

The level of marital satisfaction of a sample of Jordanian couples in light of a number of variables in the Petra Tourism Authority Commission as a Model

Anas Alkhlaifat
Ministry of Youth, anas-mira@hotmail.com

Mohammad Beirat
Al-Hussein Bin Talal University, beirat@ahu.edu.jo

Follow this and additional works at: <https://digitalcommons.aaru.edu.jo/albalqa>

Recommended Citation

Alkhlaifat, Anas and Beirat, Mohammad () "The level of marital satisfaction of a sample of Jordanian couples in light of a number of variables in the Petra Tourism Authority Commission as a Model," *Al-Balqa Journal for Research and Studies* **البلقاء للبحوث والدراسات**: Vol. 26: Iss. 1, Article 3.
Available at: <https://digitalcommons.aaru.edu.jo/albalqa/vol26/iss1/3>

This Article is brought to you for free and open access by Arab Journals Platform. It has been accepted for inclusion in Al-Balqa Journal for Research and Studies **البلقاء للبحوث والدراسات** by an authorized editor. The journal is hosted on [Digital Commons](#), an Elsevier platform. For more information, please contact rakan@aar.edu.jo, marah@aar.edu.jo, u.murad@aar.edu.jo.

مستوى الرضا الزوجي لدى عينة من الأزواج الأردنيين في ضوء عدد من المتغيرات

انس عبدالكريم خليفات¹ محمد احمد مصطفى بعيرات²*

¹ مركز شباب الطبية، وزارة الشباب
² جامعة الحسين بن طلال، كلية العلوم التربوية

beirat@ahu.edu.jo*

الملخص

هدفت هذه الدراسة الكشف عن درجة الرضا الزوجي لدى عينة أردنية، كما هدفت الكشف عن وجود علاقة ارتباط بين عمر الزوج والزوجة ودرجة رضاهما الزوجي، واستكشاف أي منهما حقق أعلى مستوى من الرضا الزوجي. وتكونت العينة التي تم اختيارها عشوائياً من (390) زوجاً و (390) زوجة في سلطنة إقليم البتراء التنموي السياحي في الأردن.

وقد تبني الباحثان المنهج الوصفي وطورا مقياساً للرضا الزوجي شمل (21) فقرة موزعة على أربعة مجالات (مالية، أبوية، عاطفية، وصنع القرار). وأشارت نتائج الدراسة التي طُبِّقَتْ خلال الفترة الزمنية ما بين 13/9/2020 إلى 30/11/2020 إلى أنّ درجة الرضا الزوجي لكل من الزوج والزوجة على المقياس العام كانت متوسطة، وأنّ الأزواج لديهم رضا زوجي أعلى مما لدى الزوجات. بالإضافة إلى وجود فروق ذات دلالة إحصائية في الرضا الزوجي بالنسبة لمتغير العمر ولصالح الفئة العمرية الأكبر من 40 سنة. وقد أوصت الدراسة بإجراء دراسات تتعلق بالمستوى المعرفي للخصائص الزوجية، ومستوى الفروق بين الأزواج وعلاقتهم بالرضا الزوجي، إضافة إلى تناول متغير فرق العمر بين الزوجين على عينات أخرى من المجتمع الأردني، وإجراء دراسات لفحص أسباب تدني مستوى الرضا الزوجي لدى الأعمار الصغيرة، وتطوير مقاييس تنبؤية تفحص العلاقة بين الرضا الزوجي وإمكانية استمرار الزواج.

الكلمات المفتاحية

الأردنيين، الأزواج، الرضا الزوجي، الزوجات، العمر.

The Level of Marital Satisfaction of a Sample of Jordanian Couples in Light of a Number of Variables in the Petra Tourism Authority Commission as a Model

Anas A. Alkhlaifat¹ & Mohammad A. Beirat^{*2}

¹ Tayba Youth Center Manager- Ministry of Youth, anas-mira@hotmail.com, ORCID: 0000-0002-0302-3895, Mobile: 00962796524204

² Al Hussein Bin Talal University, Faculty of Educational Sciences, Department of Special Education, Amman – Jordan. ORCID: 0000-0001-8730-6405

* E-mail: beirat@ahu.edu.jo

Abstract

This study aims to reveal the degree of marital satisfaction among a Jordanian sample and to reveal the existence of a correlation between the age of husbands and wives and the degree of their marital satisfaction, and to explore which of them achieved the highest level of marital satisfaction. The sample, which was chosen randomly, consisted of (390) husbands and (390) wives in the Petra region authority in Jordan. The researchers adopted the descriptive approach and developed a marital satisfaction scale, which involved (21) items distributed over four areas (financial, parental, emotional, and decision-making). The results of the study that was applied during the time period between 13/9/2020 to 30/11/2020 indicated that the degree of marital satisfaction for both husbands and wives on the overall scale was moderate, and that husbands achieved higher marital satisfaction than wives did. In addition, there is presence of statistically significant differences in marital satisfaction in relation to the age variable and in favor of the older age group, over 40 years old. The study recommends conducting studies related to the cognitive level of marital characteristics, the level of differences between couples and their relationship to marital satisfaction, in addition to addressing the variable age difference between couples on other samples of the Jordanian society, carrying out studies examining the reasons for the low level of marital satisfaction at younger ages and create predictive measures that examine the relationship between marital satisfaction and the possibility of continuity of marriage.

