

A STUDY OF LONG-TERM, SUCCESSFUL MARRIAGE

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A STUDY OF LONG-TERM, SUCCESSFUL MARRIAGE

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by

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Exploratory study of successful, long-term marriage. One hundred forty-five couples, middle-upper-middle class, San Fernando Valley Jewish population.

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ABSTRACT

Marriage and marital satisfaction have long been studied by social scientists, with recent attention being paid by the media. A fundamental question arises challenging whether the institution of marriage can meet the jet-age needs of current society.

This study attempts to evaluate long-term (18 - 30 years) marriages on the basis of satisfaction as defined by affirmative responses to three statements: 1) I wish to remain in this marriage, 2) I feel I married the best mate for me and 3) I love my mate. The majority of questions in the questionnaire were answered on a scale of "all of the time", "most of the time", "some of the time", "rarely" or "never".

One-hundred forty-five couples from the membership of three synagogues in the San Fernando Valley were selected for the study by virtue of the length of their marriages. Separate questionnaires were sent to husbands and wives who were directed not to confer about answers and to return the completed questionnaire in separate envelopes anonymously.

In addition, fifty people were interviewed from a randomly selected volunteer population. This information was later used to corroborate the statistical findings and added further depth to the study.

The study population was a well-educated, middle-upper middle class group whose mean age for men was forty-eight, and for women forty-five. The participants were married an average of twenty-three years, and had a mean average of three children. Half of the women were homemakers for a majority of the marriage. Seventy-six percent of these marriages fell into a high success range, with the three statements having been answered "all" or "most of the time" by both mates.

The basic psychological needs served by a close heterosexual relationship are both sexual and emotional and we have ample evidence of deep needs that search for expression in the marital relationship. Some of these needs are related to a redefining of former Oedipal and separation-individuation issues which again seek resolution in the marital relationship.

This study attempts to examine four hypotheses, two of which are dependent upon an interaction within the relationship, namely the sexual relationship and the ability to accurately perceive the mate's self-concept, and two of which are related to the parental environment, that is, the parental marital model and feelings toward the parents.

The four hypotheses are: 1) congruence of mate perception with the mate's self-perception is positively related

to successful long-term marriage, 2) a certain minimum level of sexual satisfaction is related to successful long-term marriage, 3) the parental marital model is positively related to successful long-term marriage, 4) positive feelings toward parents is positively related to successful long-term marriage. All the hypotheses were supported at $p < .01$ or $p < .001$ level of significance. There is an inferred relationship between empathy and success.

As part of the intercorrelations for women the data revealed that for both the parental marital model and positive feelings toward the parents there was a significant correlation with sexual satisfaction (where $p < .001$). There was no significant correlation for men. Both men and women show a significant correlation between feelings of trust and sexual satisfaction ($p < .001$).

Clinical implications of the results of this study suggest attention in pre-marital and marital counseling to the link between women's sexual feelings and their relationship to the parental family and on an emphasis in developing accurate self-other perception, an element of the quality of empathy, in men and women.

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INSTITUTE FOR CLINICAL SOCIAL WORK

We hereby approve the Project Demonstrating Excellence

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The culmination of this disseration denotes a unique time in my life that concentrated all of my energies on deepening my knowledge of marital processes and in experiencing the pains and joys of completing this research project.

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CHAPTER I

INTRODUCTION

In this introductory chapter we will provide a basic description of the study, indicate the purpose, present a general conceptual framework that guided the activities of the study and provide a statement of the four hypotheses.

Description of the Study

This study examines three major areas of married life that partially influence the degree of success in long-term marriages. Two hundred and ninety members of three different synagogues whose members have been married eighteen to thirty years completed questionnaires individually and anonymously. The data has been analyzed using Pearson correlations in order to see if the hypotheses are supported.

Purpose

The purpose of this exploratory study is to identify some of the elements that together have the effect of producing a long-term successful marriage. In this study long-term is defined as eighteen to thirty years, and success is operationalized by combining three elements: (1) the desire to remain in the marriage, (2) the feeling of having chosen the best mate, and (3) the feeling of love for the mate. The

crucial idea of this definition of success rests not on the fact that these couples are still married to one another, but rather that they have the desire to be in the marriage and remain for positive reasons. This definition attempts to exclude practical, financial considerations, obligatory or moral questions and defines success in terms of the couples "choosing" to be in the marriage.

The decision to use eighteen years as the minimum was arrived at to study marriages that are approximately at the beginning of the "empty nest" period, and which have already weathered a certain amount of difficulties. The decision to stop at thirty years was made to avoid people who are at the retirement phase. This study looks at the middle years of marriage in a middle to upper middle class population.

This exploratory study may shed some light on components of successful marriage that may be useful for professionals who engage in pre-marital and marital counseling. It also may add to the larger body of knowledge of earlier studies that examined some similar areas by focusing on some less studied areas.

Though there have been earlier impressive and valuable studies, none have looked at all of the dimensions of this study. Some studies have looked at one or another dimension but one basis of this study is its comprehensiveness. Even however, as one looks at portions of this study, noting some of the individual hypotheses which may have been dealt with

elsewhere, the literature presents a portrait of considerably ambiguous and contradictory findings. This study attempts to clarify some of these issues.

Another rationale for the study is the particular population under investigation since this researcher found no other studies of this nature using exclusively a population of couples married eighteen to thirty years. Furthermore this researcher found no prior studies using this ethnic group as a major focus for an inquiry about marital relationships and it would appear to offer a potentially valuable piece of knowledge.

The Jewish value of marriage is the sine qua non for the relationship between men and women seen in the Talmudic admonition that "a man without a wife lives without joy, blessing and good. . . ." (Jewish Values, p. 153). It therefore seems appropriate to choose a group for whom marriage has been a valued state of being as far back as biblical times and to look at the current experience of those who have remained married to one another for a long enough time to understand and learn from their experience. Thucydides wrote to enlighten, to bring the facts so that men of the future might learn from the happenings of the past when he said in talking of his history, "But if it be judged useful by those enquirers who desire an exact knowledge of the past as an aid to the interpretation of the

future - which in the course of human affairs, must resemble, if it does not reflect, the past - I shall be content."

(Durant, 1939, p. 434). This study, then, can be said to hold the goal of enlightening as to "what is" in the hope of influencing what "can be."

Conceptual Framework

The demise of marriage has been predicted by those who see the rising divorce statistics, the new "living together" arrangements, a "doing your own thing" mentality, and the rise of women's liberation as threats to the basic institution of marriage. The current study is based on the premise that warm, trustful, sexual marital relationships satisfy basic needs, and that the history of marriage has evolved out of the desire for a special inter-personal relationship that nourishes the emotional needs of each partner. Though the form of marriage has changed over the years, with women emerging as full adults in the relationship, the psychic underpinnings of marriage in this century have not changed as much as some have assumed and marriage still is socially sanctioned.

The following is a discussion of the theoretical framework which underlies the hypotheses of this study. The research assumes that there is such a thing as a long-term, successful marriage, that it can be examined, and that learning about its functions can occur.

The areas to be examined are the parental marital model, self/other perception and sexual satisfaction. Within these broad headings Oedipal issues, empathy and ego-identity will be viewed. Theoretical issues related to love and marriage, as such, will be found in the section entitled "literature search."

The four hypotheses of this study grew out of knowledge and assumptions about the interpersonal and intrapersonal lives of adults as influenced by an intrapsychic world of conscious and unconscious needs. This psychoanalytic framework rests on Freud's ideas of infant and adult sexuality and Oedipal conflicts, combined with the object-relations theory of Kernberg, Klein and Jacobson and the ego psychology of Blanck and Blanck, Mahler, and Erickson. It includes fundamental ideas about the importance in marriage of the degree of object-constancy, of the capacity for internalization of whole objects, of the ability of mates to have empathy for one another, and of the successful completion of the separation-individuation process with a level of ego-functioning reaching a stage where mature relating can take place. It considers narcissistic components of the marital relationship with the complex system of expectations, as Kohut describes, along with the neurotic defense systems that can be activated in the marital relationship that then

obscure the marital partner's ability to perceive one another accurately and respond to each other's needs.

Blanck and Blanck pointed to the attainment of object constancy as "the sine qua non of the marital relationship" (Blanck and Blanck, 1968, p. 17) and regarded people who are successful in marriage as having the capacity to love, a high level of sexual maturity, a relatively well resolved Oedipal conflict, successful completion of "separation-individuation" and mature ego development that is adaptive (Blanck, 1968, pp. 154-55).

Congruence of Mate Perception

In this section the factor of congruence of mate perception and its relationship to empathy will be examined. There is not a great deal in the analytic literature about "self-other" perception in relation to marriage, but there is a literature covering identification, autonomy, object-constancy and empathy. This relates to the ability to perceive another person in the context of his/her own needs and feel it as separate from one's own needs and experience.

Melanie Klein recognized that the ability to put aside one's own needs and feelings for the sake of another person was dependent on particular abilities, "to identify ourselves with the loved person. . .to be genuinely considerate implies that we can put ourselves in the place of other people: we 'identify' ourselves with them. Now this

capacity for identification with another person is a most important element in human relationships in general, and is also a condition for real and strong feelings of love."

(Klein, 1937/1975, p. 311). One needs a self-love in order to achieve object-love and this self-love can be thought of as a prerequisite for self-esteem which is an ingredient of the capacity for being able to identify with the needs of another person (Freud, 1914/1957, 1920/1955c; Erikson, 1950; Jacobson, 1964; Blanck, 1968).

The autonomy of the individual can be increased in marriage as the person learns to maintain his/her identity while experiencing a close relationship to someone else. Thus, as a result of marriage, and "in part as a result of that integration, new opportunities for identification are opened up." (Blanck and Blanck, 1968, p. 5). This complements Erikson's point of view that at an earlier developmental stage the ego-identity is effected by internal and external forces which shape it. He said, "It is the accrued experience of the ego's ability to integrate all identifications with the vicissitudes of the libido, with the aptitudes developed out of endowment, and with the opportunities offered in social roles." (Erikson, 1950, p. 261). This developed ego-identity is a crucial part of the ability to handle adult relationships without feeling the threat of loss of self. Being able to identify with another is the root of the capacity for empathy which is

built into intimate relationships. Greenson describes empathy: "It is 'emotional knowing', the experiencing of another's feelings, that is meant by the term empathy. . . .Empathy needs to be differentiated from identification although there is a close relation between them. Identification is essentially an unconscious and permanent phenomenon, whereas empathy is preconscious and temporary." (Greenson, 1960/1978, pp.147, 148). He further stated, "The capacity to empathize seems to be dependent on one's ability to modulate the cathexis of one's self-image. The temporary decathexis of one's self-image which is necessary for empathy will be readily undertaken only by those who are secure in their sense of identity." (Greenson, 1960/1978, p. 159). The strength of self-feeling influences the way one can risk suspending it to understand, and at times, serve the needs of another.

Shor and Sanville relate empathy with intimacy as they state, "The capacity to identify, to feel as one with the other, is surely the first prerequisite to intimacy. . . . That identification which leads to constructive empathy is based on the capacity to imagine the whole texture of the other's experience." (Shor and Sanville, 1978, pp. 39-40). Where there has been a failure in empathy from the mother and other important self-objects, there is a basic resulting fault within the self that would preclude empathetic responses. (Kohut, 1977, p. 87; Kohut, 1971, p. 65). Since

empathy is an interaction, the success of the interaction will be effected by the capabilities of both partners.

Greenson states, "One's capacity for empathy can be influenced by the other person's resistance or readiness for empathetic understanding." (Greenson, 1960/1978, p. 157).

This capacity to identify with, understand, and to react with understanding seems to be linked with an ability to perceive another in the context of that other person's reality and this forms the basis for this researcher's inquiry into the self-other perceptions. This hypothesis also recognizes that there are other capacities that make such self/other perception possible that include the ability to communicate with one another, to respect and appreciate one another, and to participate in a growth-producing marital relationship. The empathy between marital partners may be different from their empathetic understanding of their children and this research does not deal with that issue.

Sexual Relationship

This segment looks at the effect of the sexual relationship on the marital experience. The sexual relationship in marriage rests on feelings of intimacy, trust, compatibility, and the ability to engage in mutual pleasuring of one another. There are expressions of warmth, tenderness, and affection which play an important role in the sexual relationship for mature adults who can relate to whole objects and not to partialized sex objects. (Blanck and Blanck, 1968,

p. 70). As the person develops, his sexual feelings become a part of his tender feelings and this plays a role in his ultimate choice of a mate. Ackerman sees "empathic communication and identification" as present early and says, "Tender emotion is an expression of the basic social nature of man, rather than a secondarily desexualized drive. With healthy maturation, tenderness and sex become merged."

(Ackerman, 1958, p. 51). Erikson indicates that in order to achieve intimacy there must be a level of ego development so that ego-loss is not feared "in situations which call for self-abandon: in the solidarity of close affiliations, in orgasms and sexual unions, in close friendships. . . ."

(Erikson, 1950, p. 263). Thus one needs to be unafraid of an intimate connection in a sexual union and have shifted away from earlier inhibitions and prohibitions about sex to feel a psychological permission to enjoy this phase-appropriate activity. (Blanck and Blanck, 1968, p. 143). The sanctioning of sexual activity by marriage lends society's support to the individual to free him/herself internally. (Freud, 1906/1959; Blanck and Blanck, 1968).

Within the sexual relationship in marriage there has been an expectation of fidelity which Freud felt was a very burdensome state of being, with constant temptations to experience others sexually. He spoke of "flirting" as an innocent and acceptable mode of handling some sexual feelings and indicated that flirtations "may be a safeguard

against actual infidelity". (Freud, 1921/1955c, p. 224). He was concerned for the future of sex and its role in happiness and in "Civilization and Its Discontents" wondered aloud: "The sexual life of civilized man is notwithstanding severely impaired; it sometimes gives the impression of being in the process of involution as a function, just as our teeth and hair seem to be as organs". (Freud, 1930/1964, p. 105). He further wondered if the sexual drive should be converted into other energy. The arena of sexual functioning is basic to human functioning and does present a variety of problems. Freud at one time stated that, "The sexual behavior of a human being lays down the pattern for all his other modes of reacting to life" (Freud, 1906/1959, p. 198) and though this may seem an extreme view, it does indicate the importance of the need to resolve this often conflicted sphere of life. Sexual incompatability in marriage is often connected with unconscious conflicts related to parents or siblings or of "specific infantile conflicts" that become reactivated in the marriage. (Eisenstein, 1956, pp. 102, 120).

It is felt by most theorists that men and women do experience their sexual lives somewhat differently, often with women making the easier association between affection and sex. Some feel this to be biologically determined, others point to cultural determinants or combinations of the two. Bowlby noted a study of human attachment that revealed

marked difference between male and female babies with female babies preferring to look at faces while male babies looked at all kinds of objects (Bowlby, 1969, p. 269), indicating some biological differences between the sexes in infancy. The urgency for sexual expression and the drive process is clearly different in men and women which does account for some of the problems of sexual compatibility in marriage. (Blanck and Blanck, 1968; Freud, 1930/1964; Klein, 1975). However, the development in marriage of a sexual relationship with one person can potentially lead to higher levels of object relations and therefore monogamy seems desirable. (Blanck and Blanck, 1968, p. 3, 4). Infidelity is seen by Melanie Klein as a repetition of the movement away from a loved person, partly out of dependency fears and the seeking of new love-objects which are essentially symbols for (in the case of men) his mother. (Klein, 1937/1975, p. 323).

The sexual relationship in marriage offers more than the biological act of intercourse; it offers an experience of physical and emotional intimacy expressed sexually in the ultimate merger of two people without loss of self.

Parental Marital Model and Positive Feelings Toward Parents

The role of the parental marital model and positive feelings toward the parents are examined in the context of psychoanalytic theory. The importance of the experience of each mate with his/her parental figures is universally

accepted as playing a major role in the functioning within the marital relationship. Jung noted in this regard that "a positive (conscious) relationship to one's parents will make adaptation to the mate very easy while a deep rooted unconscious link with the parents will prove an impediment to adaptation". (Jung, 1926, p. 455). Melanie Klein expressed the effect of the mother on male marital choice: "The feelings of a man towards a woman are always influenced by his early attachment to his mother", (Klein, 1937/1975, p. 324) and Freud, in relation to women and marriage said: "If the girl has remained in her attachment to her father, that is, in the Oedipal complex - her choice is made according to the parental type. . . a choice of this kind should guarantee a happy marriage." (Freud, 1933/1961, p. 132). Recognizing the importance of the parental experience Melanie Klein also was aware of the additional elements contained in new relationships: "Although love relationships in adult life are founded upon early emotional situations in connection with parents, brothers and sisters, the new relationships are not necessarily mere repetitions of early family situations. . . Normal adult relationships always contain fresh elements which are derived from the new situations. . . " (Klein, 1937/1975, p. 325). The marital life brings interactions that seek new resolutions with each partner making his/her own unique contribution to the total marital environment.

The ambivalence contained in the identifications with parents and the experiencing of them as sexual objects are components of the complicated work to be accomplished in resolving the Oedipal complex, essential for an adult sexual love relationship. (Klein, 1937/1975; Freud, 1920/1955c, p. 105; 1905/1953b, p. 227; 1918/1955b, p. 188; 1913/1955a). Freud found major developmental differences between men and women in their identifications and in their tasks of resolving the Oedipal conflict. He suggested that women first have a maternal "affectionate attachment" which is later replaced by the attachment to the father as a sexual object, while boys first have this affectionate attachment to the mother which attachment changes into a sexual one towards the same object. Freud said, "One gets an impression that a man's love and a woman's are a plane apart psychologically." (Freud, 1933/1961, p. 134). The unconscious influence of the past attachments fundamentally shape the current relationships and are viewed as over-riding other considerations in determining object-choice. (Kohut, 1971; Kubie, 1956; Eidelberg, 1956).

In order to participate in an adult marital relationship there needs to be an internalization of the representations of whole objects and a level of object-constancy attained where boundaries between self and other are clear (Blanck and Blanck, 1968; Kernberg, 1976; Jacobson, 1964) so that closeness with a loved one does not arouse fears of merger

or engulfment. This is a necessary level of growth so that the marital partners can accept differences between themselves and their mates without it being a threat to the self.

