------------|
| (1) Her mother | (5) One brother or sister |
| (2) Her father | (6) More than one relative |
| (3) Your mother | (7) Relative |
| (4) More than one of your mother's brothers or sisters or a combination | (8) None |

_____ 80. In your mother's family is there a family member or relative who has difficulty with drug use?

- | | |
|---|----------------------------|
| (1) Her mother | (5) One brother or sister |
| (2) Her father | (6) More than one relative |
| (3) Your mother | (7) Relative |
| (4) More than one of your mother's brothers or sisters or a combination | (8) None |

_____ 81. In your mother's family is there a family member or relative that engages in verbal abuse of a critical, loud, demeaning or emotionally draining nature?

- | | |
|---|----------------------------|
| (1) Her mother | (5) One brother or sister |
| (2) Her father | (6) More than one relative |
| (3) Your mother | (7) Relative |
| (4) More than one of your mother's brothers or sisters or a combination | (8) None |

_____ 82. Has cancer been diagnosed in your family?

- (1) Yes
(2) No

List the persons and their specific information.

Person	Relationship	Age at Diagnosis	# of months of Illness	# of years of Illness	Type of Cancer	Sibling Position	Age at Death
Sex							

_____ 83. Has serious illness been diagnosed in your family other than cancer?

- (1) Yes (2) No

List the persons and their specific information.

Person Sex	Relationship	Age at Diagnosis	# of months of Illness	# of years of Illness	Type of Illness	Sibling Position	Age at Death
---------------	--------------	------------------------	---------------------------------	--------------------------------	-----------------------	---------------------	-----------------

_____ 84. Has cancer been diagnosed in your father's family of origin?

(1) Yes (2) No

Check generations cancer was diagnosed in.

_____ 85. Generation #1 (your family)

_____ 86. Generation #2 (your parents)

_____ 87. Generation #3 (your grandparents)

List number of persons in each generation with the diagnosis of cancer.

_____ 88. Generation #1 (your family)

_____ 89. Generation #2 (your parents)

_____ 90. Generation #3 (your grandparents)

List the persons in generation #1 (your family) and their specific information.

Person Sex	Relationship	Age at Diagnosis	# of months of Illness	# of years of Illness	Type of Cancer	Sibling Position	Age at Death
---------------	--------------	------------------------	---------------------------------	--------------------------------	----------------------	---------------------	-----------------

List the persons in generation #2 (your parents) and their specific information.

Person Sex	Relationship	Age at Diagnosis	# of months of Illness	# of years of Illness	Type of Cancer	Sibling Position	Age at Death
---------------	--------------	------------------------	---------------------------------	--------------------------------	----------------------	---------------------	-----------------

List the persons in generation #3 (your grandparents) and their specific information.

Person Sex	Relationship	Age at Diagnosis	# of months of Illness	# of years of Illness	Type of Cancer	Sibling Position	Age at Death
---------------	--------------	------------------------	---------------------------------	--------------------------------	----------------------	---------------------	-----------------

_____ 91. Has serious illness been diagnosed in your father's family of origin other than cancer?

(1) Yes (2) No

Identify the generation this serious illness was diagnosed in.

_____ 92. Generation #1 (your family)

_____ 93. Generation #2 (your parents)

_____ 94. Generation #3 (your grandparents)

List the number of persons in each generation with a diagnosis of a serious illness.

_____ 95. Generation #1 (your family)

_____ 96. Generation #2 (your parents)

_____ 97. Generation #3 (your grandparents)

List the persons in generation #1 (your family) and their specific information.

Person Sex	Relationship	Age at Diagnosis	# of months of Illness	# of years of Illness	Type of Illness	Sibling Position	Age at Death
---------------	--------------	------------------------	---------------------------------	--------------------------------	-----------------------	---------------------	-----------------

List the persons in generation #2 (your parents) and their specific information.

Person Sex	Relationship	Age at Diagnosis	# of months of Illness	# of years of Illness	Type of Illness	Sibling Position	Age at Death
---------------	--------------	------------------------	---------------------------------	--------------------------------	-----------------------	---------------------	-----------------

List the persons in generation #3 (your grandparents) and their specific information.

Person Sex	Relationship	Age at Diagnosis	# of months of Illness	# of years of Illness	Type of Illness	Sibling Position	Age at Death
---------------	--------------	------------------------	---------------------------------	--------------------------------	-----------------------	---------------------	-----------------

98. On your father's side of the family is there one uncle or aunt who has done exceptionally well in terms of society's definition of success?

Give number of persons identified.

(9) Not applicable

99. List person(s)
first name _____
100. Sex _____
101. Relationship _____
102. Sibling position _____
103. Talent _____

_____ 104. Is anyone named after this person?

(1) No (2) Yes

_____ 105. On your father's side of the family are there any persons identified for their contributing successful talents to society?

Give number of persons identified.

(9) Not applicable

106. List person(s)
first name _____
107. Sex _____
108. Relationship _____
109. Sibling position _____
110. Talent _____

_____ 111. Is anyone named after this person?

(1) No (2) Yes

_____ 112. On your father's side of the family is there a proverbial black sheep (someone always causing a problem)?

- | | |
|--|----------------------------|
| (1) His mother | (5) One brother or sister |
| (2) His father | (6) More than one relative |
| (3) Your father | (7) Relative |
| (4) More than one of your
father's brothers or
sisters or a
combination | (8) None |

On your father's side of the family is there a known:

- _____ 113. Lost family member (run away)?
- | | |
|---|----------------------------|
| (1) His mother | (5) One brother or sister |
| (2) His father | (6) More than one relative |
| (3) Your father | (7) Relative |
| (4) More than one of your father's brothers or sisters or a combination | (8) None |
- _____ 114. Institutionalized family member for health reasons?
- | | |
|---|----------------------------|
| (1) His mother | (5) One brother or sister |
| (2) His father | (6) More than one relative |
| (3) Your father | (7) Relative |
| (4) More than one of your father's brothers or sisters or a combination | (8) None |
- _____ 115. Is there a family member that you know of that is in jail?
- | | |
|---|----------------------------|
| (1) His mother | (5) One brother or sister |
| (2) His father | (6) More than one relative |
| (3) Your father | (7) Relative |
| (4) More than one of your father's brothers or sisters or a combination | (8) None |
- _____ 116. Institutionalized family member in a corrections center?
- | | |
|---|----------------------------|
| (1) His mother | (5) One brother or sister |
| (2) His father | (6) More than one relative |
| (3) Your father | (7) Relative |
| (4) More than one of your father's brothers or sisters or a combination | (8) None |
- _____ 117. In your father's family has any relative undergone treatment for alcoholism?
- | | |
|---|----------------------------|
| (1) His mother | (5) One brother or sister |
| (2) His father | (6) More than one relative |
| (3) Your father | (7) Relative |
| (4) More than one of your father's brothers or sisters or a combination | (8) None |

_____ 118. In your father's family is there any person who tends to drink too much?

- | | |
|---|----------------------------|
| (1) His mother | (5) One brother or sister |
| (2) His father | (6) More than one relative |
| (3) Your father | (7) Relative |
| (4) More than one of your father's brothers or sisters or a combination | (8) None |

_____ 119. In your father's family has any person had mental illness that required hospitalization or treatment (schizophrenia, depression)?

- | | |
|---|----------------------------|
| (1) His mother | (5) One brother or sister |
| (2) His father | (6) More than one relative |
| (3) Your father | (7) Relative |
| (4) More than one of your father's brothers or sisters or a combination | (8) None |

_____ 120. In your father's family is there a family member or relative who has difficulty with drug use?

- | | |
|---|----------------------------|
| (1) His mother | (5) One brother or sister |
| (2) His father | (6) More than one relative |
| (3) Your father | (7) Relative |
| (4) More than one of your father's brothers or sisters or a combination | (8) None |

_____ 121. In your father's family is there a family member or relative that engages in verbal abuse of a critical, loud, demeaning or emotionally draining nature?

- | | |
|---|----------------------------|
| (1) His mother | (5) One brother or sister |
| (2) His father | (6) More than one relative |
| (3) Your father | (7) Relative |
| (4) More than one of your father's brothers or sisters or a combination | (8) None |

122. What is the distance in miles between your home and your parents, brother(s) and/or sister(s)?

Father	Mother	Oldest	2	3	4	5	6	7
M	F	M F	M F	M F	M F	M F	M F	M F
# of miles								

123. Complete the following information on your mother.

	<u>Age at Time of Marriage</u>	<u>Duration of Marriage</u>	<u>Age at Time of Divorce</u>	<u>Age at Death of Spouse</u>
First marriage	_____	_____	_____	_____
Second marriage	_____	_____	_____	_____
Third marriage	_____	_____	_____	_____
Fourth marriage	_____	_____	_____	_____

124. Complete the following information on your father.

	<u>Age at Time of Marriage</u>	<u>Duration of Marriage</u>	<u>Age at Time of Divorce</u>	<u>Age at Death of Spouse</u>
First marriage	_____	_____	_____	_____
Second marriage	_____	_____	_____	_____
Third marriage	_____	_____	_____	_____
Fourth marriage	_____	_____	_____	_____

