Psycho Social Variables and Marital Adjustment of Traders in Itu Local Government Area, Akwa Ibom State

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Abstract

This study examined the influence of psychosocial variables on marital adjustment of traders in Itu Local Government Area. Three research questions and three null hypotheses were formulated to guide the study. The correlational research design was used for the study. The population of the study comprised 2150 registered traders in the main markets of the Itu Local Government Area as of 2025. A multistage sampling procedure involving proportionate stratified sampling and simple random sampling techniques was used in selecting 337 traders for the study. Data was collected using a researcher-developed instrument named "Psycho Social Variables Questionnaire (PSVQ) and Marital Adjustment Questionnaire (MAQ)". The instruments were further subjected to face validity by three experts. The internal reliability coefficients of PSVQ and MAQ were .82 and .87, respectively, determined using Cronbach's alpha statistical analysis. The simple linear regression statistic was used to answer the research questions and test the null hypotheses at the 0.05 alpha level of significance. The findings of the study revealed that spousal communication and social support systems significantly predict marital adjustment among

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traders. The result also revealed that self-esteem does not significantly predict marital adjustment among traders. It was recommended, among others, that counsellors should encourage traders to undergo continuous professional development programmes that enhance their spousal communication for effective integration of healthy practices in adjustment.

Keywords: psychosocial variables, spousal communication, self-esteem, social support system, marital adjustment.

Introduction

Think of marital adjustment not as a final destination, but as a continuous, intricate dance. It is the ongoing process where two unique individuals, with their own rhythms and expectations, learn to move in sync. Therefore, marital adjustment is an essential component of personal wellbeing, serving as a fundamental tool for managing stress, maintaining healthy relationships, and achieving life satisfaction. For traders, marital adjustment has traditionally relied on personal coping mechanisms, social support, and workplace accommodations. However, with the increasing demands of business responsibilities and family duties, there has been a paradigm shift towards understanding the role of family dynamics in marital health. The integration of effective psychosocial variables aims to enhance emotional stability, reduce stress, and promote inclusivity (Udom and Essien, 2024). Despite its potential, the adoption and utilisation of constructive psychosocial strategies among traders remain inconsistent and relatively low in many developing countries, including Nigeria (Okon, 2021). This situation calls for an examination of the enabling factors that could enhance traders' capacity and willingness to improve their marital adjustment.

Marital adjustment refers to the ability of married couples to cope with emotional challenges, adapt to changing circumstances, and maintain relationship health. It encompasses practices such as stress management, emotional regulation, relationship satisfaction, and overall life contentment (Etim et *al.,* 2023). Traders, as key drivers of both business and domestic spheres, are expected to be at the forefront of this balance. Yet, many traders face challenges ranging from work-family conflict, inadequate social support, limited coping skills, and resistance to change (Bassey and Udoh, 2022). These barriers may not only hinder the adjustment process but also undermine the potential

benefits of a stable marital state. Therefore, developing and strengthening psychosocial variables has become a vital strategy to foster the marital health of traders in their dual roles.

According to Ukaegbu and Ekott (2025), psychosocial variables are competencies that enable individuals to adapt to dynamic home environments, solve complex interpersonal problems, utilise social resources effectively, and personalise solutions for targeted needs. Among the most critical of these variables for traders are spousal communication, self-esteem, and social support. These skills could be pivotal in enhancing traders' ability to embrace, implement, and sustain marital health in a rapidly evolving social landscape (Ikpe, 2023). By equipping traders with psychosocial skills, families can foster a culture of continuous harmony, informed decision-making, and person-centred wellbeing.

Spousal communication refers to the ability to tailor interactions and discussions to meet the diverse needs, preferences, and progress of individual partners. In the modern age, communication is increasingly facilitated by technology, emotional intelligence, and active listening (Akpan, 2020). Traders who possess spousal communication skills can design interactions that are flexible, partner-centred, and responsive to individual emotional trajectories. For example, using digital platforms such as messaging apps, scheduled talks, or family therapists, traders can create differentiated conversations, offer varied discussion formats, and provide individualised feedback based on partner profiles. This approach not only accommodates partners with different communication styles and abilities but can also foster inclusivity and equity in the relationship. In families characterised by busy schedules and diverse emotional needs, spousal communication skills are especially important for enhancing partner engagement, motivation, and satisfaction. Communication tools that support personalisation enable traders to monitor relationship progress in real time, intervene promptly, and adjust interaction content and difficulty to suit individual needs (James, 2023). Traders who are adept at personalising communication can also use formative discussion data to design remedial or enrichment activities, thereby promoting mastery in relationships and reducing conflict rates. This holistic approach can enhance the quality, effectiveness, and impact of marital adjustment in the modern era. Another psychosocial variable is self-esteem.