Key words

Age, Couples, Husbands, Jordan, Marital satisfaction, Wives.

Introduction

Marital satisfaction is a state of mind experienced by couples, in which the husband or wife satisfies when it is found that there are benefits and gains in return for the efforts in the family or the marital relationship. Marital satisfaction affects the husband and wife in the perception, thinking and interpretation of each other's behavior. One of the risks of lack of consent between them is that it may lead to emotional divorce, infidelity, or incompatibility between the couples. (Al-Hidabi & Al-Siyabi, 2021) stated that it should be an interaction between couples in the marital relationship through the satisfaction of the various marital needs and the performance of the expected responsibilities of each partner towards the other. It is also asserted by (Saafan et al., 2021) that marital satisfaction is a general assessment of the marital relationship that expresses the extent to which marriage meets the desires and needs of the couples, including happiness, stability, and satisfaction of emotional and social needs. Marital satisfaction is one of the most important pillars of the mental health of couples, and is considered a goal that all couples want to reach, and the passion between them is one of the most important dimensions of marital satisfaction. It is also one of the most important conditions for a long and successful marriage and one of the factors that (Al-Shamrani & Khalifa, 2019).

Furthermore, the presence of marital satisfaction can be predicted through the convergence and homogeneity of the couple's personalities. The strength of marital satisfaction can also be predicted through communication, problem-solving, decision-making, financial management, emotional support, and parental care (Nadolu et al., 2020). On the other hand, the absence of marital satisfaction may lead to the separation of the couples, the disintegration of the family and bad effects on the lives and future of children. Consequently, marital satisfaction is considered as a mirror of couples' happiness and compatibility. There are also factors that affect marital satisfaction, including choosing a life partner, the period of acquaintance, the age of the couples and their emotional intelligence (Al-Yahya, 2020). Expressing feelings, understanding the feelings of the other partner, standing with him and participating in addressing inconveniences and challenges make the partner in recognizing himself and the characteristics of his

partner in the marital relationship (Laila, 2019).

Study problem and questions

The problem of this study lies in answering the following questions:

1. What is the level of marital satisfaction of the spouses? Which one is more satisfied with husbands or wives?
2. Does the level of marital satisfaction differ according to the age of husbands and wives?

Objectives of the study

The study aimed to reveal the level of marital satisfaction enjoyed by a Jordanian study sample of (780) husbands, (390 husbands and 390 wives) of the husbands residing in the Petra Tourism Authority Commission in Jordan, and to reveal the existence of a correlation between the age of husbands and wives and the level of Their marital satisfaction, in addition to knowing which of them achieved the highest level of marital satisfaction, husbands or wives, and the objectives of the study can be summarized as follows:

1. Measuring the level of marital satisfaction in society.
2. Knowing which of the spouses has more marital satisfaction level than the other.
3. Measuring the correlation of the age of husbands and wives on the level of their marital satisfaction.

The importance of studying

The importance of the study appears in two aspects: the theoretical importance and the practical importance:

Theoretical importance

1- Shedding light on the level of marital satisfaction in the Jordanian society, especially the Petra Tourism Authority as a model.

2- Marital satisfaction is important for marital stability in a multicultural society, and this gives importance to the role of family counseling in dealing with these couples.

Practical importance

This study provides a measure of marital satisfaction, and this study can help provide a realistic description of the reality of marital satisfaction levels in society, as it is a

new addition to the field of research in psychological fields and family guidance in the Arab world.

The study concepts

Marital satisfaction: It is the degree obtained by each of the spouses on the marital satisfaction scale that the researchers prepared to measure their level of satisfaction.

Spouses: They are those who have a legal relationship with a marriage contract proven by the Jordanian Sharia Court.

Petra Tourism Authority Commission: It is the place of the study, where the study sample was selected from this region, and it is considered a multicultural place.

Review of Literature

As for the most prominent theories that explain marital satisfaction, they are many as a result of the factors causing its presence or loss in couples, and its impact on marital life. The theory of John Gottman indicates that the positive interaction between couples is the key to marital satisfaction and predicting marital stability over time. It explains that interaction between couples is necessary to achieve marital satisfaction. This theory believes that communication and dialogue are important between couples and that a low level of interaction between them will reduce the level of marital satisfaction causing some problems such as emotional drought, silence and discord (Al-Hidabi & Al-Siyabi, 2021). The marital satisfaction according in relation to social learning theory (Bandura) is based on mutual support by increasing positive actions and decreasing negative actions between couples. It is based on the mutual deterministic interaction between behaviors, knowledge and the environment, and together they represent a system of mutual influences (Acosta, 2020).

In Homans and Blau's theory of social exchange, social interactions are viewed as a productive factory for intimate relationships, and that the marital relationship can be considered as a trade-off in rewards and costs between couples. The gain resulting from the interaction affects the shape of the emotion, as the couples search for ways of interaction that are beneficial for each of them. They continue to interact with each other and feel love and cohesion

when each of them finds himself a winner from his interaction with the partner, otherwise he will feel himself loser and aggressive (Hou et al., 2019).

On the other hand, Murray Bowen's theory demonstrated to the ability of couples to distinguish between their mental performance and their own feelings, which is directly reflected in their relationship (Abu Aita, 2018). While the theory of human communication (Virginia Satir) focused on the communication skills that both couples possess and how to send and receive messages between them. Satir believes that it is possible to understand how couples interact by analyzing the process of communication between them to achieve growth between couples by practicing positive communication (Al-Tarawneh, 2020).