_____ 125. Were you a peacemaker for either parent in their marital or parental relationship?

- (1) Always (2) Often (3) Sometimes (4) Rarely (5) Never

126. If parents are separated, how long have they been separated?

_____ years _____ months

- _____ 127. Were your parents separated before your sixteenth birthday?
- (1) Yes
(2) No
- _____ Your age
_____ Father's age
_____ Mother's age
_____ Not applicable
- _____ 128. Did either parent die prior to your sixteenth birthday?
(Include adoptive parents or significant others that raised you.)
- (1) Yes, Mother
(2) Yes, Father
(3) No
- _____ 129. As a child could you experience an inner feeling of something not right whenever your parents were in stress?
- (1) Never (2) Always (3) Often (4) Sometimes (5) Rarely
- _____ 130. As a child did you have a continuing medical problem that needed supervision of a physician and/or medication?
- (1) Yes (2) No
131. Identify diagnosis _____
- _____ 132. In your opinion how would you rate this medical problem?
- (1) Life threatening illness
(2) Chronic debilitating illness
(3) Sporadic occurrence of chronic problem
(4) Occasional illness
(5) Healthy
(6) Very good health
- _____ 133. If you have a child, have visits to the pediatrician's office been necessary for other than periodic growth assessment?
- (1) Yes
(2) No
(9) Not applicable
- _____ 134. List child's:
- Birth year _____ Birth month _____ Birth day _____

- _____ 135. List approximate number of office visits per year.
- _____ 136. Name baby's problem _____
- _____ 137. When you are concerned about the progress of your child and your pediatrician tells you your baby is progressing as it should, indicate your level of concern over the accuracy of his response.
- (1) Infant's serious problem is not diagnosed.
 - (2) Have a high amount of disagreement about infant's state of well being.
 - (3) Have moderate concern about the infant's progress.
 - (4) Have slight concern about infant's progress.
 - (5) Agree with the pediatrician that the infant is fine.
 - (9) Not applicable.
- Since your marriage have you or your spouse developed a physical illness:
- _____ 138. Husband (1) Yes (2) No
- _____ 139. Wife (1) Yes (2) No
- Identify illness (husband) _____ Number of episodes _____
- Medication taken: (1) Yes (2) No
- Identify illness (wife) _____ Number of episodes _____
- Medication taken: (1) Yes (2) No
- _____ 140. Since your marriage have you experienced sufficient stress in your life to require a medication prescription for relief?
- (1) Yes (2) No
141. List medication names and dosage if known _____
- _____ 142. What time of day are you most likely to take the medication? (Mark all that apply.)
- (1) More than once a day
 - (2) Morning
 - (3) Noon
 - (4) Night
 - (5) Other _____

- _____ 143. Do you have a chronic medical condition such as allergies, heart disease, hypertension, diabetes, migrane headache, back pain, or other not listed?
- (1) Yes
(2) No

144. List condition(s) _____

145. How many years have you had this? _____

- _____ 146. Do you belong to the same religious denomination as your parents?
- (1) No
(2) Yes
(9) Not applicable

After you have had a disagreement with your spouse, how often do you do each of the following?

	<u>Never</u>	<u>Rarely</u>	<u>Sometimes</u>	<u>Often</u>	<u>Always</u>
147. Phone or visit a friend	_____	_____	_____	_____	_____
148. Phone or visit a brother/sister	_____	_____	_____	_____	_____
149. Phone or visit a parent	_____	_____	_____	_____	_____
150. Phone or visit a relative	_____	_____	_____	_____	_____
151. Spend more time at work	_____	_____	_____	_____	_____
152. Increase physical activity	_____	_____	_____	_____	_____

As your life as a marital couple has developed:

- _____ 153. Who seems to be most dominant?
- (1) Husband
(2) Wife
(9) Not applicable

- _____ 154. Who seems to be most adaptable?
- (1) Husband
(2) Wife
(9) Not applicable

In your opinion how would you rate the extent of anxiety (mental anguish, apprehensiveness, worry) as a problem for you:

		<u>A serious problem</u>	<u>A moderate problem</u>	<u>A slight problem</u>	<u>Not a problem at all</u>
155.	Marriage	_____	_____	_____	_____
156.	Self	_____	_____	_____	_____
157.	Mate	_____	_____	_____	_____

158. Your family decisions are based on:

- (1) Emotion of the moment
- (2) More emotion than facts
- (3) Combination of emotion and facts
- (4) More factual than emotional
- (5) Facts of the situation

When you become nervous and/or uptight, how often do you do the following?

		<u>Never</u>	<u>Rarely</u>	<u>Sometimes</u>	<u>Often</u>	<u>Always</u>
159.	Take a walk	_____	_____	_____	_____	_____
160.	Have a verbal disagreement with spouse	_____	_____	_____	_____	_____
161.	Over eat	_____	_____	_____	_____	_____
162.	Get an upset stomach	_____	_____	_____	_____	_____
163.	Have an aller- gic reaction (runny nose, red blotch)	_____	_____	_____	_____	_____
164.	Take alcohol	_____	_____	_____	_____	_____
165.	Take medicine	_____	_____	_____	_____	_____
166.	Become irritable	_____	_____	_____	_____	_____
167.	Have insomnia (inability to sleep)	_____	_____	_____	_____	_____
168.	Other, list _____	_____	_____	_____	_____	_____

169. Interview Date _____
170. Zip Code _____
171. Couple ID # _____
172. Marriage Date year _____ month _____ day _____
173. Time you knew partner prior to marriage months _____ or years _____
174. Engagement period months _____ or years _____
175. Do you have a child (1) yes _____ (2) no _____
176. Birthday of child year _____ month _____ day _____
177. Are you currently pregnant? (1) yes _____ (2) no _____
178. How many children are you planning for? _____

180. List the following information for your mother.

Country of Immigration	# of years married or date	Race	Religion	Oldest brother/sister Child #1	Next youngest brother/sister Child #2	etc.	etc.	etc.	etc.
				sex	sex	sex	sex	sex	sex
				M F	M F	M F	M F	M F	M F
				name	name	name	name	name	name
				age	age	age	age	age	age
				married	married	married	married	married	married
				yes no	yes no	yes no	yes no	yes no	yes no
				number of children	number of children	number of children	number of children	number of children	number of children
				# M # F	# M # F	# M # F	# M # F	# M # F	# M # F
				Occupation	Occupation	Occupation	Occupation	Occupation	Occupation
				Religion	Religion	Religion	Religion	Religion	Religion
				Mother	Mother	Mother	Mother	Mother	Mother
				yes no	yes no	yes no	yes no	yes no	yes no

179. List the following information for yourself and siblings.

Country of Immigration	# of years married or date	Race	Religion	Oldest brother/sister Child #1	Next youngest brother/sister Child #2	etc.	etc.	etc.	etc.
				sex	sex	sex	sex	sex	sex
				M F	M F	M F	M F	M F	M F
				name	name	name	name	name	name
				age	age	age	age	age	age
				married	married	married	married	married	married
				yes no	yes no	yes no	yes no	yes no	yes no
				number of children	number of children	number of children	number of children	number of children	number of children
				# M # F	# M # F	# M # F	# M # F	# M # F	# M # F
				Occupation	Occupation	Occupation	Occupation	Occupation	Occupation
				Religion	Religion	Religion	Religion	Religion	Religion
				Respondent	Respondent	Respondent	Respondent	Respondent	Respondent
				yes no	yes no	yes no	yes no	yes no	yes no

181. List the following information for your father.

Country of Immigration	# of years married or date	Race	Religion	Oldest brother/sister Child #1	Next youngest brother/sister Child #2	etc.	etc.	etc.	etc.
				sex	sex	sex	sex	sex	sex
				M F	M F	M F	M F	M F	M F
				name	name	name	name	name	name
				age	age	age	age	age	age
				married	married	married	married	married	married
				yes no	yes no	yes no	yes no	yes no	yes no
				number of children	number of children	number of children	number of children	number of children	number of children
				# M # F	# M # F	# M # F	# M # F	# M # F	# M # F
				Occupation	Occupation	Occupation	Occupation	Occupation	Occupation
				Religion	Religion	Religion	Religion	Religion	Religion
				Father	Father	Father	Father	Father	Father
				yes no	yes no	yes no	yes no	yes no	yes no

182. List the following information for your maternal grandmother.

Country of Immigration	# of years married or date	Race	Religion	Oldest brother/sister Child #1	Next youngest brother/sister Child #2	etc.	etc.	etc.	etc.
				sex	sex	sex	sex	sex	sex
				M F	M F	M F	M F	M F	M F
				name	name	name	name	name	name
				age	age	age	age	age	age
				married	married	married	married	married	married
				yes no	yes no	yes no	yes no	yes no	yes no
				number of children	number of children	number of children	number of children	number of children	number of children
				# M # F	# M # F	# M # F	# M # F	# M # F	# M # F
				Occupation	Occupation	Occupation	Occupation	Occupation	Occupation
				Religion	Religion	Religion	Religion	Religion	Religion
				Maternal Grandmother	Maternal Grandmother	Maternal Grandmother	Maternal Grandmother	Maternal Grandmother	Maternal Grandmother
				yes no	yes no	yes no	yes no	yes no	yes no

183. List the following information for your maternal grandfather.

Country of Immigration	# of years married or date	Race	Religion	Oldest brother/sister Child #1	Next youngest brother/sister Child #2	etc.	etc.	etc.	etc.
				sex	sex	sex	sex	sex	sex
				M F	M F	M F	M F	M F	M F
				name	name	name	name	name	name
				age	age	age	age	age	age
				married	married	married	married	married	married
				yes no	yes no	yes no	yes no	yes no	yes no
				number of children	number of children	number of children	number of children	number of children	number of children
				# M # F	# M # F	# M # F	# M # F	# M # F	# M # F
				Occupation	Occupation	Occupation	Occupation	Occupation	Occupation
				Religion	Religion	Religion	Religion	Religion	Religion
				Maternal Grandfather	Maternal Grandfather	Maternal Grandfather	Maternal Grandfather	Maternal Grandfather	Maternal Grandfather
				yes no	yes no	yes no	yes no	yes no	yes no