The influence of the feelings about the parents marital satisfaction can have both conscious and unconscious effects on the married life of their children and Heiman's view of marriage as the "universal repetition compulsion of mankind" (Heiman, 1956, p. 224) has profound meaning for people examining the complexities of marital functioning.

Margaret Mahler's paradigm of human development (Mahler, 1975) bears note in terms of the degree to which the marital partners have separated and individuated from their parents, and how far along they are in their psychological functioning. Without a high level of completion of separation-individuation the marital partners may find interference from their unresolved parental attachments, and thus the marriage would be hampered in its growth.

Hypotheses

Based on the conceptual framework presented in the previous section it appeared that the following hypotheses were appropriate for this study of long-term, successful marriage.

Hypothesis I

Congruence of mate perception with the mate's self-perception is positively related to long-term successful marriage.

Hypothesis II

The attainment of at least a minimum level of sexual satisfaction is positively related to long-term successful marriage.

Hypothesis III

The parental marital model contributes positively to the achievement of a long-term successful marriage.

Hypothesis IV

Positive feelings toward the parents is positively related to a long-term successful marriage.

This segment of this chapter examines marriage in its historical perspective, and then proceeds to view our current notions about love and marriage through the eyes of poets, social scientists and psychoanalysts.

Historical Perspective of Marriage

It is appropriate to look backwards at the origin of marriage to understand the gradual changes over time that influence the form of marriage in present day society.

Marriage has its early roots in primitive societies whose social and economic needs pressed for organization. In the 19th century assumptions were made by Bachhofen and Morgan that early man had lived promiscuously and gradually evolved into polyandry because of a shortage of women (James, 1952, p. 115) a position refuted by Edward Westermarck who made a strong case for the monogamous nature of man

(Westermarck, 1922). The early forms of marriage as expressed in punaluaa, polygyny, polyandry, and polygamy gradually moved toward monogamy in most cultures, though there are remnants of these other forms still currently in existence in the world. Theories about the origins of marriage as espoused by Bachhofen, Maine, Morgan and Westermarck were eventually demythed by the noted anthropologist, Franz Boaz, in his monumental investigations of primitive cultures. (Bardis, 1968, pp. 403-409). Parallel development of polygyny, polyandry, and monogamy apparently reflect more accurately the historical growth of marriage and the family.

Marriage and family development are inexorably intertwined and have influenced each other in terms of customs, rituals and behavior. In biblical times there developed a patriarchal society where the woman was seen as serving the needs of the husband and children (James, 1952, p. 62; Durant, 1935, p. 334) and polygyny was accepted, particularly if the wife were unable to conceive, though monogamy was the ideal (James, 1952, p. 93). Great emphasis was placed on propagation as stated in Genesis, "Increase and multiply and fill the earth" (Ranasinghe, 1970, p. 49) or in Isaiah, "For our sakes a child is born, to our race a son is given. . . ." (Isaiah 9:5), thus the marriage idea contained goals of increasing the species and a barren woman was filled with shame. Concubines were expressly part of the culture since they were viewed as vehicles for procreation;

however, fidelity and permanence were accepted goals of the marital contract (James, 1952, p. 94).

"The fifth commandment sanctified the family as second only to the Temple in the structure of Jewish society" (Durant, 1935, p. 333) and "the seventh commandment recognized marriage as the basis of the family. . .and it offered to marriage all the support of religion." (Durant, 1935, p. 335). This sanction of marriage led to the development of a marriage contract (Ketubah) which was read at the ceremony giving the date, place, "names of the contracting parties, and the fact that the bridegroom sued for the hand of the bride and she accepted him; the dowry is specified, and if she is to be divorced, her maintenance guaranteed." (Ranasinghe, 1970, p. 58). In addition the contract contained the "basic conditions. . .in the language of the bible as she'er, kesut, ve-onah (food, raiment and conjugal rights), and they encompass the husband's duties toward his wife to feed and clothe her and engage in sexual intercourse with her at agreed times". (Steinsaltz, 1976, p. 132). Thus the expectations of the marriage were clearly stated in a contract and solemnized in a civil ceremony which later became a religious one. Though marriages were usually arranged there was room for romantic love as in Genesis, "Schem's soul clave unto Dinah the daughter of Jacob, and spake kindly unto the damsel" (Genesis 34:3), and as shown when Jacob worked to pay the dowry for Rachel in Genesis. Dinah's

father "served seven years for Rachel; and they seemed unto him but a few days, for the love he had for her". (Genesis 29:20).

We see abundant evidence of the idealization of the young lovers in the Songs of Solomon, verses which the marrying couple recited to one another such as when the groom said, "Behold thou art fair, o my love, behold thou art fair, thy eyes are like doves" (Song of Songs 1:15) or when the bride said, "My beloved is white and ruddy, chosen out of thousands. His head is as the finest gold: his locks as branches of palm trees, black as raven. His eyes as brooks of water which are washed with milk, and sit beside the plentiful stream. . .his throat sweet, and he is all lovely." (Song of Songs 5:10-16).

The habit of the man paying a dowry for his bride had a protective intent since that money was held by her family for her use in the event of a divorce. The Jews did allow for disruption of the marriage "only when the institution failed to fulfill its proper functions in society through the sin or incapacity of one of the contracting parties. . . ." (James, 1952, p. 94) and could be accomplished by the simple statement, "'Be thou divorced or separated from me'". (Bardis, 1968, p. 418) whereas the Christian view was stated in Matthew 19:6 "What therefore God hath joined together, let no man put asunder". (Bardis, 1968, p. 447).

The Greek and Roman customs about marriage had great similarity to the Hebrews. The Greek father reigned supreme and the Greek suitor commonly paid the father for his wife. (Durant, 1939, p. 51). Though love was seen as coming after marriage in Athens, Solon (520 BCE) made laws limiting the dowries and wanted marriages to be "contracted by the affection of mates and for the rearing of children. . ." (Durant, 1939, p. 117). The Greek attitude of men toward their wives is well expressed by Demosthenes who said, "We have courtesans for the sake of pleasure, concubines for the daily health of our bodies, and wives to bear us offspring and be faithful guardians of our homes." (Durant, 1939, p. 304).

From earliest times there have been taboos against incest which were essential to the peace of the tribes and useful in retaining parental authority (James, 1952, p. 23). The Greeks, Romans, Hebrews and Christians developed their taboos including members of the extended family, and though there were periods when incestuous relationships occurred, it was highly disapproved. (Bardis, 1968, pp. 419, 431, 448; Freud, 1913/1955a). The high value of Jews and Christians on monogamy with strict rules about premarital relations prevailed with betrothal being regarded as binding as marriage. (Ranasinghe, 1970, p. 53). The Jews did not however value virginity as did the Christians who extolled the position of chastity in widowhood and generally viewed virginity as the highest state. (Bardis, 1968, p. 441).

As society advanced, for instance in Greek civilization, and as luxury grew and people became more enlightened, there was a gradual moral decline with men looking to courtesans instead of marriage. Those alliances became very popular (Durant, 1939, p. 467). It was also observed that as society advanced "paternal authority and family unity decrease, freedom and individualism grow" (Durant, 1939, p. 50) thus changing the texture of the family organization. The picture of marriage is of an ever-changing entity making differing demands that are dependent upon the needs of the people and the culture within which it is rooted.

There have been gradual changes from early dowry practices, where the male offered money, to the European model of the woman's family paying a dowry to the suitor. These changes reflect the social need for mating; earlier the male needed the woman to produce children and later there was an abundance of women who then became less in demand.

In America, during its early stages of growth, women were at a premium and the early women were partners with their mates in a rigorous atmosphere. High death rates for women in childbirth contributed to a long-term shortage of women. There were penalties of taxes for unmarried people and marriage was encouraged. The economic needs were best met with a family structure, most particularly in the South where industry revolved around the home (Bardis, 1968, pp 452, 456-458) and there was a great deal of choice about

mate selection. As women gradually emerged, as romantic love became more accepted and parental authority lessened, the roles in the marriage began to change. Women have continued to gain status through education, political channels, through the growth of labor-saving devices and the changing attitudes about the roles they can play.

During the past ten-twenty years new challenges to the institution of marriage have come from feminist circles, from sexually liberated and anti-institutional people, and others who view marriage as an oppressive mode that keeps women in an inferior position to men. (Perucci and Targ, 1974; Frankel, 1976, p. 357). Others see marriage as an encumbrance that thrives on a possessive relationship that limits people emotionally, financially and sexually and advocate a freer type of living together that does not tie people in the former mode. (Frankel, 1976, pp 356, 357). The current generation is exploring new roles, non-stereotyped, sharing of income-producing and childrearing responsibilities, and a greater equality in the relationship. Perhaps George Murdock's notion about the universality of the nuclear family and its four functions "socialization, economic cooperation, reproduction and sexual relations" may take on a different meaning in our growing egalitarian society (Reiss, 1974, p. 321) with the job of the nuclear family extending to others, as for instance in communal marital groupings. Certainly the patriarchal dominance

patterns of old have yielded and marriage is a contract between two relatively equal partners who agree to share their lives in a loving relationship.

Perspectives of Love

This research is predicated on the idea that love is an integral part of marriage and needs to be examined through the perspective of poets, social scientists and psychoanalysts. Love is viewed by poets and scholars in myriad ways with an underlying theme of its elusive quality and the importance of the varied meanings to each individual. The sixteenth century poets expressed the depth and meaning of love in their romantic lives that extolled lasting love.

Shakespeare, in his sonnet (CVI) wrote:

"Let me not to the marriage of true minds
Admit impediments. Love is not love
Which alters when it alteration finds,
Or bends with the remover to remove:
O, no! it is an ever-fixed mark,
That looks on tempests and is never shaken:. . .

Love alters not with his brief hours and weeks,
But bears it out even to the edge of doom:-
If this be error and upon me proved,
I never writ, nor no man ever loved."

(Shakespeare, 1609/1974, p. 116)

and then in his sonnet (XXIX) that begins with his famous lines "When in disgrace with fortune and men's eyes, I all alone beweepe my outcast state," he continues:

"...Haply I think on thee: and then my state,
Like to the lark at break of day arising
From sullen earth, sings hymns at Heaven's gate;
For thy sweet love rememb'ed such wealth brings
That then I scorn to change my state with kings."

(Shakespeare, 1609/1974, p.29)

These words express in timeless phrase the value laid to love and of the value to man. The difficulties of love are dealt with by scores of poets including Lovelace, Suckling and Herrick who gave men courage to love and then soothed them when they met defeat, or acknowledged the fleetingness of love. And Oscar Wilde in a later time dealt with vows of everlasting love in the poem "Her Voice" where he said:

"Sit closer love: it was here I trow, I made that
vow,
Swore that two lives should be like one
As long as the seagull loved the sea,
As long as the sunflower sought the sun, -
It shall be, I said, for eternity,
'Twixt you and me!
Dear friend, those times are over and done,
Love's web is spun."

(Oscar Wilde, 1910, p. 161).

The recognition is clear the love has ended. In long-term marriage we are looking for a love that deepens and can potentially continue throughout the relationship, whose time is never "done."

Since this study rests on a premise that "love" is a major element of marriage and needs to be understood in its fullest definition the following definitions of love are cited. We can begin with two rather simple definitions of love; one by Harry Stack Sullivan: "When the satisfaction

or the security of another person becomes significant to one as is one's own satisfaction or security, then the state of love exists." (Sullivan, 1953, pp 42, 43) and the other by a sociologist; "Love is that relationship between two persons which is most conducive to the optimum development of both." (Foote, 1953, pp.245-251). This latter definition is expressed similarly by Winch and Ktsanes, who point to marriage as a means of gratifying psychic needs (Winch, Ktsanes, 1954, p. 241) and Goode who says that "love is defined as a strong emotional attachment, a cathexis between adolescents or adults of opposite sexes, with at least the components of sex desire and tenderness". (Goode, 1968, p. 251). The theme of an ego-gratifying, mutually satisfying experience in a love relationship is combined with the focus shifting from the self to the happiness of "the other". It is well stated by Blood and Wolfe, that love is ". . . the feeling accompanying an interpersonal relationship that is mutually ego-enhancing. It is the good feeling which results from past need-satisfactions received, the anticipation of future gratifications, and the sense of fulfillment that comes from being able to meet another's needs". (Blood and Wolfe, 1960, p. 221). This notion about the ability to give to another without resenting it in a love relationship in marriage is described by Melanie Klein as implying "a deep attachment, a capacity for mutual sacrifice, a sharing in grief as well as in pleasure, in interests as well as in

sexual enjoyment. A relationship of this nature affords the widest scope for the most varied manifestations of love". (Klein, 1937/1975, p. 313). She further states "In a successful love relationship, the unconscious minds of the love partners correspond". (Klein, 1937/1975, p. 325). This Kleinian view of love also indicates that ". . .a good relationship to ourselves is a condition for love, tolerance and wisdom toward others". (Klein, 1937/1975, p. 119) with the recognition that loving does not represent a compensatory relationship for what one isn't but rather a means to enjoy what one is.

Notions about romantic love gradually developed an expectation that the partners totally fulfill the needs of each other. (Birdwhistle, 1970, pp. 195-198; Montague, 1956, pp. 4-5). The idealization of the love-objects and the goal of a symbiotic attachment have led people to feeling that their love must maintain itself with an intense feeling that they cannot exist without one another (Lederer and Jackson, 1968, p. 187). The inevitable failure to meet this goal is detrimental to maintaining the love relationship. For some, romantic love is described as an "affectionate involvement with a particular person, so that no other person will do as well" (Zelditch, 1964, p. 469) with a heavy burden on the love-objects to meet all the needs of the other person. The false expectations distort love and

the perception of the love-object and there is subsequent disillusionment that leads to failure in the love relationship. (Ben Ard, Jr., 1976, pp. 286-295).

Freud saw idealization between lovers as an appropriate state of being related to sexual overvaluation; he said, "This sexual overvaluation is the origin of the peculiar state of being in love". (Freud, 1914/1957, p. 88). He felt that the sexual energies were gradually changed into affection when he said, ". . .it is also very usual for directly sexual impulsions, short-lived in themselves, to be transformed into a lasting and purely affectionate tie; and the consolidation of a passionate love. Marriage rests to a large extent upon this process." (Freud, 1920/1955c p. 139). He indicated further that "being in love" became part of the sexual relationship relatively late in man's development but that "the more important sexual love became for the ego, and the more it developed the characteristics of being in love, the more urgently it required to be limited to two people. . .as is prescribed by the genital aim". (Freud, 1920/1955c, p. 140). Freud regarded "being in love" as an achievable goal for people, saying, "The highest phase of development of which object libido is capable is seen in the state of being in love, when the subject seems to give up his own personality in favor of an object-*catexis*. . .". (Freud, 1914/1957, p. 76). Though he described some lowering of self-esteem and humbleness as characteristic of the

lover, he also recognized that in a mutual love relationship there is feedback and a concomitant raising of the esteem. He stated, ". . .a person in love is humble. A person who loves, has, so to speak, forfeited a piece of his narcissism, and it can only be replaced by his being love." (Freud, 1914/1957, p. 98). He indicated that lovers invest narcissistic libido into a love-object and then treat the love-object as if it were his own ego. He distinguished between the enrichment of the ego which has introjected the object whereas the ego of the unhappy lover is "impoverished. . . having surrendered itself to the object." (Freud, 1920/1955c, p. 113). He further said: ". . .it is also true that a real happy love corresponds to the primal condition in which object-libido and ego-libido cannot be distinguished." (Freud, 1914/1957, p. 100).

Freud conceptualized love as being either narcissistic, or of the attachment type. He felt that good-looking women tended to be less able to love and that women in general display a narcissistic love where men, with their sexual over-valuation of the love-object, display an attachment kind of love. He did concede, however, that some women are capable of having "a masculine" type love, that is, a love where there is an attachment basis. (Freud, 1914/1957, pp. 88-91). This view of love and the limits set by the biology of the person is not generally shared by current analysts who are more concerned with the capacity of the individual rather than the sex of the person.

Freud saw marriage as inevitably disappointing since the active sex-life of the early years of marriage would be discontinued after the five or six years of childbearing, because of the poor contraception then available. He lamentingly wrote, "The spiritual disillusionment and bodily deprivation to which most marriages are thus doomed puts both partners back in the state they were in before their marriage, except for being the poorer by the loss of an illusion, and they must once more have recourse to their fortitude in mastering and deflecting their sexual instinct". (Freud, 1906/1959, pp. 194, 195).

However, as we look at love and marriage a more optimistic note comes from Blood and Wolfe (1960) who framed the definition of love in the context of that segment of our society who are more advantaged. They stated, "Love is an artistic creation which reaches its widest perfection in the sophisticated upper reaches of American society. It is a boon which a more leisurely, better-educated society has conferred upon its members. The progressive urbanization, acculturation, and education of the on-coming generation suggests there is likely to be correspondingly more expression of love in the future". (Blood and Wolfe, 1960, pp. 234, 235).

Perspectives of Marriage

In this section we explore marriage as seen by poets, researchers, and analysts in order to add to the landscape of this study. The unique joining together of two bodies, hearts, minds, and souls in a dyadic relationship with implicit vows of fidelity, trust, and economic interdependence seems to have been the bedrock of marriage. Two poetic views of marriage contrast the 17th century with the 20th century. Francis Quarles writes of the unity of the lovers:

"Even so we met; and after long pursuit
Even so we joined; we both became entire;
No need for either to renew a suit,
For I was flax and he was flames of fire:
Our firm united souls did more than twine,
So I my best-beloved's am, so he is mine."

(Quarles, 1644/1972, p. 251)

and in this we have the ideal of merging to make each one complete. A satiric view of marriage comes from Ogden Nash who wrote:

"So I hope husbands and wives will continue to debate
and combat over everything debatable and combatable,
Because I believe a little incompatibility is the
spice of life, particularly if he has income and she
is patable."

(Nash, 1975, p. 248)

Marriage has been raised loftily in men's minds and also receives satiric comment along with other views of the condition of marriage.