Based on the relevant studies, there are several conditions that contribute to marital satisfaction. Firstly, the ability to adapt refers to the ability of couples to deal with life changes and disturbances in a flexible way, along with effective communication and utilizing external resources (Hashemi, 2018). Second, couples should communicate clearly, openly, and frequently (Du Plooy & De Beer, 2018).

Third, expressing gratitude encourages couples to do positive things for each other in order to make them happy without hidden interests (Webb, 2020). Fourth, religious orientation is an essential characteristic of normal families (Aman et al., 2019). Fifth, social cohesion is the relationship of the couples or the family with the surrounding community of relatives, friends, and neighbors, which allows access to external sources of assistance for the family to adapt and confront (Algoe et al., 2017). Sixth, clarity of roles is a clear and flexible picture of the roles of couples, so that each of them knows the role assigned to him and his responsibilities, which allows him to play the roles with high efficiency (Tavakol et al., 2017). Seventh, Shared times means that couples share times with each other (Wang et al., 2018).

previous studies

As for the studies related to the fields of marital satisfaction, (Avarandeh et al., 2020) dealt with a study aimed at knowing the role of marital satisfaction, social support

and flexibility in the relationship between spiritual experiences and the happiness of married students in Kermanshah - Iran. The descriptive approach was used in the study, and (356) married students were selected as a sample using Morgan's table. The research tool included the ENRICH Marital Satisfaction Scale. The results showed that there was a direct and positive relationship between spiritual experiences with social support, resilience, marital satisfaction, and happiness.

Yoo (2020) aimed to measure the impact of the role playing style according to gender and communication on marital satisfaction among Korean couples. The study used the descriptive analytical method. The sample consisted of (6,412) participants (3,158) males and (3,243) females. The result revealed that there are statistically significant differences between gender, quality of communication, and marital satisfaction between males and females. In addition, the quality of communication and marital satisfaction of the male group was higher than that of the female group.

Nourani et al., (2019) aimed to examine the relationship between marital satisfaction, the division of domestic work, and husbands' beliefs about their roles according to the nature of their gender. The sample of this study was (120) couples who were referred to health care centers in Mashhad, Iran, in 2013. The marital satisfaction scale and a questionnaire designed by the researcher were used to divide domestic work, and another questionnaire about beliefs about the role of couples according to gender. The study found that the marital satisfaction of the couples did not have a significant relationship with their beliefs related to gender. Moreover, wives' performance of housework was not significantly associated with their marital satisfaction, but when their husbands participated in housework, their marital satisfaction increased, which was statistically significant, and husbands' participation in housework was significantly correlated with their marital satisfaction.

Watad & Hamida (2018) conducted a study aimed at clarifying the relationship of satisfaction with marital life to the economic and academic level of the couples. The descriptive analytical approach was used, and the sample consisted of (922) husbands and wives in the south of the

West Bank from the governorates of Bethlehem and Hebron, between cities, villages and camps. A questionnaire was designed for the purpose of research. The results indicated that there were statistically significant differences in the level of marital satisfaction due to the level the economic and educational level of the couples. It was also found that the marital satisfaction of those with a limited economic level is less than the marital satisfaction of those with an affluent economic level. In addition, it was found that the marital satisfaction of those with a high educational level is higher than the marital satisfaction of those with a low educational level. The study recommends expanding research in the field of economic and academic influences on various areas of married life such as Marital compatibility, marital happiness, family atmosphere, family interactions, stability and family conflict, not just satisfaction with married life.

Haris & Kumar (2018) conducted a study on marital satisfaction and communication skills between couples, which aimed to understand the relationship between marital satisfaction and communication skills between married couples, and it also aims to discover the impact of demographics such as (age, gender and years of marriage) on marital satisfaction. The study sample consisted of (50) husbands (50 wives and 50 husbands) from Kerala. The marital satisfaction scale was applied and communication between husbands was monitored. The study revealed that interpersonal communication skills are necessary to establish a good relationship between couples. There are also no statistically significant differences in gender, age and years of marriage on the study variables between couples.

Lee & McKinnish (2018) conducted a study aimed at finding out the effect of the age gap between couples on marital satisfaction during the marriage using the family database from Australia, and to find if men tend to be more satisfied with younger wives and less satisfied with older wives' age. Interestingly, women similarly tend to be more satisfied with younger husbands and less satisfied with older ones. The study also showed that marital satisfaction decreases with the duration of marriage for both men and women in couples of different ages compared to couples of similar ages. This relative convergence of ages reduces the levels of marital satisfaction felt by men with younger

wives and women with younger husbands within 6 to 10 years of marriage. One possible mechanism is that different elderly couples are less resistant to negative shocks than similar elderly couples, which the study found some supporting evidence.

Wolfinger, N. (2016) conducted a study aimed at investigating the relationship between age at marriage and divorce risk. He analyzed data collected between 2006 and 2010 from the National Survey of Family Growth (NSFG) by using statistical methods that permit nonlinear relationships to emerge. His data analysis shows that prior to age 32 or so, each additional year of age at marriage reduces the odds of divorce by 11 percent.