184. List the following information for your paternal grandmother.

Country of Immigration	# of years married or date	Race	Religion	Oldest brother/sister Child #1	Next youngest brother/sister Child #2	etc.	etc.	etc.	etc.
				sex	sex	sex	sex	sex	sex
				M F	M F	M F	M F	M F	M F
				name	name	name	name	name	name
				age	age	age	age	age	age
				married	married	married	married	married	married
				yes no	yes no	yes no	yes no	yes no	yes no
				number of children	number of children	number of children	number of children	number of children	number of children
				# M # F	# M # F	# M # F	# M # F	# M # F	# M # F
				Occupation	Occupation	Occupation	Occupation	Occupation	Occupation
				Religion	Religion	Religion	Religion	Religion	Religion
				Paternal Grandmother	Paternal Grandmother	Paternal Grandmother	Paternal Grandmother	Paternal Grandmother	Paternal Grandmother
				yes no	yes no	yes no	yes no	yes no	yes no

185. List the following information for your paternal grandfather.

Country of Immigration	# of years married or date	Race	Religion	Oldest brother/sister Child #1	Next youngest brother/sister Child #2	etc.	etc.	etc.	etc.
				sex	sex	sex	sex	sex	sex
				M F	M F	M F	M F	M F	M F
				name	name	name	name	name	name
				age	age	age	age	age	age
				married	married	married	married	married	married
				yes no	yes no	yes no	yes no	yes no	yes no
				number of children	number of children	number of children	number of children	number of children	number of children
				# M # F	# M # F	# M # F	# M # F	# M # F	# M # F
				Occupation	Occupation	Occupation	Occupation	Occupation	Occupation
				Religion	Religion	Religion	Religion	Religion	Religion
				Paternal Grandfather	Paternal Grandfather	Paternal Grandfather	Paternal Grandfather	Paternal Grandfather	Paternal Grandfather
				yes no	yes no	yes no	yes no	yes no	yes no

APPENDIX D

CALCULATION OF PREPARE SCORES

TABLE XXV

A CALCULATION EXAMPLE OF A PREPARE SCALE CATEGORY
INDIVIDUAL AND COUPLE SCORES

PREPARE Item	Male Raw Score	Female Raw Score	Couple Item Summary				(Percent) Positive Couple Agreement	Male Raw Score	Female Raw Score
			No. Agree	No. Disagree	No. Indecision	No. Special Focus			
(-) 41	R 1(5)	R 1(5)	5	0	0	0	100	25	22
(+) 69	5	5							
(+) 106	5	4							
(+) 4	5	4							
(+) 5	5	4							
			Male & Female Paired Scores of 5,5	Male & Female Score Difference of 2 or more points	Male & Female Paired Scores of 3,3	Male & Female Paired Scores of 1,1	% of Agreement		
			5,4		3,4	1,2			
			4,4		2.3	2.2			

Note: Negative items (-) identified in PREPARE require the score to be reflected (R), prior to calculation, i.e., (1=5), (2=4), (3=3), (4=2), (5=1). The positive (+) and negative (-) signs indicate the direction used in scoring the items within each PREPARE category. Persons agreeing with positive items (+) or disagreeing with negative items (-) will get a high score on that category.

Calculation of PREPARE

The following steps are involved in the calculation of PREPARE categories:

1. Reflection of negative content items so that persons agreeing with positive items (+) or disagreeing with negative items (-) will get a high score on that category.

2. Take the values the subject selected from the response format Likert scale of 1 to 5 and sum across all items for a total category raw score.

The above procedure creates a range of 5 to 25, for 11 PREPARE categories. The category Idealistic Distortion has a range of 10 to 50.

APPENDIX E

ORIGINAL DYADIC ADJUSTMENT SCALE

DYADIC ADJUSTMENT SCALE

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

	Always Agree	Almost Always Agree	Occasionally Disagree	Frequently Disagree	Almost Always Disagree	Always Disagree
1. Handling family finances	5	4	3	2	1	0
2. Matters of recreation	5	4	3	2	1	0
3. Religious matters	5	4	3	2	1	0
4. Demonstrations of affection	5	4	3	2	1	0
5. Friends	5	4	3	2	1	0
6. Sex relations	5	4	3	2	1	0
7. Conventionality (correct or proper behavior)	5	4	3	2	1	0
8. Philosophy of life	5	4	3	2	1	0
9. Ways of dealing with parents or in-laws	5	4	3	2	1	0
10. Aims, goals, and things believed important	5	4	3	2	1	0
11. Amount of time spent together	5	4	3	2	1	0
12. Making major decisions	5	4	3	2	1	0
13. Household tasks	5	4	3	2	1	0
14. Leisure time interests and activities	5	4	3	2	1	0
15. Career decisions	5	4	3	2	1	0
	All the time	Most of the time	More often than not	Occasionally	Rarely	Never
16. How often do you discuss or have you considered divorce, separation, or terminating your relationship?	0	1	2	3	4	5
17. How often do you or your mate leave the house after a fight?	0	1	2	3	4	5
18. In general, how often do you think that things between you and your partner are going well?	5	4	3	2	1	0
19. Do you confide in your mate?	5	4	3	2	1	0
20. Do you ever regret that you married? (or lived together)	0	1	2	3	4	5
21. How often do you and your partner quarrel?	0	1	2	3	4	5
22. How often do you and your mate "get on each other's nerves?"	0	1	2	3	4	5

	Every Day	Almost Every Day	Occasionally	Rarely	Never
23. Do you kiss your mate?	4	3	2	1	0
	All of them	Most of them	Some of them	Very few of them	None of them
24. Do you and your mate engage in outside interests together?	4	3	2	1	0

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

	Never	Less than once a month	Once or twice a month	Once or twice a week	Once a day	More often
25. Have a stimulating exchange of ideas	0	1	2	3	4	5
26. Laugh together	0	1	2	3	4	5
27. Calmly discuss something	0	1	2	3	4	5
28. Work together on a project	0	1	2	3	4	5

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

	Yes	No
29. Being too tired for sex.	0	1
30. Not showing love.	0	1

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

0	1	2	3	4	5	6
Extremely Unhappy	Fairly Unhappy	A Little Unhappy	Happy	Very Happy	Extremely Happy	Perfect

32. Which of the following statements best describes how you feel about the future of your relationship?

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

Source: G. B. Spanier, "Measuring Dyadic Adjustment: New Scales for Assessing the Quality of Marriage and Similar Dyads," Journal of Marriage and the Family (1976).

APPENDIX F

SOCIAL READJUSTMENT RATING SCALE

TABLE XXVI
SOCIAL READJUSTMENT RATING SCALE

Rank	Life event	Mean value
1	Death of spouse	100
2	Divorce	73
3	Marital separation	65
4	Jail term	63
5	Death of close family member	63
6	Personal injury or illness	53
7	Marriage	50
8	Fired at work	47
9	Marital reconciliation	45
10	Retirement	45
11	Change in health of family member	44
12	Pregnancy	40
13	Sex difficulties	39
14	Gain of new family member	39
15	Business readjustment	39
16	Change in financial state	38
17	Death of close friend	37
18	Change to different line of work	36
19	Change in number of arguments with spouse	35
20	Mortgage over \$10,000	31
21	Foreclosure of mortgage or loan	30
22	Change in responsibilities at work	29
23	Son or daughter leaving home	29
24	Trouble with in-laws	29
25	Outstanding personal achievement	28
26	Wife begin or stop work	26
27	Begin or end school	26
28	Change in living conditions	25
29	Revision of personal habits	24
30	Trouble with boss	23
31	Change in work hours or conditions	20
32	Change in residence	20
33	Change in schools	20
34	Change in recreation	19
35	Change in church activities	19
36	Change in social activities	18
37	Mortgage or loan less than \$10,000	17
38	Change in sleeping habits	16
39	Change in number of family get-togethers	15
40	Change in eating habits	15
41	Vacation	13
42	Christmas	12
43	Minor violations of the law	11

Source: T. H. Holmes and S. Rahe, "The Social Readjustment Rating Scale," Journal of Psychosomatic Research (1967).

