

FACTORS CONTRIBUTING IN MARITAL STABILITY

RUNNING HEAD: MARITAL STABILITY

KELTOUM BELMIHOUB - ALGERIA UNIVERSITY

belmihoubkeltoum@yahoo.fr

Abstract

This research aims at studying the factors contributing in the stability of marriage which means the achievement of a high level of satisfaction in the dimensions of marital life such as sexual, emotional, cognitive, relational, and family responsibilities, the ability to resolve the conflict through effective communication, to fulfil marital expectations and to feel happy (Belmihoub, 2006). This research is designed to verify the existence of statistically significant differences in adjustment; expectation; satisfaction, communication and marital happiness (marital stability), according to different levels of socio-demographic factors, in addition to family background. It aims also at checking the existence of statistically significant differences in adjustment; satisfaction; communication; expectation and marital happiness (marital stability) according to different levels of emotional and behavioural factors.

It is as well an attempt to answer such questions as: Is there a difference in the order of the matters of marital conflict according to the degree of marital satisfaction?

Do married people believe in the ability of the psychologist to help them resolve their marital problems?

Have they already got in touch with him? And did he actually help them to get rid of problems linked to their marital relationship?

- The results of this research have demonstrated the existence of three basic groups of factors that contribute to marital stability; all of them are significant at the level of statistical significance $p < 0.01$.

Factors Contributing in Marital Stability

The factors associated with marital stability vary considerably according to different studies. (Abd rahmane & Dsouki 1974; Huston & Vangelisti. 1991; Jokin, McGue, & Lykken, 1996; Kelley & Conley 1987; Vinokur, Price, Robert, & Caplan 1996), which nonetheless agree on the importance of these factors; The age, the duration of marriage, economic level, childhood experiences or personality traits, all are factors that affect marital stability, not each one acting separately. On the other hand, after marriage such factors as communication and exchange of positive effective behaviour, gather to maintain the marital relationship. The exchange of negative behaviour and intransigence and the non-use of effective communication, all are factors that destroy the relationship in the long run, despite the emergence of a certain consensus at the beginning of the marital life (Karney & Bradbury 1988; Karney, Bradbury, Fincham, & Sullivan, 1994; Karney & Bradbury, 2000; Kurdeck 1991).

It has been observed that the deficiency in these studies lies in the separation of the demographic, personal, and behavioural factors as isolated items, while the combination would be better (Fincham & Bradbury 1987; Weiss & Heyman 1997).

This is perhaps the aspiration of the current study; the combination of various demographic variables and behavioural factors. Besides, these studies have been undertaken in other societies which differ from the Algerian society, which has its own culture, and religion (Dwairy, Timothy, & Van 1996; Okacha, Adel Kamel, & Beshily, 1976; Medhar 1997).

The knowledge of the factors affecting marital stability enables prediction which is one of the main goals of science, in general, and the prediction of adjustment, is the ultimate goal of psychology in particular, where marital harmony, is one of the key issues in the adjustment. For, if we seek to compromise in all areas of life, we shall get much consensus in the field of marital life.

When a young man decides to marry, he shall feel concerned with the future of his marriage relationship. There is no doubt that his awareness of some specific factors, according to which he could forecast the success or failure of his marriage will help him take notice of their usefulness, in order to achieve a greater level of adjustment. No one marries with the intention of failing in his marital life

The secret of a successful marriage does not lie in luck, but there are some basic considerations for each of the spouses. Marriage, like any social system, requires a variety of preparations, such as the ability the person to be responsible. A person who looks for marriage, must have a degree of maturity.

By knowing beforehand the factors that affect the stability of marital status, the young couples may well be aware of the importance of such factors as age, educational level, the length of the engagement, and so on. Such knowledge may show fruitful in the area of socialization, where this kind of studies may be of important significance in the socialization of children, that is to say; the parents would know the importance of the happiness of their children and the importance of the family background in building a successful marriage for them in the future.