Some previous studies differed from the current study in objectives, where some previous studies aimed to determine whether gender role attitude was associated with marital satisfaction, Marital satisfaction has been also reported differently according to gender (Yoo, 2020). In the study (Nourani et al, 2019), which aimed to examine the relationship between marital satisfaction, the division of domestic work, and husbands' beliefs about their roles according to the nature of their gender. Either study (Watah and Hamida, 2018) aimed to reveal the relationship between satisfaction with marital life and the economic and educational level of the spouses. The study (Avarandeh, et al, 2020) aimed to know the role of marital satisfaction and social support in the relationship to the happiness of married students.

The study (Haris & Kumar, 2018) is similar to the current study, which aimed to discover the effect of variables (such as sex, age, and years of marriage) on marital satisfaction. The study (Lee & McKinnish, 2018) aimed to find out the effect of the age gap between spouses on marital satisfaction.

Method

The researchers used the descriptive correlative methodology in their study of the research problem as a way to reveal the relationship between the level of marital satisfaction and age. Descriptive correlational design is used in research studies that aim to provide static pictures of situations as well as establish the relationship between different

variables (McBurney & White, 2009).

Study Limits

Human limits: this study was applied to married individuals until the month (9) of the year 2020 AD.

Spatial limits: this study was applied to married individuals residing in the Petra Regional Tourism Authority Commission area.

Time limits: this study was applied in the period of time Between 9/13/2020 to 11/30/2020, which falls within the first semester of the academic year 2020/2021.

Characteristics of the study sample

The sample of the study consisted of (390) families, consisting of (780) husbands and wives (390 husbands and 390 wives) of residents of the Petra Tourism Authority Commission, where they were chosen in an easy random way and from those who met the condition of choosing those married with one wife, because the presence of more than one wife may mean a source of other marital problems that have an impact on marital satisfaction. The sample included married Jordanians who live in the Petra Tourism Authority Commission, in order to ensure the homogeneity of the sample in terms of environment and culture. The selected families reside in separate housing, because housing with parents, it may mean the presence of an additional source affecting marital satisfaction. The selected married couples live together, because families with an expatriate husband may mean less friction between couples and lack of communication, which affects the validity of the measurement for the sample. To clarify the characteristics of the study sample and the distribution of the study sample members, table (1) shows the distribution of the study sample according to its variables.

Table No. (1) Shows that most of the age group of husbands is in (greater than 40), while most of the age group of wives is in (30-less than 40).

Study Instrument

For the purposes of collecting data and achieving the objectives of the study, a measure of marital satisfaction was developed (distributed to both couples).

The Marital Satisfaction Scale: it was developed after returning to the theoretical framework of marital satisfaction from the following scales:

1. Marital Satisfaction Scale for (Schumm et al.,1986)
2. Marital Satisfaction Scale for (Al-Tala`a and Al-Sharif, 2011).
3. Marital Satisfaction Scale (MSS) for (Canel, 2013).
4. Marital Satisfaction Scale for (Abu Asaad, 2015).

Validity and Reliability

Face Validity

The marital satisfaction scale, in its initial form, consisting of (22) items, was presented to a number of arbitrators from the professors of official Jordanian universities with experience and expertise in the subject of the study. Recommendations and the amendment were made according to their opinions. One paragraph was deleted, and the language of (7) items in the marital satisfaction scale was

modified in its initial form. As follows:

1. The field of financial marital satisfaction: (6) Paragraphs, (1-6) in the marital satisfaction scale.
2. The field of parental marital satisfaction: (3) Paragraphs, (7-9) in the marital satisfaction scale.
3. The field of emotional marital satisfaction: (8) items, (10-17) in the marital satisfaction scale.
4. The scope of marital satisfaction in decision-making: (4) Paragraphs, (18-21) in the marital satisfaction scale.

Internal Consistency

As shown in table (2) the scale was applied to an exploratory sample consisting of (30) husbands and (30) wives from the study community, and they were excluded from the study sample to verify the internal consistency, and the validity of the scale's paragraphs was measured through the correlation coefficient between the paragraph level and the total level of the field as shown in the following tables:

Table (1) distribution of study sample members according to the age of couples` variable)

The age of husband/wife	Frequencies of husbands	Percentages %	Frequencies of wives	Percentages %
20 - less than 30	88	22.6	104	26.7
30 – less than 40	143	36.6	159	40.8
More than 40	159	40.8	127	32.5
Total	390	100	104	100

Table (2) Correlation coefficients between the sub-domains of the marital satisfaction scale

Domains	Financial Martial Satisfaction	Parental marital satisfaction and roles	Emotional marital satisfaction	Marital satisfaction in decision making
Financial Martial Satisfaction	-----	0.794**	0.447**	0.343**
Parental marital satisfaction and roles	-----	----	0.491**	0.579**
Emotional marital satisfaction	-----	----	----	0.714**
Marital satisfaction in decision making	-----	-----	-----	----

** Statistically significant at the significance level ($\alpha \leq 0.01$). Table No. (2) shows that all correlation coefficients between the sub-domains of the marital satisfaction scale are statistically significant at the significance level ($\alpha \leq 0.01$).

Reliability

Table (3) shows the results of the reliability coefficient of the scale which was calculated using the method (Cronbach's alpha α) and the split half of the domains of the marital satisfaction scale and the scale as a whole.

Table (3) the reliability of the scale

Domains	Cronbach's Reliability coefficient Alpha	Reliability using the Guttman hash-half method
Financial Martial Satisfaction	0.794	0.817
Parental marital satisfaction and roles	0.789	0.744
Emotional marital satisfaction	0.815	0.78
Emotional marital satisfaction	0.841	0.818
Martial satisfaction Scale	0.889	0.68

It is clear to us from the previous table (3) that the scale is reliable in terms of internal consistency in addition to the high reliability coefficients of the scale, so the scale was applied to the study sample.