One view of marriage expressed by Rabbi Saul Berman indicates that Jewish law seeks love that enhances both individuals in marriage and that it should be neither

manipulative nor conditional love. "Love which is mutually affirming, which expresses acceptance and which is not conditional or self-sacrificial, allows for the development of self-acceptance and self-love, and this forms the basis for the acceptance and love of the other". (Berman, 1976 p. 369). This idea is consistent with an understanding of the need to value one's self in order to value others. The American ideal of marriage which rests on some romantic ideals also includes a courtship system where the couple experiences companionship and a period of emotional, and in many cases sexual, intimacy. These couples who then marry "for love have their interest in each other strengthened as they encounter new experiences and reach new goals together." (Blood and Wolfe, 1960, p. 222).

The conscious and unconscious factors at work in the selection process of the mate will naturally influence critically the experience of the marriage. A major component within marriage is the level of object-constancy, that each partner has attained ". . .a constant, internalized object representation" that is not dependent on whether the other person is present or not, (Blanck and Blanck, 1968, p. 70) and which allows for a love relationship where both partners can grow. Though there are times in a marriage when needs are mutual they may be divergent at other times and here the level of object relations is given a chance for further development and growth. (Blanck and Blanck, 1968, p. 85).

The choice of the marriage partner rests heavily on conscious and unconscious feelings toward parents with complex Oedipal feelings having an impact on marital choice, (Freud, 1905/1953, pp. 227, 228). It is the real parents along with the internal representations which are the environment of the Oedipal period where the boy experiences the mother as a sexual object and where the girl experiences her father as a sexual object. It is the transfer of these feelings to peers of the opposite sex along with an identification with the parent of the same sex that move the person in the direction of marriage. (Blanck and Blanck, 1968, p. 197). In marriage we find "a repetition of important experiences of the past . . . the mother-child relationship and the Oedipal relationship. . . marriage becomes the universal repetition compulsion of mankind". (Heiman, 1956, pp. 223, 224). Thus marriage represents a complex of emotional and physical expectations and needs which two people expect to meet with each other in addition to satisfying their own separate needs. It is in the maintenance of separate identities that marital partners often have difficulty and fear obliteration of their individuality. Several authors speak about the need for achieving certain levels of psychological and biological maturity, the ability to postpone gratification, the quality of object-relations, the interpretive capacity,

healthy defenses, identity and sense of self-esteem, and successful separation-individuation as prerequisites for a potentially successful marriage (Sidney Green, 1956, p. 237; Blanck and Blanck, 1968; Mahler, 1975)

One sociologist's view of marriage is that "every marriage is like the electron in physics, an equilibrium of forces of attraction and repulsion. The successful marriage is one in which differences are so organized that they contribute to the equilibrium, stability and harmony of the marital relationship." (Burgess and Locke, 1960, p. 293). The choice of the mate is seen, in addition to love, in terms of personality needs, ethnicity, religion, education and place of residence. (Goode, 1968, p. 251). Love and sexual feelings that lead to marriage are influenced by "striving for security, stability and prestige. In the main, when a person expresses the need of love by entry into marriage, he is apt to select a person who reciprocates his sexual make-up, character, group allegiances, and corresponding aims and values." (Ackerman, 1958, p. 149). The qualities that bring people together on a deeper level relate to the capacity for communication, identification and empathy which are rooted in the complex personality characteristics of each marital partner.

The amount of commitment to the marriage may be one of the most crucial in determining the success, for within that commitment "is the degree to which that person is willing

to compromise self-interest, personal ideals of perfection, indulgences in taste. . .so that a particular relationship can continue". (Lederer and Jackson, 1968, p.196). This idea is based on the fact that each should receive and give within the relationship, that they have a feeling of getting "something for something" or "quid pro quo" (Lederer and Jackson, 1968). They see the major elements of a satisfactory marriage containing "mutual respect, tolerance of each others shortcomings and learning to communicate in order to negotiate quid pro quo's" and they suggest that the marriage relationship is continually changing and in need of continual attention. (Lederer and Jackson, 1968, pp.198, 199).

Another description of marriage is ". . .the integration of the couple in a union in which the two personalities are not merely merged, or submerged, but interact to complement each other for mutual satisfaction and the achievement of common objectives. The emphasis is upon inter-communication, inter-stimulation and participation in common activities." (Burgess and Cotrell, 1939,p. 10). There is a recognition that the environment of the marriage plays a role in its ultimate success, but most important is who the people are. (Christensen, 1958, p. 20).

Marriage then presents people with the unique opportunity to grow within the context of a nurturing relationship where there is room for autonomy, intimacy, mutual respect,

communication, companionship, sharing, and a climate for continual emergence into new stages of living with a loved one with whom one is connected in a special way. We may be ready to come to grips with that aspect of the idea of marriage that "the act of marriage has traditionally contained, hidden within its culturally protected confines, a core of illusion of eventual perfection through identification and possessiveness alone". (Shor and Sanville, 1978, p. 55).

This fantasy of perfection seems to contain the seeds of the eventual discontent since the accomplishment of this blissful state is as unlikely today as it has ever been. It is however possible to reach for a kind of communication that serves the needs of both marital partners where there is "an effort to relate and explain one's central meaning and values to a reciprocally respected other who will comprehend and appreciate one's essential thoughts and feelings. Each partner will offer this to the other, and both will feel well met". (Shor and Sanville, 1978, pp. 41, 42).

Marriages in this study reflect values of the past and present which today work to form a cohesiveness within a tumultuous social system that challenges the core of old values of fidelity, monogamy, trust and the willingness to participate together "for better, for worse, for richer, for poorer, 'til death us do part". Modern marriage may be summed up as ". . .the prototypical, fully unfettered commitment to a merging of interests, fortunes and responsibilities". (Parsons, 1968, p. 41).

The next chapter focuses on a literature search reviewing the social science studies that pertain to the four hypotheses.

CHAPTER II

REVIEW OF LITERATURE

The literature shows a portrait of contradictory and at times ambiguous information which confirmed for the researcher the need for further investigation. No study was found that looked at these particular dimensions of marriage in this way nor (to this researcher's knowledge) was this population singled out for intensive investigation in previous studies.

There has been an intensive search of the literature including the use of ERIC, Psychological Abstracts, International Bibliography of Research in Marriage and the Family, International Abstract of Dissertations and NLM's National Interactive Retrieval Service. In addition, a search was made of selected journals and bibliographies. This literature search endeavored to be as comprehensive as possible with the recognition that it necessarily was limited by the resources of a single researcher. Thus it is highly representative of the sociological literature of the past forty years.

Social Science Studies

This section of the chapter on the literature search will examine studies from 1926 through 1978 dealing with marriage and the marital relationship. The first part of this section looks at ways of defining "success" in marriage, followed by an examination of the literature as it relates to the four hypotheses and their components.

Success

The definition of "success" in marriage in this study combines knowledge derived from earlier studies and attempts to merge three major factors into the meaning of success: 1) "I wish to remain in this marriage," 2) "I feel I married the best mate for me," and 3) "I love my mate." Other researchers have used at least one of these measures in their definitions of happiness, marital adjustment or marital satisfaction. This section of the literature search examines previous studies and the factors they found to be contributing to success in marriage.

The major study literature on marital satisfaction or success was developed between 1936 and 1960 with much emphasis on attempts at developing predictability scales that would predict future happiness in marriage for couples contemplating getting married. (Hamilton, 1929; Davis, 1926; Burgess and Cottrell, 1936; Terman, 1938; Terman and Oden, 1947; Locke, 1951. Other studies used these earlier ones as a

basis for their investigations, incorporating measurement scales and predictability items. (Burgess and Wallin, 1953; Karlsson, 1951; Blood and Wolfe, 1960; Winch and Ktsanes, 1968).

The early major study of Terman (1938) found ten items from the background upon which marital happiness depended: "1) superior happiness of parents, 2) childhood happiness, 3) lack of conflict with mother, 4) home discipline that was firm, not harsh, 5) strong attachment to mother, 6) strong attachment to father, 7) lack of conflict with father, 8) parental frankness about matters of sex, 9) infrequency and mildness of childhood punishment, 10) premarital attitude toward sex that was free from disgust or aversion." (Terman, 1938, p. 372). It was found in the study that certain personality factors and the above background areas were keys to future marital happiness (Terman, 1938, p. 362) and that the parental marital happiness was a predictive item (Terman, 1938, p. 372).

In harmony with Terman's study is the work of Burgess and Wallin (1953) who identified ten essential factors for success as: "love and display of affection, sex, dependence on each other emotionally, compatibility in temperament and personality, influence of cultural backgrounds, common interests, or interests which complement each other, reaction to domesticity, expectation that the marriage will continue, co-operativeness in making decisions, adaptability." (Burgess and Wallin, 1953, p. 267). This study indicated the importance of

equality in the decision-making of both partners as vital to successful marriage (Burgess and Wallin, 1953, p. 261) and agreed that the relationship to the parents, the happiness of the parental marriage, the economic behavior and the personalities of each mate would be of great importance to the success of the marriage. (Burgess and Wallin, 1953, p. 243). Other factors that were further identified as contributing to success were: mutual respect, homogamy, companionship, adaptability, psycho-sexual maturity, self-esteem, ability to communicate, role complementarity, empathy, all of which are deemed by various researchers and theoreticians as crucial to success in marriage. (Terman, 1938; Burgess and Wallin, 1953, 1960; Blood and Wolfe, 1960; Lederer and Jackson, 1968; Bryant, Kurlins and Schroder, 1968; Blanck and Blanck, 1968; Winch and Ktsanes, 1968; Hollingshead, 1950).

Recognizing that optimal backgrounds are desirable, but certainly out of the control of the prospective mates, it is perhaps more meaningful to look at possible success in marriage as Terman described success, depending upon "what goes into" the marriage, "and among the most important things going into it are the attitudes, preferences, aversions, habit patterns and emotional response patterns which give or deny to one the aptitude for compatibility. (Terman, 1938, p. 110). This recognized the personal character structure of the mates and their interaction as contributing ultimately to what the couple would experience together. Burgess

and Wallin looked at success in terms of the personality needs that seek satisfaction in marriage: "love and affection, confidence, sympathy, understanding, dependence, encouragement, intimate appreciation and emotional security". (Burgess and Wallin, 1953, p. 111). All of the studies of the past, and those through 1978 also indicate that sexual satisfaction contributes to success in marriage, but that it is one of many items that bring marital success. People will tolerate a variety of unsatisfactory elements in this area and still feel very positively about the overall sexual life and feel their marriages offer high satisfaction. (Terman, 1938, p. 376; Frank, Anderson and Rubinstein, 1978, p. 115; Kinsey, 1953).

The above identified areas of successful marriage are components of the current investigation where the parental marital model, parental attachment, self/other perception and sexual adjustment are the independent variables correlated with success.

Congruence Of Mate Perception

This concept looks at the accuracy with which mates perceive one another as determined by matching the self-perception of one mate with the other mate's perception of that mate and its effect on marital success. There will also be an examination of idealization, homogamy of backgrounds, and empathy as dimensions of this variable.

There is evidence from a majority of studies that the accuracy with which mates perceive one another contributes to marital satisfaction in varied ways. (Luckey, 1960, 1966; Stuckert, 1963; Taylor, 1967; Hicks, 1970). Some of the research shows that the accuracy with which wives perceive their husbands is of much greater significance to marital happiness than the husbands' perceptions of the wife. (Hicks and Platt, 1970; Luckey, 1960; Stuckert, 1963). "The most compelling results suggest further that high happiness is related more significantly to the male than to female role performance. The critical importance of the instrumental role in marital happiness finds support in study after study". (Hicks and Platt, 1970 p. 556). This apparent factor that seems more important to men's happiness than women's is also found by Taylor (1967) who noted that "empathetic accuracy was more significant with respect to the perceptions of the husband than to perceptions of the wife". (Taylor, cited in Hicks and Platt, 1970, p. 557). In only one study, Udry's study of engaged couples, no correlation was found between people who accurately perceived one another and their eventual marriage to one another. (Udry, 1967). Most studies indicate that women and men differ in an important area of need in the marital relationship where women's ability to perceive their husband's roles and personalities are correlated with marital happiness and the reverse is of less importance. Luckey (1960) found a significant correlation

between marital satisfaction and congruency of perceptions of "self and perception of self by spouse." (Luckey, 1960, p. 54).

The studies of Burgess and Wallin (1953), Locke (1951), Levinger (1965), highlight another factor, that of mutual esteem for one another, as important to marital satisfaction. This is dependent upon one's self-esteem and Wallin feels that "what one thinks the love object thinks of him also influences one's self-perception" (Wallin, cited by Bowerman, 1964, p. 661) which is an identification process related to self-esteem. A moderate idealization of mates was found by Locke (1951) and Burgess and Wallin (1953), where mates tend to evaluate each other in moderately more idealized views than the mate's self-perception.

Empathy

The quality of empathy is considered by a large number of researchers as important in contributing to marital happiness (Foote and Cottrell, 1955; Vernon and Stuart, 1957; Burgess and Locke, 1960; Cuber and Harroff, 1966; Clements, 1967). Goodman and Ofshe in their study found that married women were less empathetic than engaged women and this was accounted for by "reduced communication" after marriage. (Goodman and Ofshe, 1968, p. 603). Here empathy is seen as arising "out of the ability of one member of a pair to see the situation as his partner sees it: in George Mead's felicitous phrase, the person is able to 'take the role of

the other'. . . ." (Goodman and Ofshe, 1968, p. 597).

Buerkle and Badgley (1959), in their study using the Yale Marital Interactive battery "question the assumption that empathy is necessary in all types of marriages." (Buerkle and Badgley, cited by Bowerman, p. 138). These researchers cite other research which give complex and contradictory results.

In this ability to empathize it is also important to maintain one's sense of self while feeling with the other person. Burgess and Wallin described the contribution that intimacy and confiding make to the couple's ability to be empathetic. They define empathy: "In empathy. . .one takes the role of the other, and in so doing, interprets his behavior in the context of his experience and history rather than in terms of one's own." (Burgess and Wallin, 1953, pp. 336, 337).

Burgess and Locke defined "sympathetic understanding or empathy as the capacity to enter into and share the feelings, attitudes, interests and experiences of others to such an extent that one is able to view these thoughts through the eyes of the other." (Burgess and Locke, 1960, p. 298). This ability to be aware of each other's needs, to care about one another, is seen as an aspect of empathy in Cuber and Harroff's study of affluent Americans where they saw empathy as a "pervasive quality of the interaction." (Cuber and Harroff, 1966, p. 144). This willingness to take the other's role, seen as

a "process" between "actor and situation" occurs in "high involvement relationships" according to Vernon and Stewart (1957, pp. 664, 665). The implication is that empathy is dependent on an interaction, a special one that adds to marital happiness and stability. One view is that an "ego-repair" occurs in marriage based on the mates' ability to relate to each other's problems and therefore empathy is a factor in satisfied marriages. (Blood and Wolfe, 1960, p. 208). This is similar to the finding of Clements who compared forty stable marriages with forty unstable ones and concluded that empathy did contribute to the stability of marriages. (Clements, 1967, p. 698). Foote and Cottrell felt that the ability to empathize is necessary for good social interaction and facilitates being able to take the role of others. (Foote and Cottrell, 1955, p. 54). Thus for most researchers there is recognition of the importance of empathy in a marital relationship.

Homogamy

Homogamy, representing areas of similarity between people in their culture, personality, and backgrounds is a dimension of this study. The main areas of acknowledged homogamy that correlate to marital happiness are in the area of background features of religion, race, education, class, general cultural background and to a lesser extent, age differences of mate. (Terman, 1938; Burgess and Cottrell, 1936; Hollingshead, 1950; Burgess and Wallin, 1953; Blood and Wolfe, 1960).

These factors follow through the literature as important in mate selection and in relation to the marital happiness.

Personality factors and their influence in both mate selection and marital satisfaction find widely divergent results in sociological studies. Burgess and Wallin (1953) found people choosing mates with similar personality characteristics and needs and said "personality need. . .the single most important factor in mate selection. Actually it often includes parental images and the attractions of like and like. In addition it embraces unsatisfied wants arising out of previous experiences". (Burgess and Wallin, 1953,p. 115). They also identified particularly desirable characteristics of being "emotionally stable, considerate of others, yielding, companionable, self-confident and emotionally dependent" (Burgess and Wallin, 1953,p. 245) which relate to fulfilling of personality needs. Terman agreed that personality traits and "temperamental disposition" would positively influence marital satisfaction. (Terman, 1938,p. 121). In their 1966 study of 105 couples, Pickford, Signori and Rempel found that similar personality characteristics contributed positively to marital happiness where dissimilarity led to unhappiness (Pickford et al, 1966,p. 192) and this was also true of the study by Pfeil (1968).

On the other hand, Winch, Ktsanes and Ktsanes found a "complementary" psychological needs pattern that combined with some homogamy of background factors (Winch, Ktsanes and

Ktsanes, 1954) and Kerkhoff and Davis (1962) found combinations of homogamy and complementarity. In the study by Winch where he suggested complementarity based on gratification of unconscious factors of mate selection that offer maximum need gratification (Winch, Ktsanes and Ktsanes, 1954, p. 242). He also elaborated examples of "resistance versus receptivity, give/receive, dominance/submissiveness" as areas of complementarity. (Winch, 1967). Hollis (1964) suggested that complementarity might be helpful to mates in their relationship to one another, but that it could also provide a field of weakness that might be prey to attack. Burgess and Locke (1960) suggested that complementary temperaments are helpful to marital partners and influences the original mate selection. (Burgess and Locke, 1960, pp. 300, 368). However Murstein's study of 99 couples found that role expectations were more important than either homogamy or complementary needs in mate selection. (Murstein, 1967). In Murstein's later study of 90 couples he found the MMPI as useful indicators of personality characteristics of high marital risk but felt it could not be used to predict marital happiness. (Murstein and Glaudin, 1968). Marital satisfaction is not easily pinpointed in this area of personality, but the researchers do generally agree that neurotic personalities tend to seek one another and the pattern may or may not be complementary. Levy and Munroe (1938) described the personality needs on two separate levels; 1) "the need for love,

adoration and protection" along with 2) "the need for independence, self-fulfillment and prestige." (Levy and Monroe, cited in Burgess and Locke, 1960, p. 204). People are seen as having different needs at different times and it is understandable that homogamy and complementarity probably coexist in most marriages.

Sexual Satisfaction

The following material explores the literature on sexual adjustment in marriage as it relates to areas of trust and intimacy, satisfaction, frequency, pre-marital and extra-marital sexual experience. These studies generally support the hypothesis indicating that sexual satisfaction is but one of the complex components of a satisfying marital relationship.