The identification of factors that stabilize marriage, and the continued compatibility after it, makes couples deploy some effort to learn these skills; the most important of them is effective communication. In our society men and women accept to marry without having enough knowledge of how to manage a family, except what they have learnt through the community, which often provides models of a troubled relationship. They often carry ideas in advance, which will destroy the basis of the relationship. Therefore, we often find couples in permanent conflict, although they have all the ingredients for success in their marital relationship.

Research Questions

In the light of the foregoing, this research try to answer the following questions:

_ Is there a statistically significant difference between the stable and non stable marriage , according to different levels of socio / demographic factors: age at marriage, current age, age difference between spouses, sex, duration of engagement, duration of marriage, educational level, educational level of spouse, economic level ,the job, and the job of the spouse, the housing, the number of children, the method of choice, religious commitment, health status, health of the spouse, the relationship with the in law family, the relationship between the parents, the relationship with the mother, and the relationship with the father.

_ Is there a statistically significant difference between the stable and non stable marriage according to different levels of behavioural and emotional factors?

_ Is there a difference in the order of the themes of marital conflict according to the degree of marital satisfaction?

- Do couples believe in the ability of the psychologist to help them solve their problems in the marriage? Did they contact him previously?

- Can the psychologist help couples to get rid of the trouble in the marital relationship?

Research Hypothesis:

In order to answer the questions of this research, the following hypotheses have been developed

First Hypothesis:

"There are significant statistical differences between the stable and non stable couples according to different levels of the following factors: age at marriage, current age, age difference between spouses, sex, duration of engagement, duration of marriage, educational level, educational level of the spouse, the economic level, the job, the job of the spouse, the housing, the number of children, the method of choice, religious commitment, health status, health of the spouse, the relationship with the in law family, the relationship between the parents, the relationship with the mother, the relationship with the father. "

Second Hypothesis:

"There are significant statistical differences between the stable and non stable couples in different levels of behavioural and emotional factors."

Method

Survey1:

before starting to answer the questions of the research we have focused on the study of the validity and reliability of the five questionnaires after translating them from English into Arabic and French.

Sample of survey1

The survey sample consists of 80 married persons 20 adjusted women and 20 non adjusted women and 20 adjusted men And 20 non- adjusted men.

The average age is 35.31 years, with a standard deviation of 8.06 for women, and 35.40 years for men with a standard deviation of 8.31, where the minimum age is 20 years for men and 19 years for women. The maximum age was 57 years for men and 55 years for women. The length of marriage ranges from one year to 27 years, with an average of 7.84 and an estimated standard deviation of 6.58. The level of education has ranged from no studies to high education with an average of 2.8 which is the secondary level, the standard deviation of 1.07.

Research Tools

we have used five tests as search tools with the objective of measuring marital relationship in all its aspects: marital dyadic adjustment scale, marital satisfaction scale, marital communication inventory, marital expectation scale and marital happiness scale. In addition to a questionnaire which contains questions about personal data, and various factors such as religious, economic, scientific and family, affecting the marital relationship. Also, we have used case study which was used to present some cases. The following is a presentation of these measurements.

Dyadic Adjustment Scale (DAS)

developed by Spanier, G. (1976), it Consists of 32-item questionnaire to measure the quality of the marital relationship as perceived by spouses, or the extent of the similarity of the spouses. It achieves several purposes, the factor analysis shows that it consists of four factors representing four aspects of the marital relationship, Dyadic satisfaction, Dyadic cohesion between the spouses

Dyadic consensus, Affectional expression. The DAS can be adapted for use in the interview. It has a high reliability alpha equal to 0.96. Has a high correlation coefficient with marital compatibility questionnaire developed by Locke and Wallace. The final degree is the sum of all items ranging between 0 and 151. The high grades indicate a good relationship.