Scale Correction

The answer to each of the scale's paragraphs was graded on a four-way scale: (strongly agree, agree, disagree, strongly disagree), according to the applicability of the paragraph's content to their marital satisfaction level, and the answers scale can be converted into degrees so that the answer takes a level (1) Expresses strongly disagree, level (2) expresses disapproval, level (3) expresses agreement, level (4) expresses strongly agree, the grading has been reversed on a paragraph bearing a negative meaning, which is paragraph No. (2), as for the limits adopted by this study when commenting on the mean scores of the variables contained in the study model, three levels have been identified: (high, medium, low) based on the following equation:

The length of period = (the upper limit of the alternative – the lower limit for the alternative)/ the number of degrees.

$$(4-1) / 3 = 3/3 = 1.00 \text{ (Al-Munazel and Gharaibeh, 2010)}$$

Table (4) Shows the scale in determining the appropriateness level for the mean scores of the marital satisfaction scale in order to benefit from it when commenting on the mean scores.

Table (4) the scale for determining the level of validity for the mean scores of the marital satisfaction scale

Mean Scores	Degrees
1.0-Less than 2.00	Low
2.00-less than 3.00	Moderate
3.00-4.00	High

Procedures

1. The scale was distributed to husbands and wives, and a copy was given to them in a sealed envelope for each of them, and it would be received on the next day. Husbands and wives were also assured of the confidentiality of the answers.
2. The scale was applied individually to all members of the sample.

Results

The result related to the first study question

The first question states: What is the level of marital satisfaction of the couples? Which one is more satisfied with husbands or wives? In order to answer this question, the means and standard deviations of the sample members' estimates of their marital satisfaction degree were calculated as shown in the table.

- The degree of marital satisfaction of couples:

Table (5) shows that the average husbands estimate of their marital satisfaction degree is (2.388) with a standard deviation of (0.713) which is moderate, and the table shows that paragraph No. (2) Which states, "I am tired of my husband/wife's debts" has the highest degree. Subsequently, paragraph (3) states, "My husband/wife manages the household budget well," while Paragraph No. (5 Marital Satisfaction) states that they are "happy with regard to financial matters and ways of spending" at least, at mod-

erate degree, with a mean score (2.16) and a standard deviation (0.974).

Table (5) Mean scores and standard deviations of husbands` marital satisfaction

No.	Item	Mean Scores	Standard Deviations	Degree
1	We totally trust each other when it comes to money	2.4	1.08	Moderate
2	I'm tired of my husband/wife's debts	3.03	0.932	Moderate
3	My husband/wife manages the household budget well	3.00	0.975	Moderate
4	We always agree on how much money we spend	2.58	1.03	Moderate
5	They are happy with regards to financial matters and spending methods	2.16	0.974	Moderate
6	We make decisions together about how we spend our money	2.54	1.05	Moderate
7	It is essential that both couples help out with the housework	2.34	1.04	Moderate
8	I think our parenting responsibilities are going in the right direction	2.33	0.993	Moderate
9	I believe that the rights and duties of both couples should be equal	2.35	1.13	Moderate
10	We express our mutual feelings freely and openly	2.19	0.979	Moderate
11	The interest is mutual and common between us	2.33	1.06	Moderate
12	If I knew what I know now, I would marry the same person	2.42	1.05	Moderate
13	We remember the happy times we had together	2.31	1.05	Moderate
14	There is mutual trust between us	2.38	0.988	Moderate
15	I think we are a perfectly happy couple	2.28	1.03	Moderate
16	I feel we understand each other	2.31	0.959	Moderate
17	I am happy with my husband/wife's personal characteristics and habits	2.26	1.03	Moderate
18	Most of our disagreements end in compromise	2.25	0.986	Moderate
19	We don't constantly criticize each other	2.27	0.996	Moderate
20	When we disagree on any matter, we discuss it	2.20	1.00	Moderate
21	The dispute between us ends immediately after discussing it and does not last for several days	2.24	1.03	Moderate
Husbands` marital satisfaction of husbands		2.388	0.713	Moderate

• The degree of marital satisfaction of wives
Table (6) shows that the mean score of wives of their marital satisfaction degree is (2.235) with a standard deviation of (0.518), which is moderate. It also shows that paragraph No. (7) States that “it is necessary for both couples to help with housework” has won Paragraph (9)

states, “I believe that the rights and duties of both couples should be equal,” while Paragraph No. (5) States “Happy with regard to financial matters and spending methods,” at least, at a low degree, with a mean (1.74) and a standard deviation (0.862).