As highlighted by Ukaegbu and Obikya (2017), self-esteem refers to the ability to perceive one's own worth, capabilities, and value within the marital context. Self-

esteem can enable traders to develop a positive self-concept, assert personal needs, and maintain emotional balance during conflicts. As daily life generates vast amounts of stress, traders must possess the psychological capacity to interpret this need accurately and use it to improve personal and family practices. For example, by analysing feelings of inadequacy, a trader can identify common stressors, adjust personal strategies, and provide targeted support to himself and his family (Ekanem, 2019). This evidence-based approach can enhance the effectiveness and relevance of adjustment and promotes a culture of continuous improvement. Moreover, self-esteem can enhance transparency and accountability in family life. When traders base their decisions on self-worth, it can reduce bias, promote fairness, and build trust in the family process. Social tools such as family meetings, counselling, and peer networks can provide analytics that help traders identify patterns of distress, detect disparities in emotional load, and ensure consistency in wellbeing (Ntekim, 2021). However, without adequate self-awareness, traders may misinterpret needs, make flawed decisions, or become overwhelmed by the volume of emotional demands. Social support system is another crucial psychosocial variable.

Social support refers to the ability to collect, analyse, interpret, and apply social and emotional support to inform decision-making. In marital adjustment, a social support system enables traders to leverage relationships for real-time advice, formative feedback, and personalised coping pathways. Traders with strong social support systems can systematically address these challenges, troubleshoot marital issues, and innovate alternative solutions that maintain family integrity (Thomas, 2022). For instance, a trader faced with overlapping business and family commitments may develop a shared support strategy or utilise community networks. In families where resource constraints and traditional roles often pose barriers to harmony, traders with strong social support can act as change agents who model best practices and mentor others.

The need for such psychosocial variables has become even more urgent in the wake of the family crisis, which exposed the vulnerabilities of traditional family systems and accelerated the adoption of digital communication. Many traders were compelled to transition abruptly to new business models and increased family time without adequate preparation or support. Those who possessed psychosocial skills were better able to adapt, experiment with new interaction modes, and maintain family continuity. There is a growing recognition that effective psychosocial variables are not a temporary fix but a permanent feature of a healthy life. It is based on this background that the researchers

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were motivated to carry out a study to determine how psychosocial variables predict marital adjustment of traders in Itu Local Government Area.

Statement of the Problem

The integration of effective strategies into family life has become a global priority, especially in the wake of increased demand for flexible, efficient, and inclusive living environments. For traders, marital adjustment offers numerous advantages, including reduced stress, improved relationship satisfaction, data-driven coping, and enhanced personal engagement. However, despite its potential, many traders across Nigeria continue to struggle with effectively adopting healthy psychosocial strategies for adjustment. This persistent gap between societal expectations and actual practice is a growing concern in family life. Traders often rely heavily on traditional methods of coping, which are time-consuming, prone to bias, and limited in scope. The lack of psychosocial variables such as spousal communication, self-esteem, and social support systems further compounds the problem, rendering many traders unprepared for the demands of modern family systems.

Several barriers can hinder traders' full embrace of healthy marital adjustment practices. These include inadequate training, poor social literacy, resistance to change, lack of family support, and infrastructural deficiencies such as unreliable work schedules and lack of functional communication tools. Many traders are not adequately exposed to modern adjustment technologies or are unable to personalise strategies to meet the diverse needs of their families. As a result, the quality and effectiveness of marital adjustment in families are compromised, impacting life outcomes and personal credibility.

Although the government has made efforts such as the launch of family support policies and the provision of counselling infrastructure in select markets, these interventions have largely failed due to inconsistent implementation and lack of follow-up support for traders. It is based on this problem that the researchers were encouraged to determine the extent to which psychosocial variables predict marital adjustment of traders in Itu Local Government Area.

Research Questions

The following research questions were formulated to guide the conduct of the study:

1. To what extent does spousal communication predict marital adjustment among traders?
2. To what extent does self-esteem predict marital adjustment among traders?
3. To what extent does social support predict marital adjustment among traders?