Index of Marital Satisfaction (IMS)

Developed by Hudson.W.W (1982), it consists of 25 items to measure the extent of the problem of the husband or the wife in the marital relationship. Does not describe the relationship as a whole unity, but the extent to which one party is aware of the problems in the marital relationship. This index does not measure marital compatibility as couples can reach consensus, despite suffering from a high degree of disagreement and dissatisfaction. The final degree is ranging between 0 and 125, a degree less than 75, indicates that the partner suffer from real problems. While having a degree more than 75, it indicates that there are no problems. It has a high reliability alpha equal to 0.96.

Has a high correlation coefficient with marital compatibility questionnaire developed by Locke and Wallace.

Primary Communication Inventory (PCI)

Developed by Locke, H. J; Sabaght, F. &Thomes, M.M .

It consists of 25 items for the measurement of marital communication. The score indicates the overall safety of communication between the spouses. It has been applied to 24

happy couples and 24 suffering from unhappiness in their marriage, they were all from the same socio-economic level average, no one of the workers, the average age was mid-thirties. The average degree of happy couples was 105.1, 105.4 for men and women respectively. The average score for the unhappy couples was 81.1 and 81.6 for men and women respectively. The score is the sum of all degrees. A higher degree shows the integrity of communication between spouses and vice versa. The PCI is strongly correlated with marital compatibility questionnaire developed by Locke and Wallace. It also has the ability to distinguish between the conflicting couples and happy couples. It also has the sensitivity to changes that occur after therapeutic intervention. (Navran, 1967)

Marital Comparison Level Index (MCLI)

Developed by Sabatelli, R. (1984). It consists of 32 items, measuring the individual's perception of the extent to which expectations before marriage are met after it. It also can be used to identify some of the complaints with regard to some of the areas of marriage, which did not achieve what the individual hopes of marriage. In order to compare the reality of the individual with the expectations of marriage, correct each item on a scale of 7 degrees. Ranging degrees obtained from the respondent (+3 to -3) and the degree of the middle (0) reflects the expectation of the individual, allowing him to determine whether the marriage is better or worse, than expected. The total score is the sum of all degrees. The higher total shows the achievement of marriage expectations. The questionnaire was applied to marital sample consisting of 300 pairs, average age 36.1 for women and 38 for men representing the socially and economically level above average. The average grade was 144.7 for men and 149.7 for women. It has a good reliability with coefficient alpha equal to 0.93.

Marital Happiness Scale (MHS)

Developed by Natan, H., Azarin, B., Naster, T., & Jones, R. (1973), to measure current levels of marital happiness. It consists of 10 items, developed for measuring the effects of behavioural treatment on couples. It measures marital happiness in nine areas of marriage. The tenth item measures general happiness. Ranged from 10 degrees, which means not happy at all, to 100 this means the ultimate happiness. Applied to 24 pairs in the origin. There is no information about its reliability but they studied its discrimination validity. After being applied to couples therapy before and after treatment, was found to be sensitive to measure changes. (Azrin, et al.1973)

Case study

It is an essential tool in the study of the individual, from the premise that human life is a sequence of episodes. And many trends of the individual, and patterns of behaviour, have grown and evolved to deal with the outcome of events and important experiences in his life. And contribute significantly to shed light on a certain stage of a personal history, or all the stages through which the view accedes to the process of generalizations, or the report of a clinical diagnosis or psychotherapy. The use of this tool in the current research is to help couples who are suffering from marital problems to resolve them, after the process of diagnosis, through the questionnaires used in research.

Reliability of the measurements

The results of the reliability study of the measurements used in the current research are as follows:

- Dyadic adjustment scale: coefficient alpha =0.94.
- Index marital satisfaction: coefficient alpha = 0.94.
- Primary communication inventory: coefficient alpha = 0.84.
- Marital comparison level index: coefficient alpha= 0.91.
- Marital happiness scale: coefficient alpha= 0.84.

Validity of the measurements

to verify the validity of current research measurements, we have used discrimination validity which is the best way to study the validity. The test has been used is the contradictory groups test where there is a statistically significant difference among the means of the two groups which are parties to the distribution curve of the characteristic measured by the test. The contradictory groups in this research consist of: the first group of 40 adjusted married, and the second group of 40 non adjusted married. Questionnaires were applied for stable married couples and for those who are on the brink of divorce. The results of the comparison between the two groups were statistically significant at the level of significance 0.01.