APPENDIX G

PILOT STUDY FORM

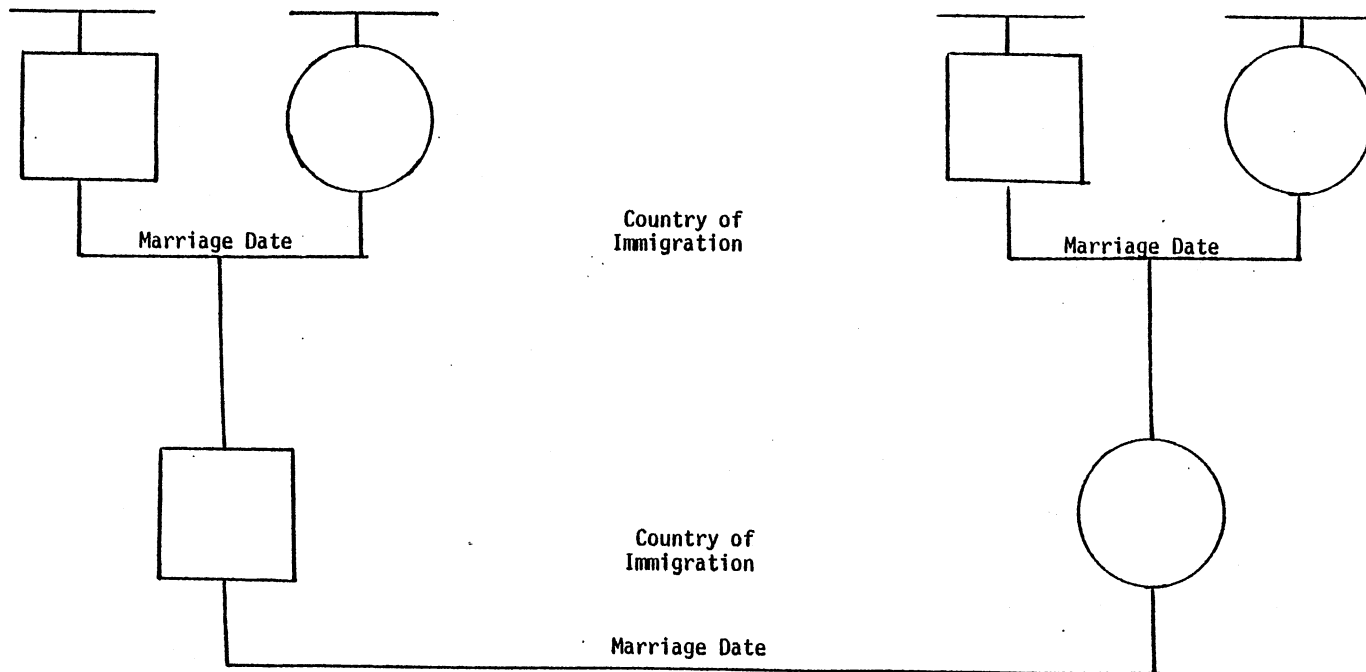
179. List the following information for yourself and siblings.

Country of Immigration	# of years married or date	Race	Religion	Oldest brother/sister Child #1	Next youngest brother/sister Child #2	etc.	etc.	etc.	etc.
				sex	sex	sex	sex	sex	sex
				M F	M F	M F	M F	M F	M F
				name	name	name	name	name	name
				age	age	age	age	age	age
				married	married	married	married	married	married
				yes no	yes no	yes no	yes no	yes no	yes no
				number of children	number of children	number of children	number of children	number of children	number of children
				# M # F	# M # F	# M # F	# M # F	# M # F	# M # F
				Occupation	Occupation	Occupation	Occupation	Occupation	Occupation
				Religion	Religion	Religion	Religion	Religion	Religion
				Respondent	Respondent	Respondent	Respondent	Respondent	Respondent
				yes no	yes no	yes no	yes no	yes no	yes no

179. List the following information for yourself then circle child number of self.

Country of Immigration	# of years married or date	Race	Religion	Oldest brother/sister Child #1	Next youngest brother/sister Child #2	etc.
				sex	sex	sex
M	F	M	F	M	F	
name		name		name		
age or birthdate		age or birthdate		age or birthdate		
yr. mo. dy.		yr. mo. dy.		yr. mo. dy.		
married		married		married		
yes	no	yes	no	yes	no	
number of children		number of children		number of children		
# M	# F	# M	# F	# M	# F	
Occupation		Occupation		Occupation		

<p>Country of Immigration: Mother _____ Father _____ Race _____</p> <p>Race _____</p> <p>Marriage Date _____</p> <p>Race _____</p>	<p>Country of Immigration: Mother _____ Father _____ Race _____</p> <p>Race _____</p> <p>Marriage Date _____</p> <p>Race _____</p>
<p>Months you knew partner prior to marriage _____</p> <p>Months engaged _____</p> <p>Marriage Date _____</p> <p>Are you currently pregnant? _____</p> <p>Do you have a child? _____</p> <p>Have you decided how large a family? _____</p> <p>What are your plans for family? _____</p> <p>Have you lost a pregnancy? _____</p>	<p>Country of Immigration: Mother _____ Father _____ Race _____</p> <p>Race _____</p> <p>Marriage Date _____</p> <p>Interview Date _____</p> <p>Zip Code _____</p> <p>Couple ID # _____</p> <p>Sibling Position _____</p> <p>Birth Date _____</p> <p>Race _____</p> <p>Sex _____</p>



Sibling Position

Life Events Checklist

The following list contains a number of commonly occurring events in the lives of individuals. In the last year, please check those events which you have experienced. Also, please rate the amount of stress each event has created in your life.

	<u>Occurance and Stress</u>				<u>Life Event</u>
	<u>Did not occur</u>	<u>Yes, No Stress</u>	<u>Yes, Minor Stress</u>	<u>Yes, Major Stress</u>	
1.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Marriage
2.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Threats of marital separation
3.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Marital separation
4.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Threats of divorce
5.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Marital reconciliation
6.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pregnancy
7.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Miscarriage
8.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Abortion (personal choice)
9.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Abortion (couple choice)
10.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Change in person responsible for contraception
11.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Change in contraceptive method
12.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sex difficulties
13.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	New role of married life
14.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Change in living conditions
15.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	New role of parent
16.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Revision of personal habits
17.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Change in sleeping habits
18.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Change in eating habits
19.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Change in religious belief
20.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Death of close friend
21.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Close relative or friend has a major accident
22.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Trouble with boss - at work
23.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Change in work hours or conditions
24.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Fired at work - loss of job - strike
25.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Business readjustment
26.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Change in financial state - recession
27.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Change to different line of work
28.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Foreclosure of mortgage or loan
29.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Change in responsibilities at work
30.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Outstanding personal achievement
31.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Change in number of arguments with spouse
32.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drug abuse
33.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Minor violation of the law
34.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Marital separation of parents
35.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Divorce of parents
36.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mother remarries
37.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Father remarries
38.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Change in number of family get-togethers
39.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Death of close family member
40.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Change in health of family member
41.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Relative or friend moved in with you
42.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Trouble with in-laws
43.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Christmas
44.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Vacation
45.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Religious Holiday
46.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Change in social activities
47.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Change in recreation
48.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Change in church activities
49.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Personal injury or illness
50.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spouse injury or illness
51.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Birth of a child
52.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Birth of an exceptional child
53.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Death of a child
54.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Husband begins work
55.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Husband stops work
56.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Husband begins school
57.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Husband stops school
58.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Wife begins work
59.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Wife stops work
60.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Wife begins school
61.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Wife stops school
62.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Change in residence
63.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mortgage over \$30,000
64.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mortgage or loan less than \$30,000
65.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Change in schools
66.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Physical abuse
67.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Jail term
68.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Alcohol abuse
69.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Other List _____
70.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
71.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

APPENDIX H

MEASUREMENT SCALE OF THE EARLY-MARRIAGE
EXPERIENCE INTERVIEW

Anxiety Level Differentiation (ALEVELD) Scale

The Bowen theory concept differentiation of self has two main factors: (1) anxiety and (2) level of differentiation. For this study, a trend towards anxiety only is measured. The scale has 20 items that have a range of 0 to 75. The measurement level is rank.

Variables from the structured interview, I63, I464, I467, I472, I473, I474, I495, I507, I508, I509, I510, I511, I512, I513, I514, I515, I516, I517, I518, I519, comprise the scale. For every variable there is an I form that represents the male and an IF form that represents the female.

A high score on the ALEVELD scale means: (1) awareness of anxiety (2) experience of a tension field, and (3) response to emotion rather than fact. A low score reflects absence of or less than the above three.

ALEVELD scale variables that reflect awareness of anxiety are: I63, I464, I473, I495, I507, I508, I509, I511, I512, I513, I514, I516, I517, I518, and I519. ALEVELD scale variables that reflect a definable tension field are: I467, I472, and I474. The ALEVELD scale variable that reflects emotion and facts is I510.

An Awareness of Anxiety idea is present in these questions:

I63 Do you know what your mother thinks about your marriage by your gut feeling?

Recode: (1) Never (2) Rarely (3) Always (4) Often (5) Sometimes
(1=0) (2=1) (3=4) (4=3) (5=2)

I464 Were you a peacemaker for either parent in their marital or parental relationship?

Recode: (1) Always (2) Often (3) Sometimes (4) Rarely (5) Never
(1=4) (2=3) (3=2) (4=1) (5=0)

I473 As a child, could you experience an inner feeling of something not right whenever your parents were in stress?

(1) Never (2) Always (3) Often (4) Sometimes (5) Rarely
 Recode: (1=0) (2=4) (3=3) (4=2) (5=1)

I495 Do you have a chronic medical condition such as allergies, heart disease, hypertension, diabetes, migraine headaches, back pain, or other?