Hypotheses

The following null hypotheses were formulated for this study and tested at. 0.05 alpha level of significance

1. Spousal communication does not significantly predict marital adjustment among traders.
2. Self-esteem does not significantly predict marital adjustment among traders.
3. Social support does not significantly predict marital adjustment among traders.

Scope of the Study

The study examined the extent to which psychosocial variables influence marital adjustment among traders in the Itu Local Government Area. The psychosocial variables investigated included spousal communication, self-esteem, and social support, which served as the independent variables, while marital adjustment was considered the dependent variable. The study focused solely on registered traders in the main markets within the Itu Local Government Area, Akwa Ibom State, Nigeria.

Theoretical Framework

Social Exchange Theory by George Homans (1958)

Social Exchange Theory was propounded by George Homans in 1958. The theory, particularly as applied to marital studies, focuses on the costs and benefits that individuals evaluate in their relationships and how these evaluations impact behaviour and emotional wellbeing. In the context of traders, this theory examines the demanding roles they are expected to play within the family, such as provider and spouse, alongside their high-pressure professional role in the business sector. The theory posits that conflict and psychological distress can arise when there are perceived inequities, where the contributions of one partner outweigh the benefits, or when the cumulative demands of all roles become overwhelming.

The relevance of Social Exchange Theory to the present study can be explained as follows: For traders, Social Exchange Theory helps clarify how the expectations linked to their family roles, such as caregiving and managing the household, often clash with the demands of their professional role, which may include long hours, meeting sales targets, and managing financial responsibilities. When a trader is pressured to excel simultaneously in both the domestic and business domains, the resulting role strain can lead to significant emotional exhaustion, stress, and poor marital adjustment. Understanding these exchanges provides a critical framework for this study. It suggests that effective psychosocial variables such as communication with a spouse, maintaining self-esteem, and seeking social support are essential mechanisms for managing and reconciling these competing role demands.

Empirical Review

A study conducted by Edet and Umoh (2023) on "Influence of Spousal Communication and Social Support System on Marital Adjustment of Traders in Nigerian Urban Markets." The study was carried out in six major markets across the South-South geopolitical zone of Nigeria. The population for the study comprised all registered traders across the selected markets, totalling approximately 4,000 traders. From this population, a sample of 400 traders was drawn using stratified random sampling to ensure adequate representation across market types and professional ranks. The researchers developed a structured questionnaire titled "Traders' Spousal Communication and Social Support System Questionnaire" (TSCSSSQ). The instrument was validated through expert review by three specialists in family psychology and social work from two Nigerian universities. The reliability of the instrument was found to be 0.85 for spousal communication, 0.83 for the social support system, and 0.89 for marital adjustment through using Cronbach's Alpha. Data collected from the main study were analysed using multiple regression analysis. The findings revealed that spousal communication and social support systems had a statistically significant joint influence on the marital adjustment among traders in urban markets.

In a study by Isong and Akpan (2022) titled "Self-Esteem as a Predictor of Marital Adjustment among Traders in Southern Nigeria", the researchers investigated the extent to which self-esteem among traders influences their marital adjustment. The study adopted a correlational research design. The population consisted of all full-time registered traders in the selected markets, which totalled about 2,500 traders across various branches. From this population, a sample of 280 traders was drawn using a

proportionate stratified random sampling technique to ensure that different business disciplines and ranks were adequately represented. Data were collected using a researcher-developed questionnaire titled "Self Esteem and Marital Adjustment Scale" (SEMAS), structured into two major sections. To ensure content and construct validity, the instrument was reviewed by three experts in family studies and psychology from Nigerian universities. Reliability of the instrument was 0.81 for the self-esteem items and 0.86 for the marital adjustment section. This coefficient was determined using Cronbach's alpha. The data collected were analysed using Pearson product moment correlation and simple linear regression statistics. The results showed no significant correlation between self-esteem and marital adjustment.