Terman, 1938; Burgess and Wallin, 1953; Lederer and Jackson, 1968; Davis, 1929; and Hamilton, 1926, consider sexual satisfaction as contributing positively to the overall marital satisfaction though it is not the most significant factor. Terman noted the "couples who are psychologically well-mated are likely to show a surprising tolerance for the things that are not satisfactory in their sexual relationships." (Terman, 1938, p. 376). The Terman study did show a positive correlation between sexual adjustment and happiness, though he did not consider it one of the "major determinants" of a successful marriage. (Terman, 1938, p. 373). This is corroborated by Kinsey in his study

of women where it was also concluded that the sexual relationship does not determine the ultimate outcome of the marriage. (Kinsey, 1953, p. 11).

In a recent study of 100 couples, the researchers found people considered their marriages positively despite varied areas of sexual dysfunction and noted that it is the "affective tone of marriage" that determines how the sex life affects the marriage. (Frank, Anderson and Rubinstein, 1978, p. 115). Glass and Wright found sexual satisfaction decreasing with length of marriage (Glass and Wright, 1977, p. 692), whereas Pineo found decreased frequency of relations as the marriage continued, with no concomitant drop in sexual satisfaction for women. (Pineo, 1961, p. 8).

Cuber and Harroff did find lessened sexual frequency among their interviewees who had long marriages though there were respondents who said their sex lives got better with the length of marriage. (Cuber and Harroff, 1966, p. 135). Burgess and Wallin suggested that the sexual adjustment reflects other parts of the marriage relationship and its importance is related to the value of sex which the marital partners hold. (Burgess and Wallin, 1953, p. 373). Then sexual satisfaction, measured in various ways by different researchers, is definitely a variable which has been examined over the years as a component of marital satisfaction.

Helen Kaplan's thoughts about women and sexual functioning are found reflected in many of the studies. She said, "A trustful loving relationship is important to insure good sexual functioning. For a woman a feeling of trust that the partner will meet her needs, particularly the dependency needs, and a feeling of security that the spouse will take care of her, will take responsibility for her, will not abandon her and will be loyal to her seem necessary in order to abandon herself to sexual pleasures. In fact, recent evidence indicates that trust may be the most important factor determining orgiastic capacity for women." (Kaplan, 1974, p. 59). The study by Burgess and Wallin bears out this thesis with the finding that men were much more casual about physical intimacy than were women. They found only a small correlation between sexual adjustment and love for mate. (Burgess and Wallin, 1953, pp. 69, 273). This contrasts with Tharp whose follow-up study of engaged couples found a significant correlation between intimacy and sexual gratification in men and no such correlation for women. (Tharp, 1963, p. 400).

Pineo and Locke, in separate studies, found a gradual "loss of. . .intimacy and confiding" as a consequence of disenchantment and a lessening of their intimate expressions of affection that effect the marital adjustment. (Pineo, 1961, p. 3; Locke, 1951). This area of intimacy which is so much a part of people's sexual lives is linked with their ability

to communicate both verbally and non-verbally, sharing with each other their intimate thoughts and feelings. (Blood and Wolfe, 1960; Cooke, 1964; Rausch et al, 1974: Hicks and Platt, 1970; Karlsson, 1951). Lederer and Jackson in their interviews with hundreds of respondents found trust to be a basic "ingredient of a workable marriage. . .developed over a period of time as a result of experience". (Lederer and Jackson, 1968, p. 107). They saw trust as a process which then feeds positively into the marriage. They described sex as an aspect of marriage which is important, but not primary, referring to sex as ". . .one of the cements which hold the bricks of married life together. But the when, the how, the how often and the quality can only be determined by the people involved." (Lederer and Jackson, 1968, p. 125). The studies of Terman (1938), Burgess and Wallin (1953), Blood and Wolfe (1960) also noted the contribution of trust and intimacy in the sexual sphere and in the general marital satisfaction data.

A decline in frequency of sexual relations occurs gradually during the course of most marriages according to all of the studies under scrutiny by this researcher. (Terman, 1938; Burgess and Wallin, 1953; Kinsey, 1953; Pineo, 1961; Lederer and Jackson, 1968; Frank, Anderson and Rubinstein, 1978). Some of the findings by Terman regarding frequency of sexual intercourse included a negative correlation with age, men having a higher frequency preference except through

ages 44-54 (where men and women had equal frequency preference), and the fact that the better adjusted the marital couple were, the closer they came to attaining the preferred rate of sexual frequency in their marriages. (Terman, 1938, pp.271, 272, 277). Kinsey's study showed a similar disparity between men and women with men wanting greater frequency of intercourse until age 40 when he found men's and women's desire on parity followed by a gradual decline for both. For Jews in particular, Kinsey found a somewhat higher frequency of sexual intercourse than the rest of the study population. (Kinsey, 1953,p. 77). Pineo acknowledged the reduction of the rate of sexual intercourse as did Karlsson who found that the closer the mates' desire for sex paralleled one another, the greater the marital satisfaction. (Karlsson, 1951,p. 116). It appears to follow that in any area of married life, the closer the couple's needs are to one another's the more satisfying we would expect their relationship to feel to them.

Burgess and Wallin speculated that the apparent difference between men's and women's frequency of desire for sexual intercourse may reflect women's association of sex with love and affection and thus the difference in sex drive could be a culturally determined factor, rather than the usually accepted biological need. They also found that other parts of

the marital relationship, such as companionship, played a more positive role in marital satisfaction than their sexual relationship. (Burgess and Wallin, 1953, pp. 274, 362).

No significant positive correlation between pre-marital sexual coitus and sexual satisfaction were found in studies by Terman (1938), Burgess and Wallin (1953), Karlsson (1951), Hamilton and Blood (1957), Davis (1929), Locke (1951). In addition these same researchers found no positive correlation between marital success and pre-marital sexual intercourse. Terman did however indicate that virgins had the highest mean happiness scores, though he did raise the question that since virginity was fast disappearing it would be increasingly difficult to find such mates in the future. One third of the men and two thirds of the women of that study population were virgins at the time of marriage. (Terman, 1938, pp. 320, 321, 329). In this same study there was a negative correlation between a "desire for" extra-marital sexual intercourse and happiness in the marriage. (Terman, 1938, p. 337). An earlier study by Hamilton (1929) showed a negative correlation for women who had pre-marital sex, and studies by Locke (1951), Burgess and Wallin (1953), and Terman (1938), show differences in sexual satisfaction as related to the mode of pre-marital sex (i.e., pre-marital sex with wife only versus sex with wife plus other women, etc.). Though Burgess and Wallin (1953) and Terman (1938) found three-fourths of the women and one-fourth of the men wanting extra-marital sex, with a negative correlation to

marital success, Glass and Wright found no difference between monogamous marriages and those having extra-marital sex in terms of marital satisfaction. (Glass and Wright, 1977, p. 691). They indicated that men look for a purely sexual experience whereas women's extra-marital sex is tied with needs for emotional closeness and love (Glass and Wright, 1977, p. 692). This idea is shared by the major portion of researchers who see the greater frequency of male pre-marital and extra-marital sexual experience with their tendency to view the contact as primarily sexual, and not tied to love and affection. (Kinsey, 1953; Burgess and Wallin, 1953; Terman, 1938; Locke, 1951).

The frequency of sex and pre-marital coitus experience do not correlate positively to marital satisfaction whereas desire for extra-marital sexual intercourse is negatively correlated with marital happiness and satisfaction.

Parental Marital Model and Feelings Toward The Parents

It has long been accepted that feelings toward parents effect important relationships and in particular the marital relationship. The following is a summary of the literature on the effects of the parental marriage and the positive feelings toward the parents as they effect the marriages of their children. This includes a look at factors in mate-selection, Oedipal issues, identification, and attachment.

All of the studies in the literature until 1977 were unanimous in their conclusions that people who came from happily married parents had a greater chance for success in their own marriages than those whose parents were unhappily married. (Terman, 1938; Burgess and Cottrell, 1936; Burgess and Wallin, 1953; Locke, 1951; Karlsson, 1951; Bannister and Pincus, 1965). It was also postulated that some people who have felt unhappy about their parents' poor marital relationship will work hard to achieve a successful marriage (Burgess and Wallin, 1950; Strauss, 1946); thus the parental marital model, whether positive or negative, can be seen to have an influence on the offspring's marriage. The study in 1977 of Mueller and Pope disputed this, and they found no relationship between the parental role model with adult marital instability. They did feel the influence of the parents was more important as it relates to high-risk mate selection. (Mueller and Pope, 1977, pp. 83-95).

Wallin found that men were more influenced in their attitudes toward marriage by the happiness of their parents' marriages than were women who seemed to have an equally positive view without regard to the happiness of their parents' marriages. (Wallin, 1953, pp. 22, 23; Wallin and Vollmer, 1953). This difference is probably a reflection of the

major life-goal for women of that era to marry, whereas men of that era would see their career choice as the primary goal, with family considerations appearing later.

A closely related area to feelings about the parental marriage is the degree to which each marital partner feels positively about his/her parents and the effect of these feelings. This attachment, if positive toward both or either parent, is generally felt to mitigate towards happiness in marriage since there is a positive transfer to the mate of the positive feelings towards the parents. In studies by Burgess and Cottrell (1936), Terman (1938), Karlsson (1951), Burgess and Wallin (1953), Winch (1951), there were reports that both men and women tended to be more attached to mothers than to fathers, though women tended to be more attached than men. This attachment is not necessarily positively correlated to success in marriage. In studies by Kamarovsky (1950), Winch (1951) and Hobart (1956), attachment was seen as a factor that had negative effects on men in their courtship behavior, and indicated that men needed to achieve a measure of independence from parental attachments in order to successfully participate in the courtship phase of their lives. Negative aspects of too great attachment by women to their parents were felt to contribute negatively to varying degrees in the marital relationship. (Kamarovsky, 1950, p. 264). Differences in closeness were cited by Skipper, Hadden and Tucker in a study which showed that Jewish women

were closer to their parents than the general community and this was not true for men. (Skipper, Hadden and Tucker, 1968, p. 595). Though Terman found a low positive correlation between attachment and marital happiness, the correlations for women were lower than men's and it is speculated that an overly close relationship contributes as a negative factor. (Terman, 1938, p. 213). The fact that women in general are more attached to parents and are more vulnerable to parental approval is evidenced in the study of Ellzey in 1949 where 72% of the women's parents had not approved of their marriages. Locke, in 1951, found no correlation between attachment to parents and marital satisfaction. (Locke, 1951, pp. 110-113).

The complex factors that merge into the ultimate choice of mate seem to include aspects of identification and Oedipal issues which intrude from the unconscious, in addition to the conscious factors that make people attractive to one another.

Burgess and Wallin (1953) felt that both parents influence mate selection with the key factor being the kind of emotional nurturing and feeling of love experienced in childhood, particularly in relation to the opposite sex parent. They indicated that generally people seek marital partners who resemble the personality of the opposite sex parent unless the personality of the parent was negative and then they will look for a personality that is opposite. They feel that the

"emotional relationship" to the parents will determine "his personality needs" and be of great importance in the kind of person he/she selects. (Burgess and Wallin, 1953, pp. 108, 109, 111).

Strauss found evidence that parental images strongly influence mate selection in terms of personality characteristics, with occasional physical resemblance; he found that it was not necessarily related to the opposite sex parent. He acknowledged the importance of "childhood affectional experiences with parents" as influencing marriage choice (Strauss, 1946, pp.555-559) as do most researchers. (Winch, 1951; Lynn, 1966; Terman, 1938; Burgess and Locke, 1960). "The parent image specifically influences the formation of the conception of one's ideal mate" which incorporates conscious and unconscious factors in mate-choice. (Burgess and Locke, 1960,p. 369). They support the notion that the opposite sex parent's personality and/or looks will influence the view of the ideal mate, though Kirkpatrick (1968, p. 247) found no correlations for this "opposite sex parent" formulation. Whether one sees the influence as opposite or same sex parent, it is clear that the parents do effect marital choices.

Oedipal factors are present in the adult relationships and the more resolved the feelings are, the better the marital partners are likely to fare. (Winch, 1951; Bannister and Pincus, 1965). There needs to have been enough mothering

to have separated "from the primary love object" and to have internalized the experience of the people in the early years of life (Blanck, 1967, pp. 154, 155). It is fairly well accepted that the relationship between mates is influenced by experiences with parents in childhood and that unresolved Oedipal conflicts are a source of marital disharmony. As Helen Kaplan notes, "for the prototype of later object-relationships is fixed in the child-parent relationship". (Kaplan, 1974, p. 159). Lynn sees the kind of conscious and unconscious parental identification and the conscious and unconscious sex-role identification that have been emerging as favoring an identification more with the mother than the father. Though men continue to identify with a "culturally defined masculine role", women while identifying with the mother, prefer the male work role. (Lynn, 1966, pp. 466-470). This suggests growing problems in the resolution of the Oedipal conflict and the complexity of the identifications that occur. All children need to accomplish the task of identification with the same sex parent (Satir, 1967; Blanck, 1968; Lynn, 1966) and then move to the sexual-object attachment of the opposite sex parent.

Resolution of Oedipal conflicts is influenced by the kinds of identifications each mate experiences and those for whom the identifications are weak, suffer in the marital relationship.

In discussing mate-choice the assumption is made that each partner attempts to meet his/her conscious and unconscious needs through the marriage (Burgess and Wallin, 1953; Winch, Ktsanes and Ktsanes, 1954; Murstein, 1967; Hollingshead, 1950).

Long-Term Marriage and Disenchantment

Studies showed varying rates and times of disenchantment during marriage, acknowledging some level of disenchantment effecting marriages as they progress. Pineo (1961), Rollins and Feldman (1970), Burgess and Wallin (1953), Luckey (1966), Blood and Wolfe (1960), and Terman (1938). Though these studies generally indicate a fall in marital satisfaction, Rollins and Feldman (1970) found an upswing in satisfaction as the couple approached the retirement stage. Deutscher (1958), found no support for post-parental disenchantment. Stinnet's study of older marrieds, ages 60-89, indicates that these people's marriages were felt to have become better with time (Stinnett, 1972, p. 666); they were more companionable, better able to express feelings and they considered "being in love" the most important factor in marital success. Since this current study deals with long-term marriage, it seems important to be aware of findings of other studies measuring this dimension.

Demographic Data as Related to Literature

The studies of Levinger (1965), Luckey (1966), Blood and Wolfe (1960), indicated a positive correlation between education and marital satisfaction while Terman (1938) found education to be a factor only when the husbands had less than 8th grade education or if wives had five or more years greater education than the husband. Karlsson (1951) found no such correlation and Hollingshead (1950) found education influenced mate selection.

There was no correlation between the age of mates and marital adjustment in the studies of Terman (1938), Karlsson (1951) or Blood and Wolfe (1960) though the latter found that companionship was negatively effected if the woman was more than four years older than her mate or if the man was ten or more years older than the wife. Burgess (1953) noted that the best ages for marriage were between 22 and 30 years of age.

The study by Levinger (1965) indicated that the higher the income the lower the divorce rate and Locke (1951) and Burgess and Cottrell (1936) found some correlation with marital stability. Terman (1938) and Blood and Wolfe (1960) found no correlation between income and marital satisfaction.

Burgess and Cottrell (1939) and Terman (1938) found no significant correlation between occupation and marital happiness though Levinger (1965) (who also cites Goode,

Kephart and Monehan) found that the higher occupational levels had less divorce. He did note differences within professions as having differing effects on marriages.

The studies are unanimous in concluding that religious homogeneity is positively related to marital satisfaction. These included Levinger (1965), Hollingshead (1950), Blood and Wolfe (1960), and Burgess and Wallin (1953).

The next chapter, on methods and design, will describe the population of this study, the mode of operation utilized in accomplishing the research, and the data-gathering and analysis process.

CHAPTER III

METHODS AND DESIGN

In this chapter on long-term successful marriage there will be a description of methods used in selecting the population to be studied, the development of the instrument to be used for the study, the procedures for data collection and data analysis, and the variables designed. The definition of success has been previously described in the chapter on the literature search and the other variables will later be defined in the chapter on findings.

A questionnaire was developed to administer to 290 members of three different synagogues in the San Fernando Valley to determine the validity of the hypotheses of this study. An intensive investigation was done including interviews with a smaller portion of the sample population, (50 people) and using the data from the questionnaire a series of analyses were done to examine the correlations to long-term successful marriage.

Sampling

The population to be selected was from Synagogue members in three congregations in the San Fernando Valley which are geographically representative of the area. The congregations

were of conservative and reformed Judaism with no orthodox congregation participating. This study focuses on long-term marriage of Jews in a suburban setting.

The decision to utilize synagogues was chosen as an appropriate way of reaching a Jewish population through an organized entity. Consideration was given to other means such as the Jewish Welfare Fund contributors list, but it was felt that this would establish other kinds of biases in the study that would be undesirable. An aspect of bias in selecting synagogue members is recognized but it was felt to be a desirable way to get the necessary access to the population to be studied. The biases might be in the areas of this population's tending to be somewhat more conforming Jews than non-Temple members, and that the Jewish identification might be stronger than non-members. However, considering the goals of this study and recognizing the deficiencies of this method, it was felt that Temple membership would provide a useful mode of reaching a Jewish population.

There are a large number of synagogues from which to select in the San Fernando Valley, and one of the early criteria for selection was the access through particular rabbis and the geographic area represented. There was a desire to select from a reasonably wide geographic area in order that the population be more representative of the Jews of the whole San Fernando Valley.

Five rabbis were sent a letter briefly outlining the intent of a study on "long-term" marriage, omitting the word "successful" so as not to bias the results, and describing the researcher's qualification (see appendix A). This was followed by a phone conversation to ascertain the willingness to be in the study, and in-person meetings were held with three of the rabbis. Two rabbis authorized the researcher to go ahead, two needed board approval and one agreed that it could be done in the near future. The Temples ultimately used were those whose procedure allowed the swiftest use of their membership lists. All Temples did agree to be in the study, but only three were used since the response was more than was originally expected. The researcher originally hoped for a population of 100 couples.