Table (6) Mean scores and standard deviations of the wives' estimations of their marital satisfaction

No.	Item	Mean Scores	Standard Deviation	Degree
1	We totally trust each other when it comes to money	2.22	1.02	Moderate
2	I'm tired of my husband/wife's debts	1.93	0.983	Low
3	My husband/wife manages the household budget well	2.19	0.982	Moderate
4	We always agree on how much money we spend	2.25	1.00	Moderate
5	They are happy with regards to financial matters and spending methods	1.74	0.862	Low
6	We make decisions together about how we spend our money	1.93	0.982	Low
7	It is essential that both couples help out with the housework	3.47	0.663	High
8	I think our parenting responsibilities are going in the right direction	2.05	0.847	Moderate
9	I believe that the rights and duties of both couples should be equal	3.34	0.767	High
10	We express our mutual feelings freely and openly	2.07	0.872	Moderate
11	The interest is mutual and common between us	2.07	0.867	Moderate
12	If I knew what I know now, I would marry the same person	2.46	1.01	Moderate
13	We remember the happy times we had together	2.15	0.974	Moderate
14	There is mutual trust between us	2.52	0.99	Moderate
15	I think we are a perfectly happy couple	2.04	0.912	Moderate
16	I feel we understand each other	2.08	0.788	Moderate
17	I am happy with my husband/wife's personal characteristics and habits	1.96	0.801	Low
18	Most of our disagreements end in compromise	2.14	0.864	Moderate
19	We don't constantly criticize each other	2.04	0.874	Moderate
20	When we disagree on any matter, we discuss it	2.03	0.815	Moderate
21	The dispute between us ends immediately after discussing it and does not last for several days	2.27	0.996	Moderate
Marital Satisfaction of wives		2.235	0.518	Moderate

Therefore, from the above it is clear that the marital satisfaction of husbands is (2.388) and marital satisfaction of wives (2.235), which indicates that the marital satisfaction of husbands is higher than that of wives.

Results related to the Second Question:

The second question states: Does the degree of marital satisfaction differ according to the age of husbands and wives? In order to answer, the extent of differences between couples regarding their response to the factor affecting marital satisfaction and the extent to which there are differences in the degree of their satisfaction was tested according to the age variable, as shown in the table (7).

- Marital satisfaction varies according to the age of the couples

Table (7) the extent to which there are differences in the degree of marital satisfaction according to the age of the couples

Marital satisfaction according to the age of the couples	The number of the sample	Mean Scores	Standard deviation	(F) Value	Sig.
20 – less than 30	88	2.105	0.6720	19.48	0.000
30 – less than 40	143	2.289	0.6460		
More than 40	159	2.635	0.7180		

Table (7) shows the results of the (ANOVA) analysis that there are statistically significant differences between the degrees of marital satisfaction according to the age variable, where the value of (F) (19.48) and its significance indicated that it is statistically significant at the degree of significance ($\alpha \leq 0.01$), as the previous table shows. The degree of marital satisfaction of the older age groups is higher than the younger age groups, where the highest groups in the degree of marital satisfaction were the age group (more than 40) with a mean degree (2.635). In order to find out the reason for the differences, a post-comparison test (Sheffe) was carried out: Table (8) Results of the post-comparison test (Sheffe) for the degrees of marital satisfaction among couples according to age.

Table (8) Results of the post-comparison test (Sheffe) for the degrees of marital satisfaction among couples according to age

Marital satisfaction of couples according to the age variable	The difference in means	Sig.
(20 – less than 30) - (30 – less than 40)	0.183	0.141
(20 – less than 30) - (More than 40)	0.529*	0.000
(30 – less than 40) – more than 40	0.346*	0.000

* Statistically significant at the significance level ($\alpha \leq 0.05$)

From the table of dimensional differences (8), it is clear to us that the reason for the statistically significant differences in marital satisfaction among couples according to age is due to the difference between the age group (greater than 40) and the two younger age groups (20-less than 30) and (30- less than 40) with a difference in the mean (0.529) and (0.346), respectively, and at the degree of significance ($\alpha \leq 0.05$).

- Variation in marital satisfaction according to the age of wives

Table (9) Extent of significant differences in the degree of marital satisfaction according to the age of the wives

Martial Satisfaction in relation to age	The number of the sample	Mean Scores	Standard deviation	(F) Value	Sig.
20 – less than 30	104	2.226	0.488	3.669	0.026
30- 40	159	2.164	0.460		
More than 40	127	2.330	0.594		

Table (9) shows the results of the one-way analysis of variance. It is concluded that there are statistically significant differences in the marital satisfaction of wives according to the age variable, where the value of (F) was (3.669) and its significance is statistically significant at the degree of significance ($\alpha \leq 0.05$). In order to find out the reason for the differences, a post-comparison test (Sheffe) was done: Table (10) Results of the post-comparison test (Sheffe) for the averages of marital satisfaction among wives according to age.

Table (10) Results of the post-comparison test (Sheffe) for the means of marital satisfaction among wives according to age

Wives' Marital Satisfaction according to the age	The difference in means	Sig.
(20 – less than 30)- (30 – less than 40)	0.061	0.639
(20 – less than 30) -(More than 40)	0.104	0.271
(30 – less than 40) – more than 40	0.156*	0.027

* Statistically significant at the significance level ($\alpha \leq 0.05$)

Table (10) shows that the statistically significant differences in marital satisfaction among wives according to age is due to the difference between the age group (greater than 40) and the lower age group (30- less than 40) with a difference of (0.156) and with a level of significance ($\alpha \leq 0.05$). While the difference with the category (20- less than 30) was not statistically significant because the difference value (0.104) came at a significance degree (0.271) which is greater than (0.05).