A study by Ukaegbu and Ekott (2025) on the relationship between psychosocial variables and emotional wellbeing of married female teachers in secondary schools in the Uyo Local Government Area of Akwa Ibom State, Nigeria. Three research questions and three corresponding hypotheses guided the study. Correlational research design was adopted for the study. The population of the study consisted of 1,074 married female teachers in fourteen public junior secondary schools in the Uyo Local Government Area of Akwa Ibom State. The multistage sampling technique was used to select a sample of 200 married female teachers used for the study. Two researcher-made instruments entitled "Psycho Social Variables Questionnaire" (PSVQ) and "Emotional Wellbeing Questionnaire for Married Female Teachers" (EWQMFT) were used for data collection. The instruments were face validated, while the internal consistency reliability of the instruments was established, and reliability coefficients of 0.78 and 0.75 were obtained for PSVQ and EWQFMT, respectively. Pearson Product Moment Correlation statistics were used to answer the research questions and also test the null hypotheses at the 0.05 alpha level of significance. Results showed that there is a significant positive relationship between spousal communication, social support system and emotional wellbeing of married female teachers in secondary schools in the Uyo Local Government Area of Akwa Ibom State. Based on the findings of the study, three recommendations were made, among which is that schools in Akwa Ibom State should offer regular training programmes for married female teachers that focus on improving communication and social support strategies with their spouses.

A study to determine the relationship between family conflict resolution strategies and emotional wellbeing of married female teachers in secondary schools in the Uyo Local Government Area of Akwa Ibom State, Nigeria, was conducted by Ukaebu and Ekpenyong (2025). Three research questions and three corresponding hypotheses

guided the study. A correlational research design was adopted for the study. The population of the study consisted of 1,074 married female teachers in fourteen public junior secondary schools in the Uyo Local Government Area of Akwa Ibom State. The multistage sampling technique was used to select a sample of 200 married female teachers used for the study. Two researcher-made instruments entitled "Family Conflict Resolution Strategies Questionnaire" (FCRSQ) and "Emotional Wellbeing Questionnaire for Married Female Teachers" (EWQMFT) were used for data collection. The instruments were face validated, while the internal consistency reliability of the instruments was established, and reliability coefficients of 0.73 and 0.70 were obtained for FCRSQ and EWQFMT, respectively. Pearson Product Moment Correlation statistics were used to answer the research questions and also test the null hypotheses at the 0.05 alpha level of significance. Results showed that there is a significant positive relationship between spousal communication strategies, spousal negotiation strategies, support-seeking behaviours and emotional wellbeing of married female teachers in secondary schools in the Itu Local Government Area of Akwa Ibom State.

From the above reviews, since the studies were conducted in other local government areas in Nigeria, the researchers were motivated to carry out a study on psychosocial variables and marital adjustment of traders in Itu Local Government Area.

Research method

Research design

A correlational research design was adopted for the study. This design is essential for investigations aimed at predicting criterion variables based on the known values of predictor variables (Kpolovie, 2016). It was considered appropriate for the present study, as the researcher sought to determine how psychosocial variables predict marital adjustment among traders.

Population of the study

The study was conducted in the major markets within the Itu Local Government Area. The population comprised 2,150 registered traders at the Itam markets within the Itu Local Government Area as of 2025.

Sample and sampling technique

The simple random sampling technique was used in selecting 337 traders for the study. This technique gave every qualified trader an equal chance of being chosen, which helps make the study's results more unbiased and generalisable.

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Instrument for data analysis

Data were collected using a researcher-developed instrument called the "Psycho Social Variables and Marital Adjustment Questionnaire (PSVMAQ)." The PSVMAQ consisted of 25 items related to psychosocial variables: five items each on spousal communication, self-esteem, and social support, and ten items measuring marital adjustment. The instrument employed a four-point rating scale: strongly agree (SA) – 4 points, agree (A) – 3 points, disagree (D) – 2 points, and strongly disagree (SD) – 1 point.

Validation of the Instrument

The instrument underwent a face validation by three experts: one from the Department of Guidance and Counselling and two from the Measurement and Evaluation Unit in the Department of Psychological Foundations of Education, Faculty of Education, University of Uyo.

Reliability of the Instrument

The instrument's reliability was assessed using responses from 25 randomly selected traders who were part of the population but not included in the study sample. Data generated was subjected to Cronbach's alpha statistics to determine the internal consistency of the instrument. The instrument was considered reliable for the study, as it had a reliability coefficient of .77.

Method of data analysis

Data collected was analysed using the simple linear regression statistics. The R and R-square values (coefficients) of simple linear regression statistics were used to answer the research questions based on the interpretation scale of + or - 1, while the null hypotheses were tested using a significant value at a 0.05 alpha level of significance.