After ascertaining the validity and reliability of the measurements, they were applied on a large sample to test the hypothesis and to answer the research questions.

Sample of the Main Research

The current research sample consists of 400 members, 180 married men and 220 married women, aged between 18 and 66 years old, with an average of 37, the length of marriage ranging from one year to 43 years, with an average of 11.20 years, the education level has ranged from illiterate to university level.

Procedure

700 copies of questionnaires were distributed in some educational, administrative and sports institutions. In order to ensure the honesty of the answers, the questionnaires were distributed to married individuals. Married women were contacted in one of sports clubs for women. After clarifying the objective of the study, they were asked to answer honestly, because no one would look into the answer. Questionnaires were also distributed to married men who attend the sports club to accompany their children. As well the questionnaires were distributed to workers in the administrative institutions by hand.

The process required considerable time about 4 months to retrieve 400 copies of the original 700 because some respondents did not have enough time to answer the five questionnaires in full. Some others found the questions very intimate, and were embarrassed to talk about their marriage, and stated that the secrets of married life should not be revealed to anyone.

Statistical methods for data processing:

After the restoration of the measurements, data were loaded in the computer, and then processed through the statistical program of social sciences, SPSS. Given the length of the measurements (5 inventories), which contain a total of 174 items, in addition to the questionnaire on the one hand, and the multiplicity of variables that nearly 100 variables on the other hand. The process took a long time about 4 months to enter data in the statistical program SPSS. The statistical methods as follows:

Analysis of Variance

The use of analysis of variance in the current research through the use of SPSS to determine the differences between stable and non stable marriage according to the different levels of Socio / demographic factors.

Segmentation Analysis

It divides the sample into homogeneous subsamples, which in turn are divided into homogeneous groups, according to the most important independent variables from within a wide range of variables that lead to differences in the dependent variables in several groups. This statistical method was used to determine the most important Socio / demographic factors and behavioural as well as emotional factors which contribute to the stability of marriage.

Results

This research has achieved the following results: The existence of three basic groups of factors which contribute to marital stability, which were statistically significant at 0, 01. The first group can be named *the logistics factors* of the relationship, while the second could be named the *personal factors*. The third can be named *interactive factors* between the two parties.

The *logistics factors* include: the duration of the engagement, age, educational level of the two parties, the good economic level, employment, independent housing of the parents and the good relationship with the in law family. While *personal factors* include: family background (parental relationship and the relationship between the mother and the father), mental and physical health. The *interactive factors* are the emotional and behavioural factors which include: sense of love, a sense of mutual trust, the willingness of the other party to hearing, the sense of company, a sense of equality, the attractiveness of a spouse, a sense of intimacy, to agree on a way of life, to support the spouse's profession, the absence of conflicts on the financial expenditure.

It is striking, however, that, this study has found no statistically significant effect of such factors as: (age at marriage, duration of marriage, the age difference between the two partners, the number of children, gender, method of dating, and religious commitment). And this is quite opposite to the findings of previous studies which have found an impact of these factors, among which the study of Abdel-Rahman et al (1974); Aragil (1993).

This study's finding refers to the first hypothesis of the research, where the importance of certain demographic variables to the stability of marriage might be taken into account, and the second hypothesis of the research concerned with the contribution of behavioural and emotional factors in the stability of marriage.

As regards the answer to the question on how does couples arrange marital conflict topics? The study has shown that: The first group who was completely satisfied: sometimes differs on the leisure and friends while agreeing on the other themes most of the time.

The second group, who is satisfied: sometimes disagrees on most themes while agreeing on sexuality and the religious affairs. The third group, who is dissatisfied with the marital relationship, disagrees on most topics while agreeing on sexuality and the religious affairs.