(1) Yes (2) No
 Recode: (1=3) (2=0)

In your opinion, how would you rate the extent of anxiety (mental anguish, apprehension, worry) as a problem for you:

	I507 Marriage	I508 Self	I509 Mate
(1) A serious problem Recode: (1=3)	_____	_____	_____
(2) A moderate problem Recode: (2=2)	_____	_____	_____
(3) A slight problem Recode: (3=1)	_____	_____	_____
(4) Not a problem at all Recode: (4=0)	_____	_____	_____

Collapse Variables: I511 to I519:

When you become nervous and/or uptight, how often do you do the following:

	(1) Never Recode: (1=0)	(2) Rarely (2=1)	(3) Some- times (3=2)	(4) Often (4=3)	(5) Always (5=4)
I511 Take a walk	_____	_____	_____	_____	_____
I512 Have a verbal disagreement with someone	_____	_____	_____	_____	_____
I513 Overeat	_____	_____	_____	_____	_____
I514 Get an upset stomach	_____	_____	_____	_____	_____
I515 Have an allergic reaction	_____	_____	_____	_____	_____

	(1) Never	(2) Rarely	(3) Some- times	(4) Often	(5) Always
Recode:	(1=0)	(2=1)	(3=2)	(4=3)	(5=4)
I516 Take alcohol	_____	_____	_____	_____	_____
I517 Take medication	_____	_____	_____	_____	_____
I518 Become irritable	_____	_____	_____	_____	_____
I519 Have insomnia (inability to sleep)	_____	_____	_____	_____	_____

Variables that reflect a definable tension field are:

I467 Were your parents separated before your 16th birthday?

Recode: (1) Yes (2) No
(1=3) (2=0)

I472 Did either parent die prior to your 16th birthday? (Include adop-
tive parents or significant others that raised you.)

(1) Yes, Mother

(2) Yes, Father

(3) No

Recode: (1=4) (2=4) (3=0)

I474 As a child, did you have a continuing medical problem that needed
supervision of a physician and/or medication?

Recode: (1) Yes (2) No
(1=3) (2=0)

Variable that reflects emotion and fact:

I510 Your family decisions are based on:

1 Emotion of the moment

2 More emotion than facts

3 Combination of emotion and facts

4 More factual than emotional

5 Facts of the situation

Recode: (1=5) (2=4) (3=3) (4=2) (5=1)

Multigenerational Maternal (MULTIGMA) Scale

This is an attempt to measure the Bowen theory concept multigenerational transmission process. This concept describes the ebb and flow of emotional process through the generations. The concept expands the perception of the nuclear family or marital dyad as an emotional unit to the broader perception of the multigenerational family as the influencing emotional unit.

The scale consists of 18 items and has a scale range of 0 to 150. A rank order level of measurement is used. Variables included in this scale are: I256 to I265, I758, I759, I762, I763, I434, I438, I442, and I446. The capital letter I prior to a number represents the male responses of the marital dyad, and the capital letters IF the female. For each response there is a male and a female variable. These variables reflect the presence of a parental family member whose functional life process may represent a level of differentiation that comprises a person's unique functional ability. An example item is I256:

I256 On your mother's side of the family, is there a proverbial black sheep (someone always causing a problem)?

- | | |
|--|---------------------------|
| 1) Her mother | 5) One brother or sister |
| 2) Her father | 6) More than one relative |
| 3) Your mother | 7) Relative |
| 4) More than one of your
mother's brothers or
sisters or a combination | 8) None |

This and like items were recoded to (1=5), (2=5), (3=5), (4=5), (5=5), (6=5), (7=5), and (8=0). Each variable has eight possible options beginning with 0; of the other seven only one is selected and that one receives five points. Variables I256 to I265 have the same format. These 10 items have a range of 0 to 50.

Variables I434, I438, I442, and I446 reflect the age at which the respondent's mother was divorced, indicating a 0 to 4 time possibility of maternal divorce. Each coded age was assigned a value of five points. Four items compose this category with a range of 0 to 20.

Variables I758 and I759 ask how many divorces occurred among the respondent's brothers and sisters. Variables I762 and I763 question the occurrence of divorces among the respondent's mother's brothers and sisters. Numerical responses were recoded to (1=5), (2=10), (3=15), (4=20), (0=0), and (9=Not applicable). These variables have a range of 0 to 80.

Steps to measurement:

1. Recode variables I256 to I265.
2. Sum across the variables and total score.
3. Recode variables I434, I438, I442, and I446.
4. Sum across the variables and total score.
5. Recode variables I758, I759, I762, and I763.
6. Sum across the variables and total score.
7. Collect and add together the three total scores from steps 2, 4, and 6 for a grand total score to represent the scale score MULTIGMA that has a range of 0 to 150 and a rank order level of measurement.

The scale MULTIGPA (an acronym for multigenerational paternal) asks the same questions and is recoded and measured in the same way. The specific variables are assigned different numbers.

Multigenerational Cancer Maternal (MULTICMA) Scale

The MULTICMA scale relates to the Bowen theory concept Multigenerational transmission process. The acronym MULTICMA represents

multigenerational cancer maternal. The variables in this scale reflect the presence of a maternal family member with the diagnosis of cancer. Six items identify the generation cancer was diagnosed in and the number of persons who represented a cancer diagnosis in each generation.

Variables I65, I66, and I67 identify the generation cancer was diagnosed in 1, your family; 2, your parents; and 3, your grandparents. These are recoded to (1=3), (2=2), and (3=1). Variables I68, I69, and I70 indicate the numbers of persons with a cancer diagnosis in each generation. I68 is recoded to values of (1=4), (2=8), and (3=12). I69 is recoded to values of (1=2), (2=4), and (3=6). I70 values do not need to be recoded. They are (1=1), (2=2), and (3=3).

The scale MULTICPA (an acronym for multigenerational cancer paternal) asks the same questions and is recoded and measured in the same way. There are two less variables that pertain to generation one, your family, which represents the generation of the marital respondents and the number of persons with a cancer diagnosis in that generation. Values for this generation are placed in the mother's score. Rationale for this is based on the theory which indicates that the person who has the most contact and involvement in the raising of a child has the most influence on that person's formation process.

Steps to measurement of the MULTICMA:

1. Recode I65, I66, and I67.
2. Recode I68, I69, and I70.
3. Sum across the variables and total for a MULTICMA scale score with a range of 0 to 24 whose measurement level is rank order.

Steps to measurement of the MULTICPA:

1. Recode I267 and I268.

2. Recode I269 and I270.
3. Sum across the variables and total for a MULTICPA scale score with a range of 0 to 12 whose measurement level is rank order.

Multigenerational Illness Maternal
(MULILLMA) Scale

The MULILLMA scale relates to the Bowen theory concept multigenerational transmission process. The acronym MULILLMA represents multigenerational illness maternal. The variables in this scale reflect the presence of a maternal family member with the diagnosis of an illness other than cancer. Six items identify the generation the illness was diagnosed in and the number of persons who represented a serious illness diagnosis in each generation.

Variables I144, I145, and I146 identify the generation the illness was diagnosed in: 1, your family; 2, your parents; and 3, your grandparents. These are recoded to (1=3), (2=2), and (3=1). Variables I147, I148, and I149 indicate the number of persons with a serious illness diagnosis in each generation. Variable I68, your family, is recoded to values of (1=3) (2=6), and (3=9). I148, your parents, is recoded to values of (1=2), (2=4), and (3=6). Variable I149's values are (1=1), (2=2), and (3=3).

The scale MULILLPA, an acronym for multigenerational illness paternal, asks the same questions and is recoded and measured in the same manner as MULILLMA. There are two less variables for the same rationale stated in the paternal version of the scale MULTICPA.

Steps to measurement of the MULILLMA:

1. Recode I144, I145, and I146.

2. Recode I147, I148, and I149.
3. Sum across the variables and total for a MULILLMA scale score with a range of 0 to 24 whose measurement level is rank order.

Steps to measurement of the MULILLPA:

1. Recode I320 and I321.
2. Recode I322 and I323.
3. Sum across the variables and total for a MULILLPA scale score with a range of 0 to 12 whose measurement level is rank order

APPENDIX I

COMPLEMENTARY AND NONCOMPLEMENTARY RELATION-
SHIP BIRTH-ORDER PATTERNS

TABLE XXVII

COMPLEMENTARY RELATIONSHIPS BIRTH-ORDER
PATTERNS OF THE MARITAL DYAD

Degrees of Complementarity 1 to 3		
<u>1a. Neither partner has a rank or sex conflict with the other.</u>		
	<u>Marital Dyad</u>	<u>Pattern</u>
1	1141 1142	b(s)/(b)s
2	1301 1302	(ssb)b/s(b)
3	1011 1012	(s)b/s(ssb)
4	2111 2112	(bsb)b(s)/(bs)s(bbsb)
5	1041 1042	(s)b(bs)/s(sbs)
6	1081 1082	b(s)/(b)s(s)
7	1101 1102	b(ss)/(bs)s(s)
8	1131 1132	(sbb)b(s)/s(bb)
9	1281 1282	b(ss)/(b)s(b)
10	2021 2022	b(s)/(bb)s(bb)
11	2071 2072	(bbs)b/(s)s(b)
12	2011 2012	b(ssss)/(bbss)s(s)
<u>2a. Neither partner has a rank conflict and only one of the partners has a sex conflict.</u>		
	<u>Marital Dyad</u>	<u>Pattern</u>
13	1121 1122	(bb)b(sss)/s(sb)
14	2041 2042	b(ss)/(sss)s(ssb)
<u>2b. Both partners have either a complete (or partial) rank conflict, but no sex conflict, or both have a sex conflict, but no rank conflict (or only a partial one).</u>		
	<u>Marital Dyad</u>	<u>Pattern</u>
15	1061 1062	b(bs)/(ss)s(bb)
16	1211 1212	(s)b/(bbsbsbsb)s(ss)
17	1171 1172	(s)b(s)/(bb)s(b)
18	1241 1242	(bsbb)b(sb)/s(bb)

TABLE XXVII (Continued)

Degrees of Complementarity (Cont.)
1 to 3

3a. One partner is an only child; the other has only (one or more) siblings of the same sex as himself.