The participants in the study represent those people in three congregations who were believed to be married 18-30 years. Membership lists were examined by the researcher for two of the Temples to cull out the eligible members. However, due to deficiencies in their recording systems, some errors were made since fourteen ineligible couples responded. In one synagogue the population was supplied by a secretary who determined the 18-30 year status.

A decision was made to send the full study to 482 couples, and an invitation to be part of the study to 178 couples since a full mailing was extremely costly and this was a means of giving a larger number of people an opportunity to participate

in the study. The couples were randomly selected in regard to whether they received an invitation to participate, or received the full questionnaire itself. All responses were anonymous with no coding used. Respondents were identified as couples by the use of a four digit number they put on both returned questionnaires.

Questionnaire

The questionnaire was designed to establish a base of background of the respondents, including demographic data such as age, age-married, number of years married, education, income, number of children, siblings and work experience. The questions included in the study directly related to the four major hypotheses: 1) congruency of mate perception with the mate's self-perception is positively related to long-term successful marriage (congruent mate perception leads to empathy which is positively related to long-term successful marriage), 2) the attainment of at least a minimum level of sexual satisfaction is positively related to long-term successful marriage, 3) the parental marital model will contribute to long-term successful marriage, and 4) positive feelings toward the parents is positively related to long-term successful marriage. Additional data was elicited to somewhat broaden the focus. The questions were generally designed to be answered "all of the time", "most of the time", "some of the time", "rarely", or "never", which is on the five-scale rank order model of Burgess and Cottrell (1939) and Terman (1938).

(A copy of the questionnaire is found in Appendix B.) For a small number of questions a categorical response of "yes or no" was required and for yet a smaller number of questions an unstructured response was designated where the respondent had latitude in the quantity of answers. The body of the questionnaire included questions dealing with factors reported by Burgess and Cottrell (1939), Burgess and Wallin (1953), Terman (1938), Blood and Wolfe (1960), Karlsson (1951), Straus (1946), in their studies which related to personality characteristics, homogamy, parental marital models and attachments, and sexual characteristics of the relationship. This questionnaire compared the mates' perceptions of his/her mate as contrasted to the self-perception of the mate in the areas of self-esteem, interests, feelings, sexuality and sociability. It then proceeded to sections where issues of the parents, roles, children, sex-life, intimacy and expectations were examined through multiple questions. Those questions that particularly related to marital success were combined to produce the dependent variable "success". They are: 1) "I love my mate", 2) "I wish to remain in this marriage", 3) "I feel I married the best mate for me". The use of more than one factor to establish success or happiness is commonly used by Terman (1938), Locke (1951) and most researchers in setting a criteria of marital satisfaction or success. One

hundred and nine study questions were asked in addition to the twenty-nine items of demographic data for a total of one hundred and thirty-eight questions.

The questionnaire was designed by the researcher to elicit information about the quality of the marriages of the selected population. This questionnaire was first tested on ten married individuals (not necessarily Jewish) with whom the researcher discussed each page of the questionnaire, looking for clarity in the meaning of the questions. On the basis of this pre-test several test questions were changed to more precisely reflect the intent of the questioner. Following this, a group of fifteen couples were used to pre-test the revised questionnaire. This group reflected the character of the study population. Some revision was made in a sector of the instrument and further clarifying words were added in several places before administering the full questionnaire.

The researcher's questionnaire was used with the "CMP" scale designed by Walter Hudson on the fifteen pre-test couples to ascertain whether marital satisfaction and sexual satisfaction (on the CMP) coincided with results from the questionnaire. Since the CMP scale appeared to support the researcher's results, it was decided that it was unnecessary to include the CMP in the broad questionnaire. The body of the questionnaire ultimately used in the study had demographic data, questions about the self and what is perceived of the mate, questions about the parental marriage, and then

a series of questions described earlier in this chapter on varied aspects of their feelings. This was followed by an open-ended question on areas of conflict and another section where questions were asked about self-perception and mate perception, the next section asked several questions about the marriage and then there was a full page relating to separation and/or divorce. The final page dealt with sexual experience, expectations, and two open-ended questions on marriage followed by a section where comments on the quality of the questionnaire were invited and space was allowed for respondents to add any areas they deemed important. (See Appendix B).

Data Collection

The data was solicited in two ways: one group received the full study whereas the other group received a letter inviting them to be in the study. The high cost of mailing the study led the researcher to seek a less expensive means of getting subjects. Those persons receiving the questionnaire were introduced to the study by a letter from their rabbi (Appendix C), and a letter from the researcher (Appendix D). In addition, they received separate return envelopes for the questionnaire (in order that the respondents not see each other's answers) and a postcard (Appendix E) to be returned separately to the researcher indicating if they wished to receive the findings of the study and if they would be

willing to be personally interviewed. Since the questionnaire was anonymous, the only way the researcher had of making any requests, e.g. interviews, was to use the described method. There was no follow-up since anonymity was observed.

The second group of persons received an invitation to be in the study, (see Appendix F) the same letter of introduction from the rabbi and a different letter from the researcher which outlined in what they would be involving themselves. A postcard (Appendix G) was included which recipients mailed back to the researcher indicating a willingness to participate in the questionnaire. They were then sent a letter of instruction from the researcher, along with the full questionnaire. This represented the same material that those people who were originally sent the full questionnaire received, minus the rabbi's letter.

Direct mail solicitation was made of 660 couples of whom 482 received the full questionnaire and 178 received an invitation to request the questionnaire. One hundred fifty-nine couples returned the questionnaire representing 24% of the population surveyed.

Participants in the study were requested to return their questionnaires within one week without any collaboration with each other, and the bulk of the responses were received within one month. The response rate of 24% held for both groups, that is, those who originally received the questionnaire and those who originally received only an invitation to be

in the study. When the data was compared there was no difference, thus the data was ultimately analyzed together in the study.

One of the inherent problems of this survey was the requirement that both marital partners return the survey; thus many individuals were eliminated if their mates were not interested in participating. Twelve individuals returned the completed questionnaire under the mistaken impression that their mates were responding. One couple declined to participate, indicating the questionnaire might stir up too much thinking and included the following poems:

'A centipede was happy quite,
Until a frog in fun
Said, "Pray, which log comes
after which?"
This raised her mind to
such a pitch.
She lay distracted in the ditch
considering how to run.'

In addition, the very nature of the questions, their intimacy and provocativeness and general sensitive areas, would necessarily exclude a certain segment of the study population. Since there was the element of anonymity, it precluded any follow-up reminders to return the survey. This sample, however, is large enough to do an adequate statistical evaluation, though the response rate of 24% is smaller than originally requested, it is representative of the response rate for studies, such as those done by Terman (1938) and Burgess and Wallin (1953).

Data Analysis

The major subject areas were derived by combining individual items into categories of the substantive areas under investigation. The individual variables were analyzed first with the mean, median, standard deviation, range, skewness, and kurtosis computed. The variables were grouped in categories of marital success, feelings toward parents, feelings about parental marital satisfaction, sexual satisfaction, self-concept, concept of mate, trust of the mate, satisfaction with mate, perception of mate as contrasted with mate self-concept. An explanation of the individual variables to be grouped under the above categories will be found in the chapter on the findings.

The choice of the Pearson correlation was made to analyze the data since determinations of covariance were required and this mode is useful when "two interval variables" that are continuous are being analyzed (Tuckman, 1972, p. 233). A computer program SPSS version H for IBM 360, was used and the correlations were considered significant at the .01 level.

The design was for a static measure of what these couples now feel about their marriage and marital roles and there was little room in the questionnaire for an indication of the changes within the relationship over the years. The interview process, of 17% of the participants, was designed to allow room for a more dynamic appraisal of the relationship

and to further elaborate on several spheres of the questionnaire. No statistical analysis of this material was done, but rather the information is seen as a clinical supplement to the main instrument.

Interviews

The sampling for the interviews came from the respondents from the total study population who agreed by postcard to be interviewed. The mates could agree to each be seen, or one or the other could volunteer. Potential interviewees were telephoned on a random basis until the desired number (50) was obtained. One third of the participants in the study agreed to be in the interview group.

The in-person interview of this volunteer group took place in the researcher's office primarily, though five home visits and one restaurant interview occurred. The twenty interviews of couples took approximately one and one half hours each. The couple was seen together for approximately 50-60 minutes, followed by a separate interview with each marital partner for 15-30 minutes. In the case of the ten non-couple interviews, where one or the other partner had not volunteered, approximately one hour was spent with that individual. There was no difference in the findings of the individual or couple interviews.

The questions were related to the major content areas of the study including the influence of the parental marital

relationship, their roles and decision-making processes, their sexual relationship, changes in their relationship over the years, and the role of the children. These interviews were useful in corroborating the data from the questionnaire and particularly in expanding the data in the sexual sphere. In the area of extra-marital affairs, the interviewer verified the finding that this population was generally not engaged in extra-marital relationships. Clinical impressions were supported by the answers obtained as being honest representations of behavior and feelings.¹

The following chapter presents the findings of the study including descriptive statistics, correlations between variables and interview results.

¹The J. McVickar Hunt Movement Scale (1948), designed to measure the accuracy of clinical impressions, indicated that clinical impressions can be regarded as valid data for social science research.

CHAPTER IV

FINDINGS

This chapter presents the finding of this study which include the demographic data, the independent variables, correlations between the independent variables, and correlations between the dependent variable and the independent variables. The grouping of the individual items of the independent variables and the dependent variable will then be described, along with the relevant statistics, followed by a full discussion of the meaning of the statistics and its relationship to the literature.

Demographic Data

The data in Table I indicates that the population of this study represents a middle-upper middle class group of highly educated men and women with three-fourths of the men and half the women having a minimum of a college degree. The women's current mean age is 45.5 and the men's current mean age is 48.6. These men married at an average age of 24.5 whereas the women were on the average 21.4 years of age. They have been married for an average 23.9 years and have an average of three children.

Other data revealed that they came from homes where 94% of their parents had never been divorced and where one half of the respondents felt their parents had satisfying marriages. This group was relatively sexually inexperienced when they married, with 70% of the women and 35% of the men reporting no prior sexual intercourse with either each other or in outside relationships. Eighty-eight percent of the women and seventy seven percent of the men report no extra-marital affairs, a figure that was found both in the written questionnaire and corroborated in personal interviews.

Some studies have used similar economic groups, most notably Terman in 1938 whose data will be compared to this data, though other ones used newly marrieds and student groups who were less economically advantaged.

Descriptive Data for Independent and Dependent Variables

Independent Variables

The variables in Table II were derived from grouping of variables to form categories relating to the hypotheses of this study. These will be more fully described in the correlations with "success" and again the section on inter-correlations. There were four basic independent variables: congruence of mate-perception, sexual satisfaction, parental marital satisfaction and positive feelings toward parents. In addition, two variables, mate-perception and self-perception, were used to form the independent variable of

congruence of mate-perception. The descriptive statistics for five of the six variables is found in Table II and the data for the sixth variable is to be found in Table III.

The mean scores for men and women are quite comparable, across all four variables, reflecting a consistent agreement on perceptions of their sexual satisfaction, their feelings about their parents' marital satisfaction and their positive feelings toward their parents. The area of congruence of mate perception indicates women having a more positive view of their husbands than the husbands have of their wives, with a high degree of accuracy between their perceptions of one another. Some of this apparent harmony may be the result of the length of the marriages and does not imply that these men and women always felt as they now feel. We need to be aware of the influence each partner may have had on his mate's current feelings as that may be reflected in this data.

The parallel satisfaction in the sexual area may be assumed to reflect an interdependent relationship which might be expected in people who have maintained a sexual relationship for eighteen to thirty years. This data then needs to be accepted as the way it feels "now" and gives no insights into earlier problems that may have had to be solved.

Dependent Variable: Success

The dependent variable for this study was marital success. "Success" in marriage was operationalized by using three criteria:

1) "I wish to remain in this marriage," 2) "I feel I married the best mate for me", 3) "I love my mate". All three categories had to be rated "all" or "most of the time" to be considered "successful". Those people who answered "some of the time" on one or more of these questions were considered to be less successfully married. The data in Table IV indicates that the men and women in this study feel highly satisfied with the three components of their marriages that comprise the "success" definition.

In this study 76% of the people met the success definition.² Since the prime goal of this study is to uncover insights into areas that contribute to success in marriage, correlations of "success" will be made relating to sexual satisfaction, feelings toward parents and toward the parental marriage, and accuracy of the perception of the mate.

One needs to be aware of some "halo" effect when people decide to participate in a study of this kind, but it is clear that both the men's and women's views of their success is extremely close. This is expressed in their mean averages for the variable (men 1.52; women 1.54) and their evaluation of a high satisfaction level. The three questions were separated on the questionnaire and none of the participants

² 76% represents all couples who answered "1" or "2" on the three items comprising "success". This means that even where one mate had "1" or "2" but the other mate did not, both mates were eliminated.

were told that the purpose of the study was to examine successful marriages. The definition of success may be criticized for its arbitrary selection of these three factors, but an earlier pre-test did validate its accuracy as compared to Walter Hudson's findings in his "Marital Satisfaction Scale".

Other research has looked at success, calling it marital satisfaction or marital happiness using several components to form marital happiness scales (Burgess and Cottrell, 1939; Terman, 1938; Locke 1951) which were then correlated with a variety of factors, some of which are represented in the current study. The focus of earlier research was "prediction" whereas this study expects to utilize the knowledge to give insights to helping people in pre-marital and marital counseling.

Intercorrelations Between Independent Variables

As another step in the investigation we prepared a correlation between the independent variables in the study in order to see the kind of relationships that might emerge. These four variables were systematically analyzed and revealed some marked differences between the men and women in this study. The intercorrelations in Table V show a high correlation between perceived parental marital satisfaction and positive feelings towards parents for both men (.62) and women (.61) in this study. However the findings of most interest is in the differences between men and women in the correlations with sexual satisfaction.

There are significant correlations between sexual satisfaction and the wives' feelings toward their parents, perception of their parents' marital satisfaction and congruence of mate perception. There is a higher correlation between wives' positive feelings toward the parents and sexual satisfaction (.41) than the correlation between the perception of their parents' marriages and sexual satisfaction (.28). The correlation for mate perception (.40) is similar to that of positive feelings toward the parents. For the husbands in this study there is no correlation between their sexual satisfaction and their view of their parents' marriage (.08) their feelings toward their parents (.16) or their perception of their mates (.09). The high correlation for the women does not imply a causative factor but rather probably an identification with the warmth toward parents which is related to warm feelings expressed in the sexual relationship.

Another dimension not specifically designated as part of our hypotheses but represented by questions answered within the study is "trust". This proved to be an interesting insight in that trust was related to sexual satisfaction for both men and women.³ (See Appendix J).

³Another area that is noteworthy in this study is that there is no positive correlation between pre-marital sexual intercourse and sexual satisfaction for either husbands or wives, and there is a slight negative trend for those who did have prior sexual intercourse. "Previous sexual experience" describes pre-marital sexual intercourse with mate or other, but does not include pre-marital "petting" experience.

Relationship Between Exogenous Factors and
Independent and Dependent Variables

As a further exploration of the data we examined the relationships between the exogenous factors and the various independent and dependent variables depicted in Table VI.

The exogenous factors of number of years married, age married, education, income, occupation, birth order, number of siblings, and number of children had no positive relationship to the dependent variable nor to the four independent variables. There was a low negative correlation between number of years married and success for women ($-.24$) and no significant correlation for men ($.18$). Further intercorrelations between the exogenous factors, revealed a significant positive relationship between education and income. For husbands the correlation was $.47$; for wives it was $.27$. In each instance the relationship was significant at the $.001$ level. The fact that the population of the study is generally middle-upper middle class may have led to speculation that income would be related to success in marriage. The fact that this group has a large representation of professionals (C.P.A.'s, teachers, lawyers, physicians, engineers) would account partially at least for this correlation. There were no statistically significant correlations between any other of the exogenous factors.

The findings of this study are in agreement with those of Terman, 1938; Karlsson, 1951; Blood and Wolfe, 1960, and

Burgess and Cottrell, 1939, already cited in the literature that education, income, occupation and age are not positively correlated to successful marriage. One dimension upon which all of the researchers agree is that religious homogeneity does correlate positively to marital success and this includes research by Levinger (1965); Hollingshead (1950); and Burgess and Wallin (1953). The literature about the homogamy of cultural background and personality traits in marital success (Hollingshead, 1950; Burgess and Cottrell, 1939; Pfeil, 1968; Blood and Wolfe, 1960) and also the other areas of role and needs complementarity (Winch, Ktsanes and Ktsanes, 1954; Murstein, 1968) are components of areas that add to the ability of people to understand one another.

However, two items outside the focus of this current paper seemed worthy of note. One is related to the patterns of dominance in the parental home compared to dominance patterns in this population, and the other concerns the relationship of this group's feelings toward their children.⁴

⁴A. Parental Dominance Pattern: In the marriage of the parents of the respondents in this study there is a pattern of definite dominance by either the father or the mother, with a small area of equal dominance. In this study the marriages show a definite shift toward equality of dominance with few husband or wife dominated marriages whereas in their parents' marriages there were strong dominance patterns by mothers or fathers.

B. Feelings About Children: This group shows a high degree of satisfaction with parenthood which is an integral part of the institution of marriage. That is, a major premise of marriage has included having children and therefore it is important to note that 85% of the people in the study had a high ("all" or "most" of the time) satisfaction rate regarding their feelings about their children.

TABLE I
DEMOGRAPHIC DATA

Variable	<u>Women*</u>			<u>Men*</u>		
	Mean	Med.	St. Dev.	Mean	Med.	St. Dev.
Age	45.48	45.45	4.74	48.56	48.11	6.04
Age Married	21.37	20.84	2.73	24.48	23.53	4.56
Years Married	23.37	23.77	3.62	23.37	23.77	3.62
# Children	2.87	2.85	.816	2.87	2.85	.816

*n = 145

TABLE II
BASIC INDEPENDENT VARIABLES

Variable	<u>Women</u>			<u>Men</u>		
	Mean	Med.	St. Dev.	Mean	Med.	St. Dev.
Sexual Satisfaction	2.13	2.04	2.93	2.32	2.17	2.93
Parents' Marital Satisfaction	2.48	2.30	4.38	2.45	2.29	4.08
Feelings Toward Parents	2.37	2.32	4.54	2.35	2.92	4.31
Perception of Mate	2.24	2.23	.40	2.36	2.33	.34
Perception of Self	2.42	2.42	.35	2.39	2.43	.34

TABLE III
CONGRUENCE OF MATE PERCEPTION*

	n	Mean	Med.	St.Dev.
Men	131	.05	.05	.36
Women	133	.15	.15	.38

*Discrepancy score between self-concept and mate's concept of that person.