For the role of the psychologist, 67% of the sample believe, that he can help couples compared with 23% who believe in his inability to help them solve their problems; however, only 3% of them have already requested psychological counselling.

Though the role of the psychologist in helping the couples who have marital problems is evident from the cases that have been dealing with this fact, the couples must meet certain conditions:

Both parties have the desire to continue their relationship. The existence of emotional exchange between the spouses. The desire of the two parties to receive marital therapy.

In such case, the psychologist trains the two parties on how to listen to each other, how to take into account the needs of each party and how to understand the other's position through some communicative skills. These results are consistent with behavioural studies in this area (Gottman & Silver 1994; Halford , Kelley ,&. Markman, 1997; Halford & Markman 1997; Jacobson, Schmalings, & Holtzworth –Munroe. 1987).

Discussion

The current study had achieved the goals it sought to.

In *theory* the study has found that there are several factors interacting with each other to achieve marital stability. It can not be said that there is a single factor to deal with, while the previous studies worked on each unit separately. What distinguishes this study is the holistic view of the complementarity of Socio - demographic, personal and interactive factors. The study showed also the complementarity of various theories of marital adjustment. For example, the theories which focuses only on what is happening now and ignore previous experience for example cognitive and behaviour theory (Fincham ,1985; Fincham & Bradbury ,1989 ; Fnncham & Bradbury 1992; Floyd &Markman ,1983; la Thailade &jakobson1995 ; Jacobson &Holtzworth –munroe,1986 ;) have shown a partial view. The training in communicative skills and how to resolve problems won't help couples if they suffer from disorders belonging to the stage of childhood.

On the other hand, it does not work, to pay attention to the experiences of childhood only and to neglect what is happening now between the spouses like a devastating exchange of insults and a lack of regard for the needs of each other as suggested by psychoanalysis theory (Stearn,1985) or attachment theory (Simpson, Rholes ,& Dede,1996) or systemic theories (Bowen ,1984; Gamori&Winter,1995 ;papero1995;Satir 1976;winter 1995) .

This study has found the importance of equality between parties, love, and intimacy to achieve marital satisfaction. (Tannen, 1998a; 1998b).

These findings allow us to combine the best ways in order to have a holistic view when dealing with the problems of couples (Carlson, sperry, &Lewis, 1997).

At the *practical* level the current study has provided, five measurements to detect the tension in the marital relationship, so that practitioners can use them later after showing their reliability and validity.

The current study has also revealed the type of problems experienced by couples in Algerian society, where we found a group of couples who differ in everything; the group of non adjusted couples, and a group of couples who agree on everything; which is the group of adjusted couples, and

between the two; a group of couples who agree on matters of sexual and emotional, but differ in Some themes of marital life, which might be regarded as matters of secondary importance in the marital relationship. Yet, in the long run, this may disturb marriage. The wife wishing to work or going out and her husband refusing to achieve her needs, she may feel that her husband does not like her, so she may use inadequate ways to respond to him and accuse him of selfishness. Furthermore, she may refuse to do things required by him, making their lives difficult. And this raises the necessity of seeking a psychologist's help before being exacerbated by the complexity of problems. This group of couples is in need of marital counselling to join the category of fully adjusted couples.

Emphasis shall be made on the role of the psychologist, which makes it important to pay attention to the training of psychologists in family and marital therapy to help couples who are in need, through training couples in communicative skills and the best way to solve their problems (Azrin 1973; Halford & Markman, 1997; Markman, Floyd, Stanley, & Storaa, 1988; Sullivan & Bradbury, 1997)

The knowledge of the factors contributing to the stability of marital life makes young couples take them into account.

The discussion of the results of this research has shown us that there are some factors that need to be deeply investigated in order to open the way for further studies to answer the following questions:

Why do the in law(s) contribute so much in the instability of marital status? And how it can be reduced? We have noted how the high level of education reduces this effect.

Emphasis on activating the role of the father (Foughali, 1984; Le Gal, 1972) in the upbringing of his children which will be reflected on their marital stability later, and that his presence provides them with love and security and offers them a model of a good relationship with the wife.