	<u>Marital Dyad</u>		<u>Pattern</u>
19	1291	1292	b(ss)/s
20	1271	1272	b/s(b)
21	2061	2062	(ss)b/s
22	2051	2052	b/(s)s(b)
23	1021	1022	b/(sbss)s(b)
24	1221	1222	(sb)b(bs)/s

Source: W. Toman, Family Constellation (1976).

TABLE XXVIII

NONCOMPLEMENTARY RELATIONSHIPS BIRTH-ORDER
PATTERNS OF THE MARITAL DYAD

Extreme Case: Both partners have a rank and sex conflict.

	<u>Marital Dyad</u>	<u>Pattern</u>
1	2091 2092	b(b)/s(s)
2	1071 1072	b(b)/s(s)

Less Extreme Form: Both partners have a rank conflict, but only one partner has a sex conflict.

	<u>Marital Dyad</u>	<u>Pattern</u>
3	1051 1052	b(bs)/s(s)
4	1261 1262	b(bbb)/s(bbss)

Milder Form: Both partners have a rank conflict but no sex conflict.

	<u>Marital Dyad</u>	<u>Pattern</u>
5	1031 1032	b(bs)/s(b)
6	1091 1092	(s)b/(b)s
7	2031 2032	(sb)b/(b)s
8	1231 1232	(bsb)b/(bs)s

Mildest Form: Partners who have no rank conflict, and only one of whom has a sex conflict.

9	1151 1152	b(s)/(sss)s
10	1181 1182	b(bs)/(s)s
11	2101 2102	b(bb)/(b)s
12	1161 1162	(b)b/(bb)s(s)
13	1191 1192	(bbb)b/(ss)s(sb)
14	1201 1202	b(s)/(s)s(s)
15	1111 1112	(bs)b(s)/s(s)
16	1251 1252	(b)b/(bbbssss)s(s)
17	2081 2082	(b)b/(s)s(b)

Source: W. Toman, Family Constellation (1976).

APPENDIX J

CORRESPONDENCE AND DOCUMENTATION FOR
PREPARE SAMPLE

Oklahoma State University
Murray Hall, Room 115
Stillwater, Oklahoma 74078

January 17, 1983

Dr. Thomas R. Holmes
Department of Psychiatry
University of Washington
School of Medicine
Seattle, Washington 98105

Dear Dr. Holmes:

My Doctoral Dissertation is on Early Marriage Adjustment. I am looking at two valid and reliable instruments on factors relating to marriage that will be analyzed in relation to stress using your Social Readjustment Rating Scale.

I have also developed a scale to evaluate levels of anxiety and would like to relate this to your scale.

May I please have permission to use the tables in your article properly documented and the scale. The article is The Social Readjustment Rating Scale in the Journal of Psychosomatic Research, Vol. 11, pp. 213-218, 1967.

Please forward permission if this is agreeable. Thank you.

Sincerely,

Dolores Poole, RN, M.S.

Oklahoma State University
Murray Hall, Room 115
Stillwater, Oklahoma 74078

January 17, 1983

Dr. Thomas R. Holmes
Department of Psychiatry
University of Washington
School of Medicine
Seattle, Washington 98105

Dear Dr. Holmes:

My Doctoral Dissertation is on Early Marriage Adjustment. I am looking at two valid and reliable instruments on factors relating to marriage that will be analyzed in relation to stress using your Social Readjustment Rating Scale.

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May I please have permission to use the tables in your article properly documented and the scale. The article is The Social Readjustment Rating Scale in the Journal of Psychosomatic Research, Vol. 11, pp. 213-218, 1967.

Please forward permission if this is agreeable. Thank you.

Sincerely,

Dolores Poole, RN, M.S.

Oklahoma State University
Murray Hall, Room 115
Stillwater, Oklahoma 74078

January 17, 1983

Dr. Graham B. Spanier, PhD
Division of Individual and Family Studies
Department of Sociology
The Pennsylvania State University
University Park, Pennsylvania 16802

Dear Dr. Spanier:

I am writing my Doctoral Dissertation on Early Marriage Adjustment. May I please have written permission to use your Dyadic Adjustment Scale and the tables in the article: Measuring Dyadic Adjustment: New Scales for Assessing the Quality of Marriage and Similar Dyads that appears in the Journal of Marriage and the Family, February 1976. Thank you.

Sincerely,

Dolores Poole, RN, M.S.

Permission granted X

Signature of Author: /s/ G. B. Spanier

1/26/83

UNIVERSITY OF WASHINGTON
SEATTLE, WASHINGTON 98195

School of Medicine
Department of Psychiatry and Behavioral Sciences. RP-10

January 27, 1983

Dolores Poole, RN, MS
Oklahoma State University
Murray Hall, Room 115
Stillwater, Oklahoma 74078

Dear Ms. Poole:

Thank you for your interest in our research. I am pleased to give you permission to use the Social Readjustment Rating Scale and the Schedule of Recent Experience (SRE) in your proposed research.

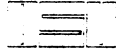
I am enclosing a copy of the Manual for the SRE. It has specimen copies of both the one-year and the three-year SRE, as well as a price list for its purchase. Please note that this is the questionnaire which is used to obtain the life change data on your subjects. The values from the Social Readjustment Rating Scale are used to score it.

If we can be of further assistance please let us know.

Sincerely yours,

Thomas H. Holmes, M.D.
Professor of Psychiatry and
Behavioral Sciences

THH:ma
Encl.



Oklahoma State University

DEPARTMENT OF FAMILY RELATIONS
AND CHILD DEVELOPMENT

STILLWATER, OKLAHOMA 74074
241 HOME ECONOMICS WEST
(405) 624-5057

Dear Mr. and Mrs.

Oklahoma State University through the Department of Family Relations and Child Development is currently undertaking an important project looking at how young couples adjust to the first year of marriage. Professor David G. Fournier, co-author of the PREPARE II Inventory, and Doctoral student Dolores Poole are interviewing selected couples to obtain opinions about various aspects of early married life. Couples will be paid \$10.00 for their time (60 - 75 minutes) and will be making an important contribution to helping us better understand how marriage preparation affects early marriage. While each couples participation is obviously worth more than \$10, it is the best we could do at this time.

You have been selected based on your completion of a marriage preparation program at your church and the length of time you have been married. Please discuss with each other whether you would be willing to share your views about early marriage with a trained University interviewer. As with all University Projects, names are never used on materials so that we can guarantee complete confidentiality. In addition, the interview would be scheduled at a time convenient to you and would take place in your home or apartment.

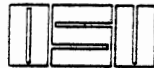
Please fill out the enclosed Participation Summary and send it to us using the stamped, self-addressed envelope. If you prefer, you may call either of us for more information about the project.

Thank you for your consideration.

Sincerely,

David G. Fournier, Ph.D.
Dept. F.R.C.D. at O.S.U.
(405) 624-5061

Dolores M. Poole
Doctoral Project Assistant
Evenings in Tulsa (918) 743-5942



Oklahoma State University

DEPARTMENT OF FAMILY RELATIONS AND CHILD DEVELOPMENT
 Stillwater, Oklahoma 74074
 (405) 624-5057

PARTICIPATION SUMMARY

- _____ Yes, Definately interested
- _____ May be interested, please give us more info
- _____ Not interested

Please list you name as you would want it on the \$10
 check and your current address:

Full name _____

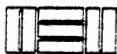
Current
 Address _____

Phone () _____

Thank you for your consideration in being part of
 this important Oklahoma State University Project.

Sincerely

Dept. FRCD, 333 HEW, Stillwater OKLA 74078



Oklahoma State University

DEPARTMENT OF FAMILY RELATIONS
AND CHILD DEVELOPMENT

STILLWATER, OKLAHOMA 74074
241 HOME ECONOMICS WEST
(405) 624-5057

Dear Mr. and Mrs.

I would like to thank you for participating in this important study concerning early marriage adjustment. Your cooperation and personal involvement was deeply appreciated. The encouragement and support I have received from you and other couples has been very rewarding.

I am still collecting confidential information on this topic and hope to complete the study by December 1981. Information gathered will provide much needed insights on the early marriage adjustment period. The results of these interviews will be helpful in designing new formats for marriage preparation programs to assist couples prepare for marriage and in counseling couples in this early marriage adjustment period.

At the completion of this study I will send you a brief summary of the results.

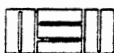
Thank you again for your participation and graciously having the interview in your home.

Sincerely,

Dolores Poole
Project Coordinator

David G. Fournier
David G. Fournier, Ph.D.
Project Advisor
Faculty, OSU

jj



Oklahoma State University

DEPARTMENT OF FAMILY RELATIONS
AND CHILD DEVELOPMENT

STILLWATER, OKLAHOMA 74074
241 HOME ECONOMICS WEST
(405) 624-5057

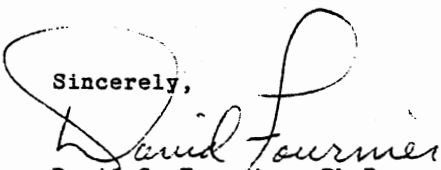
We would like to thank you for participating in the Oklahoma State University sponsored project concerning early married life. Your cooperation and personal involvement was deeply appreciated. The encouragement and support received from you and other couples has been rewarding.