TABLE IV
DEPENDENT VARIABLE: SUCCESS

	Mean	Med.	St.Dev.
Men	1.52	1.38	.55
Women	1.55	1.32	.66

1 = all of the time

2 = most of the time

3 = some of the time

4 = rarely

5 = never

TABLE V
CORRELATIONS BETWEEN INDEPENDENT VARIABLES

		Sexual Satisfaction	Parents Marital Satisfaction	Feelings Toward Parents
Congruent Mate Perception	Women	.40**	.20	.25*
	Men	.09	.02	.10
Sexual Satisfaction	Women		.28**	.41**
	Men		.08	.16
Parents' Marital Satisfaction	Women			.61**
	Men			.62**

*p < .01

**p < .001

TABLE VI

EXOGENOUS FACTORS CORRELATED WITH DEPENDENT AND
INDEPENDENT VARIABLES

	Years Married	Age Married	Educ.	Income	Birth Rank	Child.
<u>WOMEN</u>						
Marital Success	-.24*	.06	.07	-.20	-.08	.04
<u>MEN</u>						
Marital Success	-.17	.04	.03	-.08	-.07	-.15
<u>WOMEN</u>						
Sexual Satisfac.	-.09	.04	.03	-.07	-.94	.02
<u>MEN</u>						
Sexual Satisfac.	-.09	.10	-.10	-.00	-.12	-.12
<u>WOMEN</u>						
Parents' Marital Satisfac.	.07	.07	.04	-.07	-.07	-.08
<u>MEN</u>						
Parents' Marital Satisfac.	.09	.08	.01	.07	-.02	-.12
<u>WOMEN</u>						
Feelings Toward Parents	-.15	-.03	.06	.06	-.17	-.09
<u>MEN</u>						
Feelings Toward Parents	-.11	-.17	.12	.13	-.16	-.01
<u>WOMEN</u>						
Perception of Mate	.10	-.01	-.15	.07	.01	-.02
<u>MEN</u>						
Perception of Mate	.13	.16	-.04	-.03	.04	.11

* $p < .01$

None of the above correlations meet $p < .001$

Dependent Variable as Correlated
to Independent Variables

This study was designed to look at success and its relationship to four independent variables. Given these hypothesized relationships, four hypotheses were framed:

- I. Congruency of mate-perception between mates is positively related to long-term successful marriage.
- II. The attainment of at least a minimum level of sexual satisfaction is positively related to long-term successful marriage.
- III. The parental marital model contributes positively to the achievement of a long-term successful marriage.
- IV. Positive feelings toward the parents is positively related to long-term successful marriage.

In this section of this chapter we will examine the correlations between success and the four independent variables (Table VII). Six independent variables are presented in Table VII since the variable of congruence of mate perception is derived from a discrepancy score between the variable "self" and the variable "mate." By and large there were significant correlations for the six independent variables though the level of significance was lower in the area of the parental relationship. There will be a discussion in further detail under separate headings for these independent variables.

Variable I: Congruence of Mate Perception

The first variable to be considered was that of the congruence of mate perception. The variable was calculated by

subtracting the person's self-perception from the mate's perception of him/her. There were nineteen items grouped together to form a variable representing the person's self-image. The same items were also grouped to form the image the person had of his/her mate. The variable, congruence of mate perception, looked at the difference between those perceptions to arrive at a discrepancy score with which the variable could be correlated. (See Appendix H). The correlation of .43 for women and .28 for men are both significant at the .001 level though the accuracy of the wives' perception of the husband has a higher correlation than does the accuracy of the husbands' perception of the wife with "success." The data does reveal a somewhat more positive view of the husbands by the wives than the reverse, but both men and women in this study have a reasonably accurate picture of their mates. (Mate perception was measured in 3 other areas, found in Appendix I). This correlation supports hypothesis I, that the mate's self-perception and the accuracy of his/her mate's perception of him/her do correlate with successful marriage. Hypothesis I is supported. The data also revealed that 64% of the women idealized their mates whereas 54% of the husbands idealized their mates, an indication that more than half of the men and women tend to feel more positively about their mates than the mates report feeling about themselves. This idealization appears in the literature on mate-perception (Burgess and Wallin, 1953; Luckey, 1960; Taylor, 1967) with the women's ability to perceive the mate accurately being more important

than the husband's ability to perceive her. Data also suggests that women's ability to be empathetic is more crucial to the success of the marriage than is the man's ability in this area. It may be reflective of the tendency for women to be more modest than men about evaluating themselves, or on the other hand, it may genuinely represent their true evaluation of their husbands. It would be useful to develop a scale to measure empathy more definitively that might illuminate its relationship to congruence of mate perception.

The literature clearly emphasizes the relevance of considering varied elements related to congruence of mate perception. One component of mate perception included the item "I enjoy sharing feelings" which provides important insights (Table VIII).

The component evoked extremely disparate answers between men and women with 82% of the women saying that they enjoyed sharing feelings "all" or "most" of the time, whereas only 49% of the men shared this trait. On most other items there was some disagreement but no other question elicited such a major difference.

The ability to share feelings is closely linked with both the ability to communicate and the need to communicate. This component does not appear to be evaluated in many studies, however in the studies of Karlsson (1951) and Levinger (1968) women were the initiators of communication and sharing of feelings with a significant correlation with marital satisfaction for women, not for men. (Karlsson, 1951, p. 130). This is consistent with his data in his study.

TABLE VII
CORRELATIONS BETWEEN DEPENDENT VARIABLE AND
INDEPENDENT VARIABLE

SUCCESS	Congruence of Perception	View of Mate	View of Self	Parents' Marital Satisfaction	Feelings Towards Parents	Sexual Satisfaction
Wife	.43**	.65**	.34**	.21*	.28**	.53**
Husband	.28**	.56**	.44**	.24*	.20*	.51**

*p < .01

**p < .001

TABLE VIII
 COMPONENT OF MATE PERCEPTION
 "Enjoy Sharing Feelings"

	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>Mean</u>	<u>Med.</u>	<u>St. Dev.</u>
Wives:	38%	44%	18%	-	-	1.80	1.77	.73
Husbands:	19%	31%	38%	10%	2%	2.47	2.52	.98

1 = all of the time

2 = most of the time

3 = some of the time

4 = rarely

5 = never

Variable 2: Sexual Satisfaction

The second independent variable to be considered was sexual satisfaction. The group of questions in this variable include 1) "our sex life feels good to me," 2) "I feel our sex life satisfies my mate," 3) "we make love often enough to suit me," 4) "our sexual relationship is satisfying."

The high correlation between sexual satisfaction and marital success (presented in Table VIII) for both men (.51) and women (.53) where $p < .001$ is reflective of the fact that this is a major area of satisfaction between men and women and supports hypothesis II.

Both men and women experience sexual gratification in marriage but a major difference appears related to frequency of sexual intercourse. (See Table IV). The acceptance of this factor is evidenced from the high correlation between overall sexual satisfaction and marital success for men (.51) and women (.53). In this sample group three-fourths of the men and women have strongly positive responses to their feelings about their mate's sexual role with them. In three questions approximately 75% of the respondents answered "all" or "most" of the time, whereas in the area on the frequency of sex only 53% of the men said they made love frequently enough "all" or "most" of the time, and 75% of the women did feel they made love with great enough frequency "all" or "most" of the time. The men were satisfied "some of the time" (28%) and thus the overall satisfaction is 88% when combining

these figures. This statistic supports the notion that there can be an area of some dissatisfaction within a specific area of the relationship (the sexual sphere) without the person feeling dissatisfaction with that whole area of the relationship. The statistics support the idea that for this group of men and women, their sexual relationship is a satisfying one. We should also note that if the respondent felt he/she "never" or "rarely" made love often enough that he/she also felt the sexual relationship was unsatisfying.

Variable 3: Parental Marital Satisfaction

The third variable, parental marital satisfaction, was produced by grouping five questions to form a single variable that could be correlated with success. The questions grouped to produce the parental marital satisfaction item included: 1) "my parents' marriage was satisfying to them," 2) "my father loved my mother," 3) "my mother loved my father," 4) "my parents had fun together," 5) "my parents argued" (this last question was coded in reverse to attain positive direction for all the questions). There is a statistically significant correlation between the perceived satisfaction of the parental marriage for both men (.24) and women (.22) though it is a low positive correlation. Hypothesis III is supported.

TABLE IX
COMPONENTS OF SEXUAL SATISFACTION

		All of the Time (1)	Most of the Time (2)	All of the Time & Most of the Time (1+2)	Some of the Time (3)	Rarely (4)	Never (5)
"Our sex life feels good to me"	MEN	18%	54%	72%	23%	5%	
	WOMEN	21%	55%	76%	15%	7%	1%
"I feel our sex life satisfies my mate"	MEN	9%	62%	71%	22%	8%	
	WOMEN	19%	54%	73%	21%	6%	1%
"Our sexual relation- ship is satisfying"	MEN	12%	57%	69%	26%	5%	1%
	WOMEN	21%	52%	73%	28%	6%	1%
"We make love often enough to suit me"	MEN	6%	47%	53%	28%	17%	2%
	WOMEN	22%	53%	75%	18%	6%	1%

These findings are supported throughout the sociological and psychoanalytic literature, though it should be noted that though the hypothesis does find support, it appears as a much less major feature than may ordinarily have been expected. The correlation is similar to the one found by Terman in 1938. Research by Burgess and Cottrell, 1939; Locke, 1951; Karlsson, 1951; Bannister and Pincus, 1965; also found a significant relationship between the happiness of the parental marriage and the happiness of their children's marriages.

Variable 4: Feelings Toward Parents

The variable reflecting feelings toward the parents, was constructed by combining seven questions into one variable that could be correlated with success. The questions used to ascertain the respondents' feelings about the parents included: 1) "I enjoyed my mother," 2) "I enjoyed my father," 3) "my mother spent enough time with me," 4) "my father spent enough time with me," 5) "my parents argued," 6) "I didn't like my mother," 7) "I didn't like my father" (the last two variables were coded in reverse to conform to the positive direction of all the questions).

The statistics for this variable (Table VII) reveal a significant correlation between wives' positive feelings about their parents and marital success (.28, $p < .001$) and a much lower correlation for men (.20 with $p < .01$). Hypothesis IV is supported. The impact on the marriage may be quite different for men and women as may be seen later in this chapter where intercorrelation of independent variables are examined. The studies of Winch 1951; Burgess and Wallin, 1953; Terman, 1938; also found a positive relationship between this area and marital success.

Partial Correlations

After completing the full correlations related to success, partial correlations were conducted in an initial inquiry as to whether controlling for certain of the variables would have an impact on some of the major correlations. Partial correlations controlling for four variables: 1) self-concept, 2) pre-marital sexual intercourse, 3) expectations of the marriage and 4) feelings about their parents' marriages were correlated with marital success. (See Table X) We controlled in turn for each of them using the partial variable and found that there was a trend toward lowered correlations with marital success, e.g., when the self-concept was controlled. However, the correlations remained statistically significant for such items as sexual satisfaction and perception of the mate. When controlling for

expectations and pre-marital sex, the correlations were virtually unaffected whereas controlling for feelings about the parental marriage affected the correlation between feelings toward the parents and marital success for both men and women.

Interview Results

A second phase of the study involved intensive interviews with a representative sample of the study population. The general trend of these interviews was to corroborate the findings of the questionnaire and to add depth to the study. Certain areas deserve special notation in this section: sexual satisfaction, marital roles, expectations and general success.

The interview group reported active sex lives, many stating that the frequency of sexual activity has diminished only slightly since the early years of marriage (currently averaging two times per week and for some, three times per week). There was an additional factor reported that in many ways the sex life has become more gratifying over the years. The deepening emotional involvement appears to have a positive effect on the quality of the sexual relationship. Other contributing factors are the lessening of inhibitions, the gradual enlarging of the sexual repertoire, and the freedoms they gained as their children have grown (less concern over interruptions, unusual times available, etc.).

TABLE X
PARTIAL CORRELATIONS

		Feelings Toward Parents	Sexual Satisfac.	Congruence of Mate Perception	<u>Control</u> <u>Parental</u> <u>Marital</u> <u>Satis-</u> <u>faction</u>
<u>Success</u>	W	.34	.64	.45	
	M	.04	.52	.26	
		Feelings Toward Parents	Sexual Satisfac.	Congruence of Mate Perception	<u>Control</u> <u>Self-</u> <u>Concept</u>
<u>Success</u>	W	.29	.57	.38	
	M	.03	.41	.19	
		Feelings Toward Parents	Sexual Satisfac.	Congruence of Mate Perception	<u>Control</u> <u>Previous</u> <u>Sexual</u> <u>Experi-</u> <u>ence</u>
<u>Success</u>	W	.34	.64	.45	
	M	.18	.51	.24	
		Feelings Toward Parents	Sexual Satisfac.	Congruence of Mate Perception	<u>Control</u> <u>Expecta-</u> <u>tions</u>
<u>Success</u>	W	.34	.64	.44	
	M	.18	.52	.26	

Since this questionnaire did not try to do a full exploration of the sexual habits of respondents, the interviews were designed to explore this area more fully. The interviews appeared to verify the reported low rate of extra-marital affairs and general level of satisfaction with the mate.

According to those interviewed, most felt no conscious expectations of goals for the marriage; however, there was agreement that these husbands and wives did have similar attitudes toward earnings, mode of life and children. They also indicated that marital roles have continued changing throughout the marriage and there were expectations of continued change. More than one half of the women regarded themselves as homemakers, staying home to do the childrearing; however, many have returned to school (under-graduate, graduate, and special training), some have taken part-time jobs, and a number of women indicated that they plan to work in the future. A further study of the changing roles in mid-life of both men and women is suggested by some of the responses to this study.

Those people who were interviewed reflected the high success ratio of the codified statistics and again added credence to the written results. The interviewees were generally representative of the age, number of years married and income level of the study population, and they were randomly selected.

The next chapter presents an in-depth discussion of the findings with a further comparison to related research and a consideration of the results in light of current psycho-analytic thinking.

Findings As Related To Hypotheses

Hypothesis I

Congruence of mate perception between mates is positively related to the achievement of a long-term successful marriage.

Positive for men and women.

The hypothesis is supported.

Hypothesis II

The attainment of at least a minimum level of sexual satisfaction is positively related to long-term successful marriage.

Positive for men and women.

The hypothesis is supported.

Hypothesis III

A positive parental marital model contributes positively to long-term successful marriage.

Positive for men and women.

The hypothesis is supported.

Hypothesis IV

Positive feelings toward the parents is positively related to long-term successful marriage.

Positive for men and women.

The hypothesis is supported.

CHAPTER V

DISCUSSION, SUMMARY AND IMPLICATIONS

The chapter can be divided into two major parts, one discussing the findings previously presented with some attention to some of the implications and a final section summarizing the results of the study and the implications.

This exploratory study of 145 married couples who are members of three Synagogues in the San Fernando Valley examined four hypotheses as they relate to successful long-term marriage: 1) congruency of mate perception with the mate's self-perception is positively related to long-term successful marriage (it is inferred that congruent mate perception leads to an empathetic relationship which is positively related to long-term successful marriage), 2) the attainment of at least a minimum level of sexual satisfaction is positively related to long-term successful marriage, 3) a positive parental marital model will contribute to long-term successful marriage, and 4) positive feelings toward parents is positively related to long-term successful marriage. There was an anonymous questionnaire filled out individually by the participants who were instructed not to confer with one another. Fifty subjects were randomly selected for interviews from a volunteer population of respondents.

This section explores the meaning of this research in

relation to the conceptual framework from which the hypotheses were derived and in relation to the findings of other researchers. The section will be considered in three segments related to the four hypotheses.⁵

Discussion of Findings

Congruence of Mate Perception

In the findings relating congruence of mate perception the hypothesis is supported that the accuracy of one mate's perception of the mate as compared with that mate's self-perception is important in achieving a long-term successful marriage. The fact that the women have a higher correlation between congruence of mate perception and success (men, .28; women, .43; where $p < .001$) is found in other studies measuring this component. Luckey, in her study of forty satisfied and forty unsatisfied couples, found a positive correlation between marital satisfaction and accuracy of mate perception (Luckey, 1960, p. 54) as did Stuckert and Taylor (1967). Taylor found that the perception by the wife of the husband and her empathetic responses contributed more to the success of the marriage than did the reverse. This is in harmony with the findings in this study which indicate that the women are more accurate in their mate-perceptions and idealize their husbands more than the men idealize their wives.

⁵ Hypotheses three and four will both be considered within the same section.

The intervening variable of empathy is inferred and grows out of the understanding that the capacity to perceive another person is a component of the capacity toward empathy. If a marital partner is aware enough of the self-concept, the emotional tone and interests of his/her mate it is likely that he/she will know and respond to those needs in a long-term marriage. We may assume that these areas are generally regarded as reasonable, that they are subject to growth and modification, and that people who stay married happily for 18-30 years have learned to "feel for" their mates. There is an implication of flexibility within the relationship and the understanding that needs, roles, and behavior are continually changing and that each partner expends energy in staying aware of his/her ever-emerging mate. Success in marriage is dependent on this ability to be empathetic, to know that at times one mate may have needs that do not fit comfortably into existing patterns and new adaptations need to be developed.

This capacity to empathize as viewed by ego-psychologists rests on a foundation of a solid, core-self image, with strong ego boundaries and a highly developed level of object constancy that enables them to see their mates for whom they are without fear of loss of self (Kohut, 1971; Blanck and Blanck, 1968; Freud, 1953; Shor and Sanville, 1978). This group of men and women have a similar evaluation of themselves in terms of their self-esteem, a fundamental part of their inner source of ego-strength, which appears to include a positive "self-representation" that is

not threatened by adequacy of the mate. (Jacobson, 1964). The finding about congruence of mate perception and its correlation with success is strengthened by the intercorrelations of independent variables that revealed a high level of correlation for four areas: self-image compared to mate's image of that person, sociability of mate compared to other mate's view of his sociability, emotional tone of the mate compared to the other mate's view of his/her emotional tone, and the mate's interests. (Appendix I).