Other Attempts will follow to carry out studies on the subject in other regions of Algeria. The current research is but a first step in the study of marital stability.

References

- Abd rahmane, M. S. & Dsouki, R.M.H. (1974). Prediction of marital adjustment.
- 4th colloque of research in psychology .Cairo. Egypt: centre of developmental research.
- Aragyle, M. (1993). Happiness psychology. (Younes, A, F.trans.)
- Kuwait: the world of knowledge.
- Azrin, N. N. (1973). A rapid learning - Based procedure for marital
- Counselling. Behavioural research and therapy, (11), 365.
- Belmihoub, k. (2006). marital stability. Algiers: el hibr.
- Bowen, M. (1984). La différenciation du soi, les triangles et les systèmes émotifs familiaux .Paris : ESF.
- Carlson, J., Sperry, L., & Lewis, J, A. (1997). Family therapy: ensuring treatment efficacy. U.S.A : Brooks/ Cole.
- Dwairy, M., Timothy, D., & Van, S. (1996). Western psychotherapy in traditional Arabic societies. Clinical psychology review. 16 (3), 231-249.
- Fincham, F. (1985), Attribution processes in distressed and nondistressed couples: responsibility for marital problems. Journal of abnormal Psychology. 94 (2), 183-190.
- Fincham, F., & Bradbury. (1987). The assessment of marital quality a reevaluation. Journal of marriage and the family. U.S.A.
- Fincham. F., & Bradbury. T, (1989), The impact of attributions in marriage an individual difference analysis. Journal of social and personal relationships. 6, 69-85.
- Fincham, F., & Bradbury, T.N. (1992). Assessing Attributions in marriages: the relationship attribution measure. Journal of personality and social psychology. 62 (3), 457-468
- Floyd. F. J., & Markman, H. J. (1983), Observational bias in spouse observation: toward a cognitive / behavioural model of marriage. Journal of consulting and clinical psychology. 51 (3), 450-457 .APA. U.S.A.
- Foughali, M, J. (1984). L image du père chez l enfant Algerois. Algiers : OPU
- Gayla. M. (1983), An interactional model for the behavioural assessment of marital relationships. Behavioural assessment. U.S.A.
- Gamori .M. , & Winter. J. (1995). Le model évolutif de Virginia Satir: les implications pratiques. In Elkaim, M. Panorama des thérapies familiales.
- Paris : 53 seuil
- Gottman. J., & Silver .N. (1994). Why Marriages succeed or fail. U.S.A: Simon & Schuster
- Halford .K ., & Markman ,H. (1997). Clinical Hand Book of Marriage and Couples Intervention, U.S.A: Library of congress.
- Halford. W. K., Kelley. A., & Markman. H. J., (1997). The concept of a healthy marriage, in clinical handbook of marriage and couples interventions Ed : Halford, K. and Markman, H., Wiley, J. , & sons ltd.
- Holtzworth-Munroe, A., & Jakobson, N.S. (1985). Causal Attributions of married couples: when do they search for causes what they conclude when they do? .Journal of personality and social psychology. 48 (6), 1398-1412. U.S.A.
- Hudson, W.W. (1982). The clinical measurement, package field manual.
- Chicago: Dorsey Press.
- Huston, T. L. & Vangelisti, A. L. (1991). Socio emotional behaviour and satisfaction in marital relationships. a longitudinal study. Journal of personality and social psychology. 61, 721-733.