Discussion

Discussing the first result

it showed that husbands have a higher degree of marital satisfaction than wives which was within the moderate degree. Women are more emotional than men, in addition to the fact that women's memory is selective, tending to recall negative situations and events that have occurred between the couples more than men. In addition, the nature of a woman who desires development and change may become frustrated and unhappy because she is unable to do so, unlike the nature of a man who does not seek to change a lot. The researchers also explain that the wife bifurcated thinking pattern (Spaghetti) makes the degree of marital satisfaction lower, which is related to multiple topics that enter the wife's thinking space, as it was compared to the thinking pattern of the (box) man, that is, opening and ending a topic and then thinking about another topic. Thus, if we look at the degree of marital satisfaction, it means that the degree of satisfaction of husbands / wives is related to the mental pattern of thinking. This is consistent with the study (Avarandeh et al., 2020 and Yoo, 2020)

Discussing the second result

It is shown that there are differences between male husbands regarding their response to marital satisfaction, depending on age, as the age group (more than 40) had the highest average marital satisfaction. Men in this age group are calmer and wiser. The age of forty and over is the largest stage in which understanding is completed and experience is gained, and it is the stages of life in which a person tends to have emotional balance and stability, in which he moves away from the critical periods of growth that he witnesses before the 40 years. Also, the decrease in testosterone secretion after the age of forty makes the husbands more harmonious and similar in thinking with the wife and agree with what was mentioned (Sherif & Kamel, 2012).

Furthermore, the group (20-less than 30) had the lowest mean scores. The researchers concluded that the male by nature at this stage prefers freedom and independence despite his marriage, which is the opposite of what women prefer. The results also revealed the existence of statistically significant differences between wives and their response to marital satisfaction according to the age variable, and the age group (more than 40) had the highest marital satisfaction as it is in the case of male husbands and this is consistent with what was stated in the study. The age group (20 - less than 30) had the second highest mean of marital satisfaction among wives. (Wolfinger, 2016 and Lee & McKinnish, 2018) The researchers believe that this result is due to the fact that women find in marriage at an early age a reason to feel that they are desired by the opposite sex and a reason to achieve motherhood, and the need for change and development in the course of her personal life by creating a new family.

Recommendations

1. Conducting a study related to the cognitive level of marital characteristics and the differences between couples in order to achieve marital satisfaction.
2. Conducting studies related to the variable age difference between couples and its relationship to marital satisfaction.
3. Selection of other samples from the Jordanian community.
4. Investigating the reasons for the low level of mari-

tal satisfaction among young couples.

5. Create predictive measures that examine the relationship between marital satisfaction and marriage continuity.

Contribution of authors:

Anas Alkhlaifat (Lead): Conceptualization, data curation, formal analysis, methodology, resources, writing-original draft.

Dr. Mohammad A. Beirat (Supporting): investigation, project administration, reviewing & editing, reading and approving the final draft.

Conflict of interests

The authors declare that there is no conflict of interest, and this research has not been published anywhere else. This research is derived from a master thesis by Anas Alkhlaifat and it is entitled by The Level of Mutual Knowledge between Spouses about their Characteristics and its Relationship to their Marital Satisfaction

Funding

This research did not receive any financial support.

References

- Abu Aita, S. (2018). *Marital and Family Counseling*. Dar Al-Fikr.
- Abu Asaad, A. (2015). *Manual of Standards and Psychological and Educational Tests*. Debono Center for Teaching Thinking.
- Acosta, R. (2020). *Overall Level of Marital Satisfaction in Christian Individuals Based on Marital Setting and Ethnicity* [Doctoral Dissertations and Projects, Liberty University].
- Algoe, S. B., Kurtz, L. E., & Grewen, K. (2017). Oxytocin and Social Bonds: The Role of Oxytocin in Perceptions of Romantic Partners' Bonding Behavior. *Psychological science*, 28(12), 1763–1772. <https://doi.org/10.1177/0956797617716922>
- Al-Hidabi, D. and Al-Siyabi, A. (2021). The Level of Marital Satisfaction of a Sample of Married Couples in Ad-Dakhiliyah Governorate of Oman. *IIUM Journal of Educational Studies*, 9(1), 2-20. <https://doi.org/10.31436/ijes.v9i1.331>
- Al-Munazel, A. and Gharaibeh, A. (2010). *Educational Statistics*. Dar Al-Masirah for printing, publishing and distribution.
- Al-Shamrani, F. and Khalifa, H. (2019). The Five Major Factors of Personality and their Relationship to Marital Satisfaction Among a Sample of Saudi Married Women in Jeddah. *Journal of Scientific Research in Education*, 20(1), 243-260. <https://doi.org/10.21608/jsre.2019.69858>
- Al-Tala'a, A. and Al-Sharif, M. (2011). Marital Satisfaction among Women Married for the Second time and its Relationship to Some Variables in Gaza Governorates. *Journal of the Islamic University (Humanitarian Studies Series)*, 19(1), 239-276.
- Al-Tarawneh, A. (2020). The Effect of Marriage Counseling Program on Improving Marital Satisfaction among a Sample of Wives Frequently Visiting the Counseling Clinics in Zarqa Governorate, Jordan. *Journal of Educational and Psychological Sciences*, 4(3), 87-110. <https://doi.org/10.26389/AJSRP.A060819>
- Al-Yahya, F. (2020). Marital Satisfaction and its Relationship to the Five Major Factors of Personality among Working and Non-working Married Women in the City of Abha. *Arab Studies in Education and Psychology*, 117, 353-405. <https://doi.org/10.12816/SAEP.2020.67674>
- Aman, J., Abbas, J., Nurunnabi, M., & Bano, S. (2019). The Relationship of Religiosity and Marital Satisfaction: The Role of Religious Commitment and Practices on Marital Satisfaction Among Pakistani Respondents. *Behavioral sciences (Basel, Switzerland)*, 9(3), 30. <https://doi.org/10.3390/bs9030030>
- Avarandeh, M., Eftekhar Saadi, Z., Bakhtiarpour, S., Heidari, A., & Asgari, P. (2021). The Intermediary Role of Marital Satisfaction in the Relationship between Spiritual Experiences and Happiness of the Married Couples. *Social Determinants of Health*, 6(1), e23. <https://doi.org/10.22037/sdh.v6i1.32968>
- Canel, A. N. (2013). The Development of the Marital Satisfaction Scale (MSS). *Educational Sciences: Theory and Practice*, 13(1), 97-117.
- Du Plooy, K. & De Beer, R. (2018). Effective interactions: Communication and high levels of marital satisfac-