These findings reveal a high level of accuracy of perceptions by both men and women with a trend toward more idealization by the women than the men; this trend toward mate-idealization was a feature of the research by Burgess and Wallin (1953). It may be linked to some of the unconscious inferior feelings of envy of men where masculinity and the masculine role have been more highly valued than womanhood. (Freud, 1914/1957; Klein, 1937/1975). This finding then suggests that these women are still struggling somewhat about feeling good enough about themselves as separate, sexual, worthwhile beings.

The issues of self-esteem and its relationship as to how the one mate views his/her marital partner can be seen as influencing the feelings they have about one another. This can be viewed in terms of their level of completion of the complex separation-individuation phase of their growth as Mahler has conceptualized it. These stages of development

seem to be re-activated in the marital relationship with new demands for growth.

The marriage can be conceptualized as paralleling the model of Margaret Mahler's construction of the psychological stages in infancy as a growth process starting with a symbiotic phase of psychic unity where the young lovers feel "as one." That early developmental phase includes exclusivity, mutual need satisfaction, high libidinal investment in one another, and a dim awareness of the world around. This stage of the honeymoon period may vary in length depending upon a complex of internal and external forces, followed by a beginning "separation-individuation" for the couple who are confronted with the need to individuate and separate from one another. Separation-Individuation is divided by Mahler into three sub-phases: "differentiation, practicing and rapprochement." (Mahler, 1975). Each mate needs to differentiate from the family of origin, "hatching" from the parental dependency to mate inter-dependency. They learn that they can survive without the parents and begin to explore areas upon which the mate can be depended. This phase blends into the "practising" sub-phase where libidinal energies go into career growth as well as the sexual sphere and there is much excitement with new experiences (together and separately), along with the growth of new social relationships. The couple learns to make decisions together, develop mutual goals and come to each other for "emotional refueling" from

the demands of the outside world, or in the case of many women, from the demands of babies and children. This phase continues into "rapprochement" where the marital partners may redefine their goals, make adjustments in their personalities that feel like there is a loss of autonomy leading to a realistic appreciation of one another's capacities. Here there are adjustments to the child-rearing needs, communication in the marriage is further refined, conflict resolution is enhanced and there is sharing on multiple levels with the personality needs of each member better perceived and better met. It is in this phase that the congruence of mate perception and ability to empathize emerge in a mature way. This leads then to the fourth phase, one of "consolidation of individuality" where the couple function in a unified mode, where they trust one another's autonomous functioning and can tolerate separations due to their internalized belief in the relationship. It is during this phase that each mate has the freedom to emerge as an individual with an awareness of its impact on the mate. Perhaps there is always movement in the marriage between these phases, so that at no time is the relationship static. A marriage is always in the process of developing, and like all growth and development, there is progression and regression alternatively.

The mates in this study appear to be able to use empathy in order to better respond to the needs of their mates, (Greenson, 1978; Klein, 1937/1975; Blanck and Blanck, 1968; Taylor, 1967). This population, married 18-30 years, have had the

time to develop methods and channels for understanding one another and the data is supportive of the fact that they are accomplished in this important task. They seem to deeply "know" one another. The study lends support to the premise that empathy is important to successful marriage and that it is dependent upon the ability to accurately perceive another person in the context of that person's experience. The analytic literature is filled with references to the role of empathy in interpersonal relationships (Kohut, 1971; Green-son, 1978; Blanck & Blanck, 1968; Klein, 1937/1975) as is the literature of the research studies (Vernon & Stewart, 1959; Foote & Cottrell, 1955; Cuber & Harroff, 1966; Clements, 1967) which receive support in this study's findings about self-other perception.

Within one of the components that was examined within the "emotional tone" of the mate, there was a major difference between men and women in their desire to "share feelings," with 82% of the women and only 49% of the men feeling a desire to do this "most" or "all" of the time. This suggests that the men in this study have a reluctance to reveal their feelings to their wives, and that this may be more pervasive in their lives in general. Where the women do idealize their husbands, it may be that the husbands feel a need to live up to that idealized image and are then more inhibited about revealing their concerns, their insecurities, or negative aspects of themselves. In addition we know that men had been traditionally raised to be independent, self-

contained beings who can solve things on their own and who aren't supposed to need help. It may be that this tendency by some of these wives to idealize their husbands may unwittingly negatively influence their husband's comfort in sharing feelings.

Sexual Satisfaction

The men and women in the study were asked to respond to questions about their sexual relationship with their mate. As anticipated, this study found a statistically significant relationship between sexual satisfaction and marital success, (men, .51; women, .53) with respondents indicating very positive responses for three out of four of the components of the category.⁶ We might expect sexual expression of loving feelings between married people and in this study that expectation is realized. The findings corroborate other studies by Frank, Anderson & Rubinstein (1978), Kinsey (1953), and others who agree that people can have some area of the sexual relationship which is not functioning well and still maintain a feeling of generalized sexual satisfaction within the marriage.

The one area that does not have a high satisfaction rate is the "frequency" of sexual relations. This stands out in

⁶Information received through the interviews did reveal that this group of men and women report a more sexually active marital life than those earlier researched by Kinsey (1.8x wkly coitus). They reported an average weekly sexual intercourse rate of two times per week, and part of the group reported an average of three times a week.

out in the statistics and in the "comments" section of the questionnaire. The fact that the men of this group would like to make love more often than their wives is consistent with the findings of Kinsey (1953), Frank, Anderson, Rubinstein (1978) and Masters & Johnson (1966). Many men tend to validate their masculinity and potency by the orgasmic experience; hence it would appear they may have a greater psychological need for sexual intercourse than women as well as any biological needs. Women's sexual lives are more affected by the total emotional tone of the relationship than are men's (as revealed in this study) and less frequently is sexual drive used as a measure of her womanhood. Since most women feel sexual intercourse to be an expression of warm, loving feelings in addition to the biological sexual urge, it follows that they are more likely to feel unresponsive sexually if there are disturbances in the relationship, or if they feel other pressures which impact negatively on their sexual feelings. This vulnerability in women seems to be primarily culturally determined and though the different preference for sexual frequency has been found by other researchers, one could speculate that this may change during the coming decade when more liberated women's attitudes may become more prominent. We could, however, speculate in the other direction; that as men look upon their love relationships in a more integrated way, they too will be affected by all aspects of their relationship and

that the sexual drive may be less disparate from their wives in accord with Ackerman's view of "tenderness" and sex (op.cit. p. 51). This is supported by the work of Erikson (1963) and Blanck & Blanck (1968) cited earlier.

The correlation between feelings of trust for these men and women and its high correlation (men .48; women, .46 $p < .001$) with the sexual satisfaction suggests that this group of people already do link intimacy with sexual expression. This finding is statistically supportive of Kaplan's (1974) idea that a trustful relationship plays an important role in sexual functioning and it also agrees with Leder & Jackson's (1968) findings that trust is a necessary part of a well-functioning marriage. Erikson (1963) and Shor & Sanville (1978) further elaborated upon the component that trust plays in this area of the marital relationship. The study by Tharp (1963, with a similar average length of marriage - 17 years) found such a correlation for men only when intimacy and sexual satisfaction were correlated. For men in this study there is no correlation between their sexual satisfaction and the parental marriage or their feelings toward their parents (men .08, .16 respectively). For women there is a marked difference, with a significant correlation between women's sexual feelings and their perception of their parents' marital satisfaction and their feelings toward their parents (women .28, .41 respectively). This data is not found or supported anywhere in the literature that this researcher surveyed.

It is possible that the finding of the positive relationship between women's feelings toward their parents and their parents' marriages when correlated with the sexual relationship is unique to this study population. Alternatively, it seems more likely that this is a variable that has not previously been investigated sufficiently. Most of the studies correlated their findings with marital satisfaction whereas in this study a series of inter-correlations were computed which revealed this result. The sexual development of women may indeed, as Freud (1933/1961) suggested, be a stage apart from men psychologically and this may offer a partial explanation for this difference in the findings of this study. That is, that women's sexual feelings toward their fathers translate to sexual love toward their husbands without the degree of Oedipal resolution that men experience in this realm.

Men were encouraged to be experimental sexually earlier than women, particularly in that era (40's and 50's) when the people in this study were adolescents, and the study results may be reflective of this factor. These findings do suggest a continuation in marriage of the effects of the greater involvement and tie to the nuclear family that women experienced while they were growing up. That is, that women have been more "taken care of" than men; they had been closely identified with the parental mothering and child-rearing role that continued in marriage and had a generally

greater involvement in family life than men. This seems to have had a long-lasting effect, and in marriage these women's sexual lives appear to remain more connected to their feelings about their families. Within these parameters then, the woman is able to enjoy an active, comfortable, relatively unconflicted sexual relationship. We might speculate that if these women didn't have the positive parental role models and positive feelings toward the parents, they might not be as comfortable being as sexually active as these women are in their marriages. These findings suggest that such feelings may give them permission to be sexual. It appears that men's sexual feelings and behavior are indicative of them being somewhat more Oedipally resolved in this area, more independent of the influences of the parents, and more clearly sexual than are their mates. One might say that for them sex is more purely sexual though other results show a strong correlation with trust and sexual satisfaction for both men and women. The women in this study do behave in a sexually active way, but since these sexual feelings have a relationship to their feelings toward their parents and their parents' marriages, it could be speculated that from a behavioral point of view there is similarity between the men and the women, whereas the emotional roots of the behavior may be quite different. The analytic literature does recognize differences between men and women in handling Oedipal resolution (Freud, 1933/1961; Blanck & Blanck, 1968; Klein 1937/1975) and "separation-individuation" (Mahler, 1975) and

these tasks seem very related to the sexual sphere of married people's lives. It is expected that this degree of relationship between parental feelings and sexual satisfaction has been changing in the current generation of young women who do tend to be more experimenting in their sexual lives than women of a generation ago. Valuable insights might be produced if the female offspring of the women in this study could be studied to see if the changes in sexual mores have affected them in the expected direction. Though "feelings about parents" have a low correlation with marital success, we see here an indirect link since sexual satisfaction contributes to marital success and is influenced by the way these women feel about their parents.

Parental Marital Model and Feelings Toward Parents

An examination was made of the parental marital model and of the feelings toward the parents as viewed by the men and women in this study. The findings of this study are in general agreement with the information derived from earlier studies, particularly in the realm of an accepted tenet that there is a relationship between one's parents' marital satisfaction and one's own success in marriage. The low level of correlation does conform to information obtained through interviews about the parental marital model and lends credence to the validity of regarding the hypothesis to be positive while recognizing that there is a low-positive correlation. Other studies have used a probability of .05 or

.01 whereas this study uses a probability of .01 and .001.

These findings are supportive of more general psychoanalytic expectations that the parents' marriage will provide a role model for their offspring, a model that is expected to have positive effects on their children's marital success. A study of this kind limits itself to the conscious evaluation by the respondents to questions designed to elicit a picture of their parents' marriage. This study makes no attempt to evaluate anything more than the perceived success of the marriages studied and in no way infers that this group is experiencing this degree of satisfaction in other realms of their lives.

In comparing the findings of this study with earlier ones, the population in the Terman study (1938) seemed an appropriate one with which to compare since that population was studied in an approach similar to the one this researcher used. Its population resembled our population in important ways that included the fact that they came from a middle-upper class group of Californians who were selected through church and club affiliation. In their answers to whether they ever regretted their marriages, they parallel the responses in the current study where 84% of the men and women said they "rarely" or "never" regretted their marriages. This compares closely to the responses of the present study in a similar response category where 83% of the women and 86% of the men felt they had married the best mate for them "most" or "all" of the time.

The Terman study concluded that there was a significant correlation between parental marital happiness and husband and wife happiness (though it was a low correlation), as did studies earlier cited (Burgess & Cottrell, 1939; Burgess & Wallin, 1953; Locke, 1951; Karlsson, 1951; Bannister & Pincus, 1965). The findings of this study also indicate a low positive correlation that is statistically significant for men (.24) and women (.21 where $p < .01$).

The Terman study also showed a significant correlation between happiness in marriage and attachment to parents for both men and women where Winch (1951), and Burgess & Cottrell (1936) found a correlation for men only, and Kamarovsky (1950) indicates a negative correlation for women who are too attached. Our finding shows a higher significant correlation for women than for men (men .20 $p < .01$; women .28 where $p < .001$). Here we can speculate that women may be more influenced by positive feelings toward their parents than are their husbands. The men are encouraged earlier to be independent, and in gaining their independence they give up emotional dependence on their parents while still feeling positively toward them. As women in our culture continue to reach for their independence, the results may shift in the direction of a lower correlation between feelings toward parents and marital success. On the other hand, we may pause to reflect upon the difference between conscious feelings toward parents and unconscious identifications which play their part in the married life of

men and women. The way in which this effects the marriages cannot be measured by this type of research and further investigation using projective tests might be more revealing of this particular factor. The factor of a negative identification with the parental marital model may unconsciously motivate these men and women to develop marriages that are as dissimilar as possible to the parents' marriages.

It does seem, however, from these results that parental approval might be less a factor for men than for women in their marital lives and we might speculate that approval needs may be hidden within the context of the influence that positive feelings toward parents have for women. Some psychoanalysts suggest that men are forced socially and dynamically to deal earlier with the Oedipal conflict and that women's resolution may be less intense and at a slower pace which may extend into adult life. Such a theory may partially explain some of the differences between men and women in this realm. Our findings are moderating of Mueller and Pope's (1977) research that showed no statistically significant correlation between parents' happiness and stability in their own marriages, since the correlations were lower than those found for other variables measured.

In considering the state of the resolution of the Oedipal conflict in the population of this study, it suggests that this group is for the most part, fairly well resolved in the Oedipal area and therefore has more capacity for object-love

in a less conflicted way. Their level of object-constancy is high and the separation-individuation has been successful (supported by our findings about their self-esteem, educational and professional achievement) and they seem integrated in their appreciation of their parents without using the parental tie in a dependent way (Erickson, 1963; Blanck & Blanck, 1968).

This observation about Oedipal resolution is open to conjecture that the high success factor in these marriages indicates that this group can risk surpassing their parents in the marital relationship or, on the other hand, it might be an indication that they are still competing with the parents which would indicate somewhat less Oedipal resolution. In marriage there is often a re-awakening of old Oedipal issues which are reworked, as suggested by Heiman (1956), Kaplan (1974), Freud (1933/1961), and perhaps some of the motivation to succeed in the marriage is a manifestation of the need to compete with the parents. It also may be that the perception of the parental marriage as not being ideal is helpful in facilitating some of the separation issues and useful in avoiding incestuous feelings. Many of these people indicated in the interviews that their concept of marriage differs from their parents' and that they would not be satisfied with the kinds of marriages their parents had. It is possible that as they sought a clearer separation from the parents that they sought different models of marriage

for themselves although they may unconsciously repeat patterns of the parental marriage.

The influence of the parents on mate selection was not directly measured in this study but the literature reviewed points to the conscious and unconscious factors operating in the process of mate selection relating to identifications with opposite-sex or same sex parents, and the internalization of parental images (Blanck & Blanck, 1968; Burgess & Wallin, 1953; Strauss, 1946; Lynn, 1968; Bannister & Pincus, 1965). There are also issues of homogamy and complementarity of backgrounds, personality needs and roles which play their part in mate selection which ultimately then influence the quality of the marital relationship (Murstein, 1967; Winch & Ktsanes, 1954; Hollingshead, 1950; Burgess & Wallin, 1953). Thus the effect of the parental models (marital or affectional) can be thought of as having subtle or indirect effects on the success factor of the participants in this study.

Perhaps the factor should be noted that many of these people came from other localities where they separated from the parents somewhat early in the marriage to come to California. They are of the mobile generation for whom the world offered wide vocational opportunities and the West was conceived of as a place open to all kinds of new ideas. Though there are also native Californians in the study, and people who had been married long before moving to California, this factor of the possibility of part of this group being

more independent as exemplified in their ability to move West and away from family is worth noting. In addition, this group of essentially economically secure people had the opportunity to give attention to important interpersonal and family issues rather than having to continually deal with life-sustaining matters with which their parents may have been concerned. For these people there has been more time for ego-energy and libido to be invested in working on various interpersonal, dynamic aspects of the marriage as they proceeded with their marriages over time.

Summary

This study of long-term successful marriage supported the four hypotheses with varying degrees of significance. The strongest correlations occurred between sexual satisfaction and success in the marriage. The support for the congruence of mate perception was more marked for women, but significant for both men and women where the probability level was .001. The correlations of the parental marital satisfaction with success were low for men and women, though they meet the required significance level of .01 and this suggests that it should not be considered as major a factor as other areas in influencing the possibility of a successful marriage. The correlation between positive feelings toward the parents and success in marriage showed the women's correlation to be much stronger than the men's and suggests that though both

men and women in this study had similar positive feelings toward their parents, for women the influence upon the marriage is different.

Clinical and Research Implications

One unanticipated finding was that of the correlation for women (and not for men) between their sexual satisfaction and feelings about their parents and the parents' marital satisfaction. This finding opens an area for attention by those doing both pre-marital, marital and "sexual" counseling. It highlights the attachments that women have with the nuclear family and the role it may play in the sexual life of the woman. Theoretically, the unconscious influence of parental identifications have long been acknowledged, but the impact on the married sexual life of the woman has not received enough attention. It further suggests that behavioral approaches toward sexual dysfunction need to incorporate a recognition of this factor, and not see the sexual life in isolation from the unconscious life of the participants. This finding needs further investigation since the study literature indicates that this is a factor which has not been adequately explored.

A study of younger women who were sexually liberated earlier than these women might reveal no significant relationship to parental attachment, or it might elicit a similar finding. A corollary study of other ethnic groups

to assess this factor would be of interest in validating this finding or it could be illuminating if a study of the daughters of these women were done to see if the findings would hold through two generations of women. Further study of the sexual experience and adequacy of women raised since the sexual revolution of the 1960's seems an appropriate avenue of investigation.