- Jacobson. S., & Holtzworth -Munroe, A. (1986), Marital therapy : a social learning -cognitive perspective. U.S.A.
- Jacobson, N. S, Schmalings ,K.B & Holtzworth -Munroe, A. 1987,
- Component analysis of behavioural marital therapy: 2 year follow - up and prediction of relapse. Journal of marital and family therapy, 13(2), 187- 195.
- Jokin, V., McGue, M &. Lykken, D. T. (1996). Personality and divorce a genetic analysis. Journal of personality and social psychology, 71(2), 288-299.
- Karney, B. R., & Bradbury T .N. (1988). Trajectory of marital satisfaction Journal of consulting and clinical psychology, 67 (1), 50-65.
- Karney, B .R., Bradbury, T.N. , Fincham. F. D, & Sullivan, K. T. (1994) .
- The role of negative affectivity in the association between attributions and marital satisfaction. Journal of Personality and Social Psychology ,66 (2), 413-424. APA. U.S.A.
- Karney, B. R., & Bradbury, T .N.(2000). Attributions in marriages :state or traits! a growth curve analysis. Journal of personality and social psychology, 78(2), 295-309.
- Kelly, L., & Conley. (1987). Personality and compatibility :Analysis of marital stability and marital satisfaction. Journal of institute. Troy. New York.
- Sullivan, K.T & Bradbury, T.N. (1997). Are premarital prevention programs reaching couples at risk for marital dysfunction. Journal of consulting and clinical psychology, 65(1), 24-30.
- Kurdeck, L.A. (1991). Predictors of increases in marital distress in newlywed couples: a 3 year prospective longitudinal study. D developmental psychology, 27(4), 627-636 .
- La thaillade, j., & Jacobson, N. (1995). La thérapie comportementale de couple. In Elkaim Mony, 1995, Panorama des thérapies. Paris : 53 seuil.
- Le Gal, A. (1972), Le rôle nouveau du père. Paris : ESF
- Markman, H. J., Floyd, F.J., Stanley S. M, & Storaatsli, R.D. (1988) Prevention of marital distress: a longitudinal investigation.
- Journal of consulting and clinical psychology, 56(2), 210-217, U.S.A.
- Medhar, S.(1997). la violence sociale en Algérie. Alger : Thala.
- Carnegie ,M.P., Lefcourt, H.M., Holmes, J.G , Ware, E.E. , & Wendy, S. (1986), Marital locus of control and marital problem solving. Journal of personality and social psychology, 51(1), 161-169.
- Navran, L. (1967). Communication and adjustment in marriage, family process ,(6), 173-184.
- Okacha ,A., Adel, S.M.K., & Beshily ,Z. (1976). Patterns of morbid : Jealousy in Egypt. Social Revue, national centre of social research, 13(1). Egypt.
- Pappero, D. (1995). La théorie Bowenienne des systèmes familiaux. In Elkaim Mony. Panorama des thérapies familiales. Paris : 53 seuil.
- Sabatelli, R. M. (1984). The marital comparison level index: a measure for assessing outcomes relative to expectations. Journal of marriage and the family, (46).
- Satir, V. (1967). Conjoint family therapy. science and behaviour books, California .
- Simpson, J. A. W. Rholes, S., & Dede, P. (1996). Conflict in close relationships: an attachment perspective. Journal of personality and social psychology, 71(5), 899-914.
- Spanier, G. B. (1976). Measuring dyadic adjustment, new scales for assessing the quality of marriage and similar dyads. Journal of marriage and the family, (38), 15- 28.
- Streaan, H. S. ,(1985), Resolving marital conflicts ,a psychodynamics perspective. New York : John & sons.
- Tannen, D.(1998a). That's not what I meant. UK: Virago press.
- Tannen, D.(1998b). You just don't understand. UK: Virago press.
- Vinokur, A.D., Price, R. H., & Caplan, R.D.(1996). Hard times and hurtful partners: how financial strain affects depression and relationship satisfaction of unemployed persons and their spouse
- Journal of personality and social psychology, 71(1), 166-179.
- Weiss. R., &. Heyman, R.E.(1997). A clinical -research overview of couples interactions. In clinical handbook of marriage and couples
- Interventions. Ed. Harford, k. , Markman, H. Wiley, j., & sons ltd.
- Winter ,J. (1995). Le model évolutif de Virginia Satir. Les fondements théoriques. In Elkaim Mony. Panorama des thérapies familiales. Paris : 53 seuil.