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Results
Table 1: Simple Linear Regression Analysis of spousal communication and marital adjustment among traders (n= 337)

Variables	R	R square	Extent of Relationship	Adjusted R square	Remarks
Spousal communication	0.720	0.518	51.8%	0.517	High Extent
Marital adjustment					

Source: Researcher's survey (2025)

In Table 1, the R value of 0.720 indicates a positive and high extent of prediction, while the R-squared value of 0.518, which is the coefficient of determination, shows the extent to which spousal communication predicts marital adjustment among traders. In addition, 51.8% variance in marital adjustment is accounted for by spousal communication. This means that the extent of spousal communication predicts marital adjustment among traders highly.

Table 2: Simple Linear Regression Analysis of self-esteem and marital adjustment among traders (n= 337)

Variables	R	R square	Extent of Relationship	Adjusted R square	Remarks
Self esteem	0.150	0.022	2.2%	0.021	Very Low Extent
Marital adjustment					

Source: Researcher's survey (2025)

In Table 2, the R value of 0.150 indicates a positive and very low extent of prediction, while the R-squared value of 0.022, which is the coefficient of determination, shows the extent to which self-esteem predicts marital adjustment among traders. In addition, 2.2% variance in marital adjustment is accounted for by self-esteem. This means that the extent to which self-esteem predicts marital adjustment among traders is very low.

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Table 3: Simple Linear Regression Analysis of social support and marital adjustment among traders (n= 337)

Variables	R	R square	Extent of Relationship	Adjusted R square	Remarks
Social support	0.850	0.722	72.2%	0.721	Very High Extent
Marital adjustment					

Source: Researcher's survey (2025)

In Table 3, the R value of 0.850 indicates a positive and very high extent of prediction, while the R-squared value of 0.722, which is the coefficient of determination, shows the extent to which social support predicts marital adjustment among traders. In addition, 72.2% variance in marital adjustment is accounted for by social support. This means that the extent to which social support predicts marital adjustment among traders is very high.

Table 4: Summary of Simple Linear Regression Analysis for Spousal communication and marital adjustment among traders

Variables	Sources of Variation	Sum of Square	Df	MS	Sig.	Decision at p<.05
Spousal communication	Regression	185.315	1	185.315	.000*	Reject Ho$_1$
Marital adjustment	Residual	172.228	336	0.513		

*= Significant at .05 alpha level. Source: Researcher's survey (2025)

The results in Table 4 show that the sig. value of .000 is less than the .05 level of significance, with 1 and 336 degrees of freedom. With this result, the null hypothesis that "spousal communication does not significantly predict marital adjustment among traders" was rejected. This means that spousal communication significantly predicts marital adjustment among traders.

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Table 5: Summary of Simple Linear Regression Analysis for Self esteem and marital adjustment among traders

Variables	Sources of Variation	Sum of Square	Df	MS	Sig.	Decision at p<.05
Self esteem	Regression	12.105	1	12.105	.078	Retain H02
Marital adjustment	Residual	345.438	336	1.028		

Source: Researcher's survey (2025)

The results in Table 5 show that the sig. value of .078 is greater than the .05 level of significance, with 1 and 336 degrees of freedom. With this result, the null hypothesis that "Self-esteem does not significantly predict marital adjustment among traders" was accepted. This means that self-esteem does not significantly predict marital adjustment among traders.

Table 6: Summary of Simple Linear Regression Analysis for Social support and marital adjustment among traders

Variables	Sources of Variation	Sum of Square	Df	MS	Sig.	Decision at p<.05
Social support	Regression	258.442	1	258.442	.000*	Reject H03
Marital adjustment	Residual	99.101	336	0.295		

*= Significant at .05 alpha level. Source: Researcher's survey (2025)

The results in Table 6 show that the significance value (p = 0.000) is below the 0.05 threshold, with 1 and 336 degrees of freedom. Based on this result, the null hypothesis stating that "social support does not significantly predict marital adjustment among traders" was rejected. This indicates that social support significantly predicts marital adjustment among traders.