The data about the accuracy of self/other perception has important ramifications for those working with premarital or marital counseling. This important insight into the need to have enough knowledge of one's mate in order to be able to respond empathetically helps to highlight a major area of focus for people having marital problems and to evaluate the empathic capacity of either or both members; thus it becomes a useful tool in working preventively in pre-marital counseling. This group of marrieds scored consistently high in knowing how their mates felt about four areas of their lives and this suggests that attention should be paid to enhancing this skill as early as possible in the marital relationship. It also suggests further research that would directly measure empathy and the relationship to accuracy of mate perception. Since this study dealt with a relatively privileged ethnic group, it would be important to look at this factor as it relates to the marriage within other socio-economic groups, other ethnic groups, and within other ages and lengths of time married.

The implication of the data of the relationship to the parental marital model may be encouraging in a way since there has been such a growth in the divorce rate over the years. This data suggests that the parents' marital satisfaction is less influential in effecting the quality of their offspring's marriage than many other factors such as self-esteem, ability to accurately perceive the mate, and sexuality. However, it does confirm the idea that children do make important observations about and have feelings about their parents' marriage which can have a variable impact on the potential for a successful marriage. There are people who might be quite capable of having a successful short-term relationship, who cannot sustain a long-term relationship. This again implies some comparison of the results of this study with people who have been married for less than 18 years to see how it affects the results.

Further work on this selected population is now under way to make a longitudinal study, measuring changes in the marital relationship over a five year period, to see how well these "success" factors maintain themselves. A study of other ethnic groups and the majority population as a complementary project to this one would be of great interest to see how universal these factors are, and whether one is justified in generalizing any of these findings to the population at large. Another study of a similar population might be useful in examining the replicability of this study.

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APPENDIX A

Dear Rabbi _____:

As a doctoral candidate in clinical social work at the Institute for Clinical Social Work, I am currently proposing a dissertation project designed to study long-term marriages amongst Jewish families in the San Fernando Valley. The purpose of the study is to try to ferret out some of the aspects of long-term marriage and obtain some refined data that might be useful in pre-marital counseling.

Rabbi Steven Jacobs has already agreed to include Temple Judea in this study and I would like to know if you would allow members of your congregation to be invited to participate in the study.

The form of the study will be a questionnaire with anonymity, and complete confidentiality for all respondents. In addition, respondents will be asked if they would be willing to be interviewed in person, and from those people who wish to, a random selection of personal interviews will be made. Twenty-five of the hundred in the study will be selected.

From this study, which is focusing on factors of long-term marriage, we hope to make a contribution to knowledge about marriage which may be applied to development of more effective modes of marital counseling.

If this study meets with your approval, please respond by returning the enclosed card and you will be contacted in the next week.

I look forward to the start of this project with great hopes of finding some useful material for all of us who are engaged in professional work with married people. When this study is completed I would be happy to share the findings with you.

Yours truly,

APPENDIX B

— — — — —
Last 4 digits/Soc. Sec. #
or any 4 digits
(Both partners are to
use same four numbers)

DEMOGRAPHIC DATA

Complete Where Applicable

Age _____ Male _____ Female _____

Total years married _____

Age married (to current mate) _____

Years married to current mate _____

Current mate's age when married _____

Number of children
from this marriage _____ from other marriages _____
ages _____ ages _____

Your education:
(check highest level)

High School Graduate _____

College Graduate _____

Master's Degree _____

Doctorate _____

Mate's education:
(check highest level)

High School Graduate _____

College Graduate _____

Master's Degree _____

Doctorate _____

Brothers (#) _____ Sisters (#) _____ (including deceased)

Where you rank: oldest _____ 2nd oldest _____ 3rd _____ 4th _____ 5th _____ 6th _____

Number of years of part-time work prior to marriage: _____

Number of years of full-time work prior to marriage: _____

Full-time work during marriage: _____ Part-time: _____
no. years no. years

I plan to work in the foreseeable future: yes _____ no _____

Annual income: (Total family income)

under \$12,000 _____

12,001 - 25,000 _____

25,001 - 38,000 _____

38,001 - 51,000 _____

51,001 - 74,000 _____

over 74,000 _____

Occupation:

As you complete each page please proceed to
the next page without referring back.

QUESTIONNAIRE: PART I

The following questions require selection from five categories.
 Check the one that comes closest to your feeling or evaluation.

1 = all of the time 2 = most of the time 3 = some of the time
 4 = rarely 5 = never

(Your subjective answers are invited)

I enjoy:

1	2	3	4	5
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

conversation
 reading
 making love
 art
 arguing
 sports
 touching
 music
 discussions
 hugging
 sharing feelings

I feel my mate enjoys:

1	2	3	4	5
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

I feel happy when I am:

1	2	3	4	5
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

alone
 with friends
 with mate
 with our children

My mate feels happy when:

1	2	3	4	5
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

I am a physically healthy person

1	2	3	4	5
_____	_____	_____	_____	_____

My mate is a physically healthy person

_____	_____	_____	_____	_____
-------	-------	-------	-------	-------

I feel that I want to remain in this marriage

_____	_____	_____	_____	_____
-------	-------	-------	-------	-------

1 = all of the time 2 = most of the time 3 = some of the time
4 = rarely 5 = never

My parents were/are married _____ number of years.

My parents divorced _____ yes _____ no when I was _____ years of age.

Number of marriages: mother _____ father _____

If either parent died before you married, indicate which parent,
your age at the time, and your age when (if) parent remarried _____

The following questions ask for your subjective feelings and can be
answered as if the words "I feel" preceded the question.

I feel:	1	2	3	4	5
My parent's marriage was satisfying to them	_____	_____	_____	_____	_____
I disliked my mother	_____	_____	_____	_____	_____
My mother enjoyed being a mother	_____	_____	_____	_____	_____
I enjoyed my mother	_____	_____	_____	_____	_____
My father enjoyed being a father	_____	_____	_____	_____	_____
My mother spent enough time with me	_____	_____	_____	_____	_____
My mother loved my father	_____	_____	_____	_____	_____
My father spent enough time with me	_____	_____	_____	_____	_____
My father loved my mother	_____	_____	_____	_____	_____
I enjoyed my father	_____	_____	_____	_____	_____
My parents argued	_____	_____	_____	_____	_____
As a child/teen I argued with my parents. .	_____	_____	_____	_____	_____
My father was more dominant than my mother	_____	_____	_____	_____	_____
I disliked my father.	_____	_____	_____	_____	_____
My mother was more dominant than my father.	_____	_____	_____	_____	_____
I was a happy child	_____	_____	_____	_____	_____
My parents played approximately equal roles	_____	_____	_____	_____	_____
I am the dominant partner in the marriage .	_____	_____	_____	_____	_____
My mate is the dominant partner in the marriage	_____	_____	_____	_____	_____
My parents had fun together	_____	_____	_____	_____	_____
My mate and I share equal roles in the marriage	_____	_____	_____	_____	_____
My mate thinks I am the more dominant in marriage	_____	_____	_____	_____	_____
I feel my children think I am the dominant partner in this marriage	_____	_____	_____	_____	_____

1 = all of the time 2 = most of the time 3 = some of the time
4 = rarely 5 = never

	1	2	3	4	5
I find my work role satisfying (include home-making)	_____	_____	_____	_____	_____
Our sex life feels good to me.	_____	_____	_____	_____	_____
My mate makes decisions independently. . . .	_____	_____	_____	_____	_____
My mate finds her/his work satisfying. . . .	_____	_____	_____	_____	_____
I was an unhappy child	_____	_____	_____	_____	_____
I enjoy being a parent	_____	_____	_____	_____	_____
I feel good about my mate.	_____	_____	_____	_____	_____
My mate enjoys being a parent.	_____	_____	_____	_____	_____
I make decisions independently	_____	_____	_____	_____	_____
I seriously considered having extra-marital relationships	_____	_____	_____	_____	_____
My mate and I have fun together.	_____	_____	_____	_____	_____
I feel our sex life satisfies my mate. . . .	_____	_____	_____	_____	_____
We are able to make joint decisions well . .	_____	_____	_____	_____	_____
We make love often enough to suit me	_____	_____	_____	_____	_____
I regard my mate as a close friend	_____	_____	_____	_____	_____
I trust my mate.	_____	_____	_____	_____	_____
I feel my mate loves me.	_____	_____	_____	_____	_____

Please describe the areas that have caused conflict between you and your mate, and rank them in order of importance. Thus, conflicts of the same magnitude should be placed on the same line. (For example: disciplining of children, handling of money, quality of sex, etc.)

1 = all of the time 2 = most of the time 3 = some of the time
 4 = rarely 5 = never

The following questions ask you to answer how you feel about yourself and how you feel about your mate.

I feel I am:

I feel my mate is:

1	2	3	4	5		1	2	3	4	5
___	___	___	___	___	humorous	___	___	___	___	___
___	___	___	___	___	capable	___	___	___	___	___
___	___	___	___	___	dull	___	___	___	___	___
___	___	___	___	___	talented	___	___	___	___	___
___	___	___	___	___	a satisfying mate	___	___	___	___	___
___	___	___	___	___	unattractive	___	___	___	___	___
___	___	___	___	___	sexually satisfying	___	___	___	___	___
___	___	___	___	___	attractive	___	___	___	___	___
___	___	___	___	___	pessimistic	___	___	___	___	___
___	___	___	___	___	overprotective	___	___	___	___	___
___	___	___	___	___	argumentative	___	___	___	___	___
___	___	___	___	___	happy	___	___	___	___	___
___	___	___	___	___	assertive	___	___	___	___	___
___	___	___	___	___	defensive	___	___	___	___	___
___	___	___	___	___	dominating	___	___	___	___	___
___	___	___	___	___	passive	___	___	___	___	___
___	___	___	___	___	intelligent	___	___	___	___	___
___	___	___	___	___	sad	___	___	___	___	___
___	___	___	___	___	optimistic	___	___	___	___	___

I feel good about my children	___	___	___	___	___
We have clearly defined roles in the marriage	___	___	___	___	___
We have trouble reaching mutual decisions	___	___	___	___	___
We can talk intimately with each other	___	___	___	___	___
I feel that I married the best mate for me	___	___	___	___	___
My mate assumes traditional roles	___	___	___	___	___
I dislike my mate	___	___	___	___	___
I like my role with my mate	___	___	___	___	___
Our sexual relationship is satisfying	___	___	___	___	___
I love my mate	___	___	___	___	___

QUESTIONNAIRE: PART II

Many people who have long-term marriages have experienced periods of intense problems and unhappiness, and some have considered separation and/or divorce.

	yes	no	no. of times
I thought about separating	___	___	___
I thought about divorce	___	___	___
I seriously considered separating	___	___	___
I seriously considered divorce	___	___	___

	no. of times	duration (days, weeks, months, years)
We separated	1) ___	___
	2) ___	___
	3) ___	___
	4) ___	___

We sought professional help for our marriage ___yes___no.

If YES, please check the appropriate source of help:

Clinical Social Worker	___
Psychiatrist	___
Psychologist	___
Marriage and family counselor	___
Other	___

The primary cause for the separation was _____

Other contributing factors: _____

I had pre-marital sex: with mate ____yes____no; with other____yes____no

I have had____extra-marital affairs.
number

I live in a house and neighborhood that satisfies
or exceeds the expectations I had when I married. yes no

As a teenager I expected eventually to marry and
have children. ____

We have the number of children I wanted. ____

My mate earns the kind of living we eventually
expected when we first married. ____

I earn as much or more than I expected when I married. ____

We planned our children's conceptions:
all____1st____2nd____3rd____4th____none____

The thing/s I like most about being married is____

The thing/s I like least about being married is____

My mate and I have had marital counseling yes no

If you are willing to be interviewed in person, please indicate on
the enclosed card. Both partners are not necessary for that part
of the study.

Comments: Please feel free to comment on the quality of the
questionnaire, or any areas that you feel were not
included or are unclear.

APPENDIX C



Valley Beth Shalom

15739 VENTURA BOULEVARD
ENCINO, CALIFORNIA 91436

Harold M. Schulweis

Rabbi

June 8, 1978

Dear Haverim:

One of the members of a local congregation is doing a research study which could prove to be of value to the temple in our understanding of aspects of long-term marriage. I urge your cooperation in taking the time to fill out the questionnaire according to the procedure outlined.

This study is being conducted by an experienced psychiatric social worker who has spent twenty years in this field. Her current work towards a doctorate in clinical social work has the possibility of making a significant contribution to our understanding of the intricate facets of long-term marriage. The results of the study should be of value in marital and pre-marital counseling, and of more general use in gearing programs for the community on this subject.

Cordially,

Harold M. Schulweis

Harold M. Schulweis
Rabbi

APPENDIX D

NINA S. FIELDS, M.S.S.A.
14140 Ventura Boulevard
Sherman Oaks, California 91423

June 11, 1978

Dear

You are invited to participate in a doctoral study whose objective is to learn about the identifiable aspects that contribute to a long-term marriage. This study is using members of several San Fernando Valley temples as a sample population. All the information in the study will be anonymous and confidential.

Please take the time today, or sometime this week to fill out this questionnaire and return it in the enclosed envelopes. Both partners must participate in order to be included in this study. In order to maintain anonymity while being able to correlate husband and wife responses, please write the last four (4) numbers of one mate's social security number on the first page of each questionnaire. For the integrity of the study you are asked not to look at your mate's responses, and to mail the questionnaire back with no consultation. Thus two separate return envelopes are provided.

This study hopes to make a contribution to our understanding of long-term marriage, and to be useful in counseling young people who today are seriously weighing the value and risks of marrying. Won't you help us solidify what we know about marriage and potentially add enough to our knowledge so that the coming generation can profit from what we know?

All participants will be sent a summary of the findings. Just mail the enclosed card separately when you mail your questionnaire.

Remember, the questionnaire is to be returned within one week from the time you receive it.

Many thanks for your generosity in taking twenty minutes of your time in the interest of increasing our knowledge about this important subject.

Sincerely,

Nina S. Fields, M.S.S.A.

NSF:jr
Encl

APPENDIX E

NAME: _____

ADDRESS: _____

Yes, I would like a summary of the findings. _____

I would be willing to be personally interviewed

Husband: Yes _____ No _____

Wife: Yes _____ No _____

APPENDIX F

NINA S. FIELDS, M.S.S.A.
14140 Ventura Boulevard
Sherman Oaks, California 91423

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Dear

You are invited to participate in a doctoral study whose objective is to learn about the identifiable aspects that contribute to a long-term marriage. This study is using members of several San Fernando Valley temples as a sample population. All the information in the study will be anonymous and confidential.

Both marital partners must participate in order to take part in this study. Please return the enclosed card by return mail indicating whether or not you will take part in the questionnaire.

This study hopes to make a contribution to our understanding of long-term marriage, and to be useful in counseling young people who today are seriously weighing the value and risks of marrying. Won't you help us solidify what we know about marriage and potentially add enough to our knowledge so that the coming generation can profit from what we know?

All participants will be sent a summary of the findings at the conclusion of the study.

I look forward to your involvement in this study and hope you will be stimulated by your participation in the questionnaire.

Yours truly,

Nina S. Fields, M.S.S.A.

NSF: jr
Encl

APPENDIX G

DOCTORAL STUDY ON LONG TERM MARRIAGE

NAMES: _____

ADDRESS: _____

I will participate in the questionnaire

YES _____

NO _____

APPENDIX H

APPENDIX H

The components of the congruent mate perception are "SELF" and "MATE." The variable SELF included the view that the respondent had of himself or herself and this was then correlated to marital success. This self-concept included the following statements: "I feel I am: humorous, capable, dull, talented, a satisfying mate, unattractive, sexually satisfying, attractive, pessimistic, overprotective, argumentative, happy, assertive, defensive, dominating, passive, intelligent, sad, optimistic" ("all of the time," "most of the time," "some of the time," "rarely," "never"). The questions were worded negatively and positively, with the negative questions coded in reverse order to conform to the positive feelings being related to self-concept. The husbands' and wives' view of themselves had a significant correlation (.30, $p < .001$) indicating that the men and women in this study have a similar appreciation of themselves, and that this self-concept has a high correlation to marital success (men .44, women .34). In addition we find a high correlation between the self-perception and the perception of that person by the mate.

The variable MATE includes all the statements (capable, attractive, etc.) included in SELF, as each person perceives his/her mate. There is a high correlation between the view the mate has of the positive qualities of the marital partner and the attainment of success in the marriage (men .56, women .65, $p < .001$).

APPENDIX I

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Correlation of Independent Variables related to perception of mate in four areas:

MATE'S SELF PERCEPTION

	View of Self	Socia- bility	Emotional Tone	Interests
<u>Wives</u>				
View of Mate	.48**	.22*	.35**	.41**
<u>Husbands</u>				
View of Mate	.45**	.26**	.42**	.52**

* Significance at $p < .01$

** Significance at $p < .001$

Description of Components of Variables

The variable Sociable (how happy they feel about social relationships) included "I feel happy 1) when I am alone, 2) with friends, 3) with my mate, 4) with our children."

Sociability reflects how the mate is thought to feel about the four above questions. Emotional tone, feelings of an emotional nature, included the statements, "I enjoy 1) conversation, 2) making love, 3) arguing, 4) touching, 5) discussion, 6) hugging, 7) sharing feelings." Emotional tone of the mate, focused on what the mate enjoys and included the seven items above prefaced with "my mate feels happy when."

Interest, interests that they enjoy, included, "I enjoy 1) reading, 2) art, 3) sports, 4) music." Mate's interests focused on in what the mate is interested and included the above four items prefaced with "I feel my mate enjoys."

The above correlations reveal that in four areas where perception of the mate and the mate's self-perception were computed, a statistically significant relationship existed. that husbands' self-perception and wives' perception of the mate (.48) and the wives' self-perception and the husbands' perception of the mate (.45) show a significant correlation ($p \leq .001$). The accuracy of the perceptions in this data reflects an awareness of these people of important personal characteristics in addition to likes and dislikes.

APPENDIX J

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	Success	Sexual Satisfaction
Trust Men	.61*	.48*
Trust Women	.69*	.46*

* $p < .001$

The data reflecting trust reveal high correlations between feelings of "trust" with satisfaction with the marriage and with sexual satisfaction. The variable "trust" included: 1) "I regard my mate as a close friend," 2) "I trust my mate," 3) "we can talk intimately with each other." There is a high correlation of .69 for women and .61 for men between trust and marital success which is statistically significant at the .001 level.