We are still collecting confidential information from other couples and hope to be finished by mid 1982. Information gathered will hopefully provide much needed insight on major issues in the early marriage adjustment period. Hopefully better programs for marriage preparation will result.

Thanks again for your participation. Your \$10 check is enclosed and we intend to also send a brief summary of the project when we are finished.

Best wishes in your relationship.

Sincerely,


David G. Fournier, Ph.D.
Project Advisor
Faculty, Okla. State Univ.

Dolores M. Poole
Project Coordinator

PREPARE USER SUMMARY
EARLY MARRIAGE EXPERIENCE SURVEY

ZIP CODE _____ GROUP ID _____ CHURCH _____

NAME OF MINISTER _____

PHONE NUMBER _____

COUPLES MARRIED IN 1979

COUPLE # _____	WEDDING DATE _____	SIX MONTHS _____
COUPLE # _____	WEDDING DATE _____	SIX MONTHS _____
COUPLE # _____	WEDDING DATE _____	SIX MONTHS _____
COUPLE # _____	WEDDING DATE _____	SIX MONTHS _____
COUPLE # _____	WEDDING DATE _____	SIX MONTHS _____
COUPLE # _____	WEDDING DATE _____	SIX MONTHS _____
COUPLE # _____	WEDDING DATE _____	SIX MONTHS _____
COUPLE # _____	WEDDING DATE _____	SIX MONTHS _____
COUPLE # _____	WEDDING DATE _____	SIX MONTHS _____
COUPLE # _____	WEDDING DATE _____	SIX MONTHS _____
COUPLE # _____	WEDDING DATE _____	SIX MONTHS _____
COUPLE # _____	WEDDING DATE _____	SIX MONTHS _____
COUPLE # _____	WEDDING DATE _____	SIX MONTHS _____
COUPLE # _____	WEDDING DATE _____	SIX MONTHS _____
COUPLE # _____	WEDDING DATE _____	SIX MONTHS _____
COUPLE # _____	WEDDING DATE _____	SIX MONTHS _____

NAMES AND ADDRESSES:

PREPARE ID	Last Names	Referral Source	Form of Contact (phone,church)	Response 1st (Yes) (No) (?)	Follow up If Any (Yes) (No) (?)	Couple Number If In Study

APPENDIX K
GUIDE TO SCALES

GUIDE TO SCALES

PREPARE Inventory Categories

	<u>Computer Name</u>
1. Idealistic Distortion	IDEALIST
2. Realistic Expectations	REALIST
3. Personality Issues	PERSONAL
4. Equalitarian Roles	EQUALROL
5. Communication	MESSATES
6. Conflict Resolution	CONFLICT
7. Financial Management	CASHFLOW
8. Leisure Activities	LEISURE
9. Sexual Relationship	SEXRELAT
10. Children and Marriage	CHILDMAR
11. Family and Friends	FAMFRND
12. Religious Orientation	RELIGOUS

Dyadic Adjustment Scale (DAS)

	<u>Computer Name</u>
1. Total Dyadic Adjustment Scale	SPANALL
2. Subscale Dyadic Consensus	DYCONSEN
3. Subscale Dyadic Cohesion	DYCOHES
4. Subscale Dyadic Satisfaction	DYSAT
5. Subscale Affectional Expression	AFECTEXP

Adapted Version of Holmes and Rahe (1967) Social Readjustment Rating Scale (SRRS)

	<u>Computer Name</u>
1. Original Mean Values	RAHEORIG
2. Adapted Values to Original Items	RAHEADP
3. Adapted Values Original Items Plus Additional Items Relating to Early Marriage	RAHEEMA

Note: Number 3. above was coded to identify a level of personal intensity response.

Structured Interview Based on Bowen Theory of Family Systems

	<u>Computer Name</u>
1. Anxiety Level	ALEVELD
2. Multigenerational Mother	MULTIGMA
3. Multigenerational Father	MULTIGPA
4. Mother's Generation Cancer History	MULTICMA
5. Mother's Generation Illness History	MULILLMA
6. Father's Generation Illness History	MULILLPA
7. Father's Generation Cancer History	MULTICPA

Note: A collapse of 2. through 7. makes up 8. and 9.

GUIDE TO SCALES (Continued)

Structured Interview Based on Bowen Theory of Family Systems (cont.)Computer Name

8. Mother
9. Father

BOENMAT
BOENPAT

Sibling Position - Birth Order Marital PatternComputer Name

1. Complementary
2. Non-complementary

SIBROLE
SIBROLE

Note: 1. and 2. above were divided into three groups: complementary, partial complementary, and non-complementary.

APPENDIX L

SELECTED INDIVIDUAL AND BACKGROUND
CHARACTERISTICS

TABLE XXIX
 SELECTED INDIVIDUAL BACKGROUND CHARACTERISTICS
 OF THE SAMPLE (N=82)

Individual Characteristics	Number
<u>Sex</u>	
males	41
females	41
Total	<u>82</u>
<u>Age (average)</u>	
male \bar{X} = 24	
male range = 20-34	
female \bar{X} = 23	
female range = 19-33	
<u>Income (monthly)</u>	
none	13
\$1 - \$400	13
\$401 - \$800	19
\$801 - \$1200	21
\$1201 - \$1600	10
over \$1601	6
Total	<u>82</u>
<u>Education</u>	
graduate/professional	20
four year college	26
some college/technical	26
high school	9
some high school	1
Total	<u>82</u>
<u>Religion</u>	
Baptist	21
Catholic	20
Christian	10
Episcopal	2
Jewish	3
Lutheran	5
Methodist	17
Other Protestant	1
not listed	3
Total	<u>82</u>

TABLE XXIX (Continued)

Individual Characteristics	Number
<u>Continued parental religious affiliation after marriage</u>	
no	12
yes	65
not applicable	5
Total	<u>82</u>
<u>Residence first 15 years of life</u>	
farm	12
rural, not farm	8
town 2,500 or less	4
town 2,500 to 25,000	9
small city 25,000 to 100,000	8
city over 100,000	41
Total	<u>82</u>
<u>Occupation</u>	
professional (executive, lawyer, doctor)	14
other professional	15
skilled (electrician, plumber)	4
clerical (sales person, secretary, office)	13
semi-skilled	4
student	20
other	9
not applicable	3
Total	<u>82</u>
<u>Change in religious beliefs prior to marriage</u>	
completely	3
considerably	5
some	7
neutral	9
not at all	58
Total	<u>82</u>
<u>Dreams prior to marriage</u>	
future children	6
future mate	57
not applicable	18
missing data	1
Total	<u>82</u>

TABLE XXIX (Continued)

Individual Characteristics	Number
<u>Birth-order position</u>	
oldest child	32
youngest child	18
only child	6
second child	8
third child	10
fourth child	3
fifth child	3
eighth child	1
ninth child	1
Total	82
<u>Number of children desired</u>	
zero	5
one	3
two	34
three	29
four	8
missing data	3
Total	82
<u>Age, first marriage</u>	
17 - 19	12
20 - 22	41
23 - 27	25
30 - 33	3
missing data	1
Total	82
(Mean = 23)	
<u>Chronic medical complaints</u>	
allergies	16
migraine headache	3
low back pain	2
kidney infection	2
hypoglycemia	1
nervous stomach	1
high cholesterol	1
scoliosis	1
not applicable	55
Total	82

TABLE XXX
 SELECTED FAMILY BACKGROUND CHARACTERISTICS
 OF THE SAMPLE (N=82)

Family Characteristics	Number
<u>Parents' marital status</u>	
wed and live together	62
divorced and both single	1
divorced and both remarried	3
divorced, one single; one married	6
widow or widower	6
remarried, first mate deceased	4
Total	82
<u>Parents separated prior to respondent's 16th birthday</u>	
yes	8
no	74
Total	82
<u>Death of either parent prior to respondent's 16th birthday</u>	
yes, father	3
no	66
missing data	13
Total	82
<u>Immigrants to U.S.A.</u>	
yes, father	1
no, father	81
yes, mother	1
no, mother	81
yes, maternal grandfather	4
no, maternal grandfather	78
yes, maternal grandmother	4
no, maternal grandmother	78
yes, paternal grandfather	4
yes, paternal grandfather	78
yes, paternal grandmother	7
yes, paternal grandmother	75

TABLE XXX (Continued)

Family Characteristics	Number	
<u>Presence of a cancer diagnosis in respondent's mother's family of origin</u>		
yes	41.2%	
no	58.7%	
missing data	2	
<u>Presence of a cancer diagnosis in respondent's family of origin (brothers, sisters)</u>		
yes	2.0%	
no	98.0%	
<u>Presence of a cancer diagnosis in respondent's mother's family of origin (mother or her siblings)</u>		
yes	15.0%	
no	85.0%	
<u>Presence of a cancer diagnosis in respondent's mother's parents (parents and their siblings)</u>		
yes	32.0%	
no	68.0%	
<u>Number of persons in each maternal generation with the diagnosis of cancer</u>		
	M F	
family of origin	2 3	5
mother's family of origin	1 12	13
maternal grandparents family of origin	15 14	29
<u>Serious illness other than cancer on mother's side of family</u>		
<u>Generation I (brothers & sisters of respondent)</u>		
cardiovascular illness		4
allergic illness		1
crippling disorder		1
glaucoma		1

Table XXX (Continued)