Discussion of Findings

Spousal communication and marital adjustment

The result of hypothesis one revealed that spousal communication significantly influences marital adjustment among traders. It was also revealed that spousal communication highly influences marital adjustment among traders. This finding could

be attributed to the fact that spousal communication equips traders with the ability to navigate the complexities and challenges that come with managing work and family life. With strong spousal communication abilities, traders can effectively troubleshoot domestic issues, adapt to new family demands, and design innovative coping strategies that align with personal needs. This competence fosters confidence and flexibility, enabling traders to integrate healthy practices more seamlessly into their daily lives, thereby enhancing efficiency, accuracy, and responsiveness in managing marital health. The findings of this study agreed with the findings of Edet and Umoh (2023), who reported that spousal communication had a statistically significant joint influence on the marital adjustment among traders in urban markets.

Self-Esteem and Marital Adjustment
The result of hypothesis two revealed that self-esteem does not significantly predict marital adjustment among traders. It was also revealed that self-esteem very lowly influences marital adjustment among traders. This finding could be attributed to the fact that traders may lack access to psychological platforms that support self-awareness or if family policies do not encourage flexible coping strategies. Even with the skill to tailor personal experiences, traders may be constrained by rigid family schedules, large workloads, or inadequate training on emotional tools, making it difficult to implement effective self-esteem for marital adjustment. The findings of this study disagreed with the findings of Isong and Akpan (2022), who reported a significant positive correlation between self-esteem and marital adjustment.

Social support system and marital adjustment
The result of hypothesis three revealed that social support systems significantly influence marital adjustment among traders. It was also revealed that the social support system very highly influences marital adjustment among traders. This finding could be attributed to the fact that a social support system enables traders to collect, analyse, and interpret social support effectively, which enhances their ability to make informed decisions during stress. With this skill, traders are more likely to adopt healthy practices that offer real-time advice, shared coping, and personalised feedback. As a result, their adjustment practices become more objective, efficient, and tailored to individual personal needs, thereby advancing the marital adjustment of traders in public markets. The findings of this study agreed with the findings of Ukaegbu and Ekpenyong (2025), who reported that there is a significant positive relationship between the social support system and the emotional wellbeing of married female teachers.

Conclusion

Based on the findings, it is concluded that positive spousal communication and robust social support systems are significant drivers of marital adjustment for traders. In contrast, an individual's self-esteem was found to be an insignificant factor in this specific context.

Recommendations

Based on the findings, the following recommendations were made:

1. Traders should undergo continuous professional development programmes that enhance their spousal communication for effective integration of healthy practices in adjustment.

2. Market management in Akwa Ibom State should prioritise investment in trader support programmes and provide targeted training that aligns with social support competencies.

3. Counsellors should guide traders on how to translate their self-esteem into marital adjustment practices through mentorship and exposure to adaptable psychological platforms.

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Appendix

Psychosocial Variables and Marital Adjustment Questionnaire (PSVMAQ)
Instruction
Please tick (√) against the items as applicable to you using the following key:
SA – Strongly Agree, **A** – Agree, **D** – Disagree **SD** – Strongly Disagree

S/N	SPOUSAL COMMUNICATION	SA	A	D	SD
1.	I freely discuss my concerns with my spouse.				
2.	My spouse do not listens to me attentively when I talk.				
3	We calmly resolve our disagreements without shouting or insults.				
4.	I do not feel comfortable expressing my opinions even when they differ from my spouse's.				
5.	We make time to talk about our relationship matters.				
	SELF-ESTEEM				
6.	I feel that I am a person of worth.				
7.	I am not able to do things as well as most other people.				
8.	I feel that I have a number of good qualities.				
9.	I do not take a positive attitude toward myself.				
10.	On the whole, I am satisfied with myself.				
	SOCIAL SUPPORT				
11.	I have family members I can talk to about my marital issues.				
12.	I cannot count on my relatives for help when I have problems with my spouse.				
13.	My friends are there for me when I need emotional support.				
14.	I am not involved in social groups that provide me with a sense of belonging.				
15.	I receive useful advice from people close to me when I face challenges in my marriage.				

	Marital Adjustment of Traders	SA	A	D	SD
1.	I with my spouse have a good understanding of each other.				
2.	I am satisfied with the way we handle our family finances.				
3.	My spouse do not shows affection towards me.				
4.	We agree on how to spend our leisure time together.				
5.	I am not happy with our sexual relationship.				
6.	My spouse and I cooperate in managing household chores.				
7.	We share similar goals and hopes for the future.				
8.	I do not feel my marriage is a source of happiness.				
9.	We are able to make decisions together effectively.				
10.	I feel committed to making my marriage successful despite work stress.				