- tion. *Journal of Psychology in Africa*, 28(2), 161-167. <https://doi.org/10.1080/14330237.2018.1435041>
- Haris, F., & Kumar, A. (2018). Marital Satisfaction and Communication Skills among Married Couples. *Indian Journal of Social Research*, 59(1), 35-44.
- Hashemi, S. (2018). Effectiveness of Training of Components of Islamic Life Style on Couples' Adaptability and Marital Satisfaction. *Islamic Life Journal*, 2(1), 57-64.
- Hou, Y., Jiang, F., & Wang, X. (2019). Marital commitment, communication and marital satisfaction: An analysis based on actor-partner interdependence model. *International Journal of Psychology*, 54(3), 369-376. <https://doi.org/10.1002/ijop.12473>
- Laila, H. (2019). Dimensions of Openness to Experience and Emotional Intelligence and their Relationship to Marital Satisfaction. *Journal of the Faculty of Arts Research*, 30(116), 1-12. <https://doi.org/10.21608/SJAM.2019.146499>
- Lee, W. S., & McKinnish, T. (2018). The Marital Satisfaction of Differently Aged Couples. *Journal of population economics*, 31(2), 337-362. <https://doi.org/10.1007/s00148-017-0658-8>
- McBurney, D. & White, T. (2009). *Research Methods*. Cengage Learning.
- Nadolu, D., Runcan, R., & Bahnaru, A. (2020). Sociological dimensions of marital satisfaction in Romania. *PLOS ONE*, 15(8), 1-11. <https://doi.org/10.1371/journal.pone.0237923>
- Nourani, S., Seraj, F., Shakeri, M. T., & Mokhber, N. (2019). The Relationship Between Gender-Role Beliefs, Household Labor Division and Marital Satisfaction in Couples. *Journal of Holistic Nursing And Midwifery*, 29(1), 43-49. <http://doi.org/10.29252/hnmj.29.1.301>
- Saafan, M., Murad, M., and Al-Azzazi, O. (2021). The legal and regulatory basis for virtual (digital) education in emotional regulation and its relationship to marital satisfaction among newly graduated (male-female) teachers. *The Arab Journal of Literature and Human Studies*, 16(1), 309-326. <https://search.emarefa.net/detail/BIM-102968>
- Schumm, W. R., Paff-Bergen, L. A., Hatch, R. C., Obiorah, F. C., Copeland, J. M., Meens, L. D., & Bugaighis, M. A. (1986). Concurrent and discriminant validity of the Kansas Marital Satisfaction Scale. *Journal of Marriage and the Family*, 48(2), 381-387. <https://doi.org/10.2307/352405>
- Sherif, A. and Kamel, N. (2012). *Brain Male or Female*. Al Shorouk International Library.
- Tavakol, Z., Nikbakht Nasrabadi, A., Behboodi Moghadam, Z., Salehiniya, H., & Rezaei, E. (2017). A Review of the Factors Associated with Marital Satisfaction. *Galen Medical Journal*, 6(3), 197-207. <https://doi.org/10.31661/gmj.v6i3.641>
- Wang, B., Taylor, L., & Sun, Q. (2018). Families that play together stay together: Investigating family bonding through video games. *New Media & Society*, 20(11), 4074-4094. <https://doi.org/10.1177/1461444818767667>
- Wadat, S. and Hamida, A. (2018). Correlation of Satisfaction with Marital Life with the Economic and Educational Level of Palestinian Couples in the Southern West Bank. *Palestine University Journal of Research and Studies*, 8(2). 33-55. <http://dspace.up.edu.ps/handle/123456789/150>
- Webb, J. I. (2020). The Function of Gratitude in Marriage: Building Ties that Bind. *Family Perspectives*, 2(1), 1-6.
- Wolfinger, N. (2016). *Replicating the Goldilocks Theory of Marriage and Divorce*. <https://ifstudies.org/blog/replicating-the-goldilocks-theory-of-marriage-and-divorce/>
- Yoo, J. (2022). Gender role attitude, communication quality, and marital satisfaction among Korean adults. *Journal of Family Studies*, 28(3), 1108-1125. <https://doi.org/10.1080/13229400.2020.1791230>

Author Biographies

Anas Alkhlaifat

Youth center manager at the Ministry of Youth, his research focuses on studying the family issues, gender and the impact of societal issues on the family.

Dr. Mohammad A. Beirat

An associate professor in special education at Al Hussein Bin Talal University, his research focuses on the latest contemporary issues in the field of special education, such as Autism, Mental disability, learning difficulties, and counseling Families of Children with Special Needs.