Family Characteristics	Number
<u>Serious illness other than cancer on mother's side of family (cont.)</u>	
<u>Generation II (respondent's mother's brothers and sisters)</u>	
cardiovascular illness	11
mental illness	2
arthritis	2
lupus erythematosus	1
emphysema	1
cataract disorder	1
polio	2
diverticulitis	1
<u>Generation III (respondent's parents and her aunts and uncles)</u>	
cardiovascular illness	31
Parkinson's disease	1
accident victim	1
arthritis	3
tuberculosis	1
emphysema	1
meningitis	1
ulcers	1
gall bladder disease	1
<u>Presence of a cancer diagnosis in respondent's father's family of origin</u>	
yes	45.7%
no	54.3%
missing data	1.0%
<u>Presence of a cancer diagnosis in respondent's father's family of origin</u>	
yes	20.0%
no	80.0%
<u>Presence of a cancer diagnosis in respondent's father's parents (parents and their siblings)</u>	
yes	29.0%
no	71.0%

Table XXX (Continued)

Family Characteristics			Number
<u>Number of persons in each paternal generation with the diagnosis of cancer</u>			
	<u>M</u>	<u>F</u>	
father's family of origin	8	9	17
paternal grandparents' family of origin	18	2	20
<u>Serious illness other than cancer on father's side of family</u>			
<u>Generation II (respondent's father's brothers and sisters)</u>			
cardiovascular illness			14
multiple sclerosis			1
cirrhosis of liver			2
benign tumor			1
uremia			1
obesity			1
<u>Generation III (respondent's father's parents and their brothers and sisters)</u>			
cardiovascular illness			22
Parkinson's disease			2
mental illness			1
cirrhosis of liver			1
arthritis			1
emphysema			1

APPENDIX M

SOCIAL READJUSTMENT RATING SCALE

Social Readjustment Rating Scale

The degree of similarity between the populations within the sample of the Holmes and Rahe (1967) study is impressive. The high degree of consensus suggests a significant level of generalizability to many groups and individuals regarding the events studied. They transcend differences in age, sex, marital status, education, social class, ethnicity, religion, and race (Table XXXI).

Directions given by Holmes and Rahe (1967), authors of the SRRS, asked subjects in their sample to rate a series of life events as to their relative degrees of necessary readjustment:

In scoring, use all your experience in arriving at your answer. This means personal as well as what you have learned from others. Attempt to give your rating based on the average amount of adjustment needed for each life event rather than an extreme amount. As you complete each of the remaining events think to yourself:

Is this event indicative of more or less readjustment than marriage that has an arbitrary value of 500? Would the readjustment take longer or shorter to accomplish?

If you decide the readjustment is more intense and practical, then choose a proportionately larger number and place it in the blank directly opposite the event in the column marked 'VALUES.' If you decide the event represents less and shorter readjustment than marriage, then indicate how much less by placing a proportionately smaller number in the opposite blank. (If an event requires intense readjustment over a short time span, it may approximate in value an event requiring less intense readjustment over a long period of time.) If the event is equal in social readjustment to marriage, record the number 500 opposite the event (p. 213).

The order in which Holmes and Rahe presented the events list to their subjects for them to scale with their personal values is shown in Table XXXII.

TABLE XXXI

SOCIAL READJUSTMENT RATING SCALE, PEARSON'S
COEFFICIENT OF CORRELATION BETWEEN DIS-
CRETE GROUPS IN THE SAMPLE

Group	No. in Group		Group	No. in Group	Coefficient of Correlation
Male	179	vs.	Female	215	.97
Single	171	vs.	Married	223	.96
Age < 30	206	vs.	Age 30-60	137	.96
Age < 30	206	vs.	Age > 60	51	.92
Age 30-60	137	vs.	Age > 60	51	.97
1st Generation	19	vs.	2nd Generation	69	.91
1st Generation	19	vs.	3rd Generation	306	.93
2nd Generation	69	vs.	3rd Generation	306	.98
> College	182	vs.	4 Years of College	212	.97
Lower Class	71	vs.	Middle Class	323	.93
White	363	vs.	Negro	19	.82
White	363	vs.	Oriental	12	.94
Protestant	241	vs.	Catholic	42	.91
Protestant	241	vs.	Jewish	19	.97
Protestant	241	vs.	Other Religion	45	.95
Protestant	241	vs.	No Religious Preference	47	.93

Source: T. H. Holmes and R. H. Rahe, "The Social Readjustment Rating Scale," Journal of Psychosomatic Research (1967).

TABLE XXXII
SOCIAL READJUSTMENT RATING QUESTIONNAIRE

Events	Values
1. Marriage	500
2. Troubles with the boss	
3. Detention in jail or other institution	
4. Death of spouse	
5. Major change in sleeping habits (a lot more or a lot less sleep, or change in part of day when asleep)	
6. Death of a close family member	
7. Major change in eating habits (a lot more or a lot less food intake, or very different meal hours or surroundings)	
8. Foreclosure on a mortgage or loan	
9. Revision of personal habits (dress, manners, associations, etc.)	
10. Death of a close friend	
11. Minor violations of the law (e.g., traffic tickets, jay walking, disturbing the peace, etc.)	
12. Outstanding personal achievement	
13. Pregnancy	
14. Major change in the health or behavior of a family member	
15. Sexual difficulties	
16. In-law troubles	
17. Major change in number of family get-togethers (e.g., a lot more or a lot fewer than usual)	
18. Major change in financial state (e.g., a lot worse off or a lot better off than usual)	
19. Gaining a new family member (e.g., through birth, adoption, oldster moving in, etc.)	
20. Change in residence	
21. Son or daughter leaving home (e.g., marriage, attending college, etc.)	
22. Marital separation from mate	
23. Major change in church activities (e.g., a lot more or a lot fewer than usual)	
24. Marital reconciliation with mate	
25. Being fired from work	
26. Divorce	
27. Changing to a different line of work	
28. Major change in the number of arguments with spouse (e.g., either a lot more or a lot fewer than usual regarding childrearing, personal habits, etc.)	
29. Major change in responsibilities at work (e.g., promotion, demotion, lateral transfer)	
30. Wife beginning or ceasing work outside the home	
31. Major change in working hours or conditions	
32. Major change in usual type and/or amount of recreation	
33. Taking on a mortgage greater than \$10,000 (e.g., purchasing a home, business, etc.)	

TABLE XXXII (Continued)

Events	Values
34. Taking on a mortgage or loan less than \$10,000 (e.g., purchasing a car, TV, freezer, etc.)	
35. Major personal injury or illness	
36. Major business readjustment (e.g., merger, reorganization, bankruptcy, etc.)	
37. Major change in social activities (e.g., clubs, dancing, movies, visiting, etc.)	
38. Major change in living conditions (e.g., building a new home, remodeling, deterioration of home or neighborhood)	
39. Retirement from work	
40. Vacation	
41. Christmas	
42. Changing to a new school	
43. Beginning or ceasing formal schooling	

Source: T. H. Holmes and R. H. Rahe, "Social Readjustment Rating Scale," Journal of Psychosomatic Research (1967).

VITA ²

Dolores Marie Villicana Poole

Candidate for the Degree of

Doctor of Philosophy

Thesis: EARLY-MARRIAGE ADJUSTMENT: EFFECTS OF LIFE EVENT STRESS
AND FAMILY OF ORIGIN

Major Field: Home Economics--Family Relations and Child Development

Biographical:

Personal Data: Born in Chicago, Illinois, February 21, 1935, the daughter of Mr. and Mrs. Bernard J. Villicana.

Education: Graduated from Mercy High School, Chicago, Illinois, in June, 1953; received Bachelor of Science in Nursing degree from the University of Tulsa in 1969; received Master of Science in Nursing degree from Texas Woman's University in 1974; Trainee in Special Post Graduate Program, Family Systems Theory, Department of Psychiatry, Georgetown University, Washington, D.C., 1978-82; enrolled in doctoral program at Oklahoma State University in 1978-81; completed requirements for Doctor of Philosophy degree in July, 1983.

Professional Experience: Psychiatric Staff Nurse, St. Mary's Hospital, Kansas City, Missouri, 1957; Surgical Staff Nurse, St. Luke's Hospital, Kansas City, Missouri, 1957; Surgical Staff Nurse, St. Joseph's Hospital, Joliet, Illinois, 1958; Premature Nursery Staff Nurse, St. John's Hospital, Tulsa, Oklahoma, 1968-69; Instructor, Medical Surgical Nursing and Curriculum Development, St. John's Hospital, School of Nursing, Tulsa, Oklahoma, 1969-72; Instructor, Maternal Child Health Nursing, and Chairman of Curriculum Development of an Associate Degree Nursing Program that received eight year National League of Nursing Approval, Tulsa Junior College, Tulsa, Oklahoma, 1972-78; Co-Therapist with W. Lantz, Ph.D., Psychologist and Methodist Minister, Heritage Center, Tulsa, Oklahoma, 1976-78; Assistant Professor, Maternal Child Health Nursing, the University of Tulsa, Tulsa, Oklahoma, 1978-79; Resident Supervisor, Phi Delta Theta Fraternity, Oklahoma State University, Stillwater, Oklahoma, 1980-81; Research Associate, Oklahoma State University,

Stillwater, Oklahoma, 1979-81; Clinical Psychotherapist,
Tulsa Psychiatric Clinic, Tulsa, Oklahoma, 1981-82.

Professional Organizations: Oklahoma Licensed Registered Nurse,
1983; American Association of Home Economics, 1983; National
Council of Family Relations, 1983; Omicron Nu, National
Professional Honor Society, 1983; Phi Upsilon Omicron, Home
Economics Honoraries.