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## RELATIONSHIP BETWEEN MARITAL SATISFACTION AND PSYCHOLOGICAL QUALITIES OF SPOUSES

**Annotation.** Modern marriage is based on the compatibility of modern people as individuals. Joint life of the spouses requires willingness to compromise, the ability to consider the needs of the partner, to yield to each other, to cultivate such qualities as mutual respect, trust and mutual understanding. Relationship of psychological factors and satisfaction with the marriage became relevant in today's society. To identify indicators of marital satisfaction there were used two methods: test- questionnaire of marital satisfaction by Stolin V.V and questionnaire «Scale of family adaptation and cohesion» (FACES-3/ test of Olsen) for determining the psychological characteristics that influence on marital satisfaction The personality questionnaire with five factors and test the Big Five were also used, which were developed by American psychologists McCrae R. and Costa P. For investigation the effect of the dominant influence of family values, harmonization of family values, role expectations and aspirations, role adequacy of spouses on their level of marital satisfaction the technique REC of Volkova A.N has been used (Role of expectations and claims in marriage).

The results of investigation presented in the article may help to understand how the individual psychological characteristics of spouses are linked with the stability of marriage as an indicator of satisfaction of marriage.

**Key words:** family, marital satisfaction, features of marital relationships, questionnaire, spouses.

Studying social and psychological aspects of a family and marriage, research of interaction of spouses, their satisfactions with a matrimony, the role relations in marriage, and stability of the relations are the most important problems of psychology of a family in the present time.

The matrimonial relations are a kernel of any family. A family role in society, in human culture is very important. The family is the major social institute. In the family there is primary socialization of the personality. Violations of this social institute bears threat for the future of any society and in whole for human civilization.

Therefore it is not surprising that features of the matrimonial relations are studied already for long time by experts from different scientific areas. As well the matrimonial relations are a subject of studying of psychological disciplines.

The most known works in this sphere belong to A.H. Volkova, A.K. Dmitrenko, T.V. Galkina, D.V. Olshanskiy, A.P. Oshchepkova, B.M. Petukhov, K. Vitek, D. Myers, Yu.E. Alyoshina, T.M. Mishina, T.A. Gurko.

In conditions of social and economic changes in our Kazakhstan the institute of family experiences serious difficulties. So according to reports of committee on statistics of the Ministry of economy of RK in Kazakhstan the third year is decreasing the number of the concluded marriages, while as the number of recorded divorces is growing the seventh year.

According to the statistical data in Kazakhstan in 2015 there were 36 divorces out of 100 marriages [1].

Due to these data the problem of strengthening of marriage and improvement of marriage structure of the population gains the extreme state importance. Relevance of the researches devoted to problems of preservation of matrimonial relationship is increasing in this unfavourable situation.

Basis of preservation of family is satisfaction of spouses with relationship and marriage in the whole. Satisfaction with marriage is considered as compliance between existing and desirable, or is identified with subjectively experienced feeling of pleasure-unpleasure at assessment by spouses of all aspects of marriage. Satisfaction with marriage is not invariable, and in much depends on the relations of spouses. Modern marriage is based on compatibility of modern people as persons. Joint life demands from spouses readiness for a compromise, ability to reckon with needs of the partner, to concede each other, to develop such qualities as mutual respect, trust,

mutual understanding. The problem of interrelation of psychological factors and satisfaction with marriage has become urgent in modern society.

In psychological literature there are distinguished so called general satisfaction with marriage and satisfaction with separate aspects of a matrimony which consists of a number of estimates of its various parts in dependence on requirements imposed to the identity of the partner and to circumstances of family life. Therefore, it is necessary to consider and comprehensively study social-psychological factors which influence on satisfaction of spouses with marriage.

Researches show that for harmonious functioning of family material wellbeing and the corresponding level of education are insufficient. Psychological features of spouses, namely their personal features, and also coherence or coincidence of values, role expectations and claims are the most important factors of satisfaction with marriage, and therefore stability of the matrimonial relations.

In psychology there are a lot of researches on connection of satisfaction with marriage and role expectations, claims of spouses.

So in the research by Mosina Yu.A. and Mosin A.B. it is proved that coherence of family values positively influences on satisfaction with marriage. [2]

Similar results have been received also by other authors: with satisfaction with marriage such indicators as similarity of role expectations of the husband and wife, role compliance of the husband and wife, understanding of role expectations of another by each of spouses are closely correlated (Kalugina, 2011; Alyoshina, 2000; Wagon trains, 1990; Skinner, 1995; Fedotova, 1983). Also there are the researches devoted to a problem of interrelation of satisfaction in marriage with characters and temperament features of spouses. According to T. V. Andreyeva and A.B. Tolstova (2001), different degree of satisfaction with marriage can be defined by a combination of temperaments. So, the greatest satisfaction with marriage, frictionless distribution of roles are in families in which the husband is a sanguine person, and the wife – the melancholiac.

Satisfaction with marriage can be defined as internal subjective assessment, the relation of spouses to their own marriage. S.I. Golod has given such definition: "Satisfaction with marriage, obviously, develops as result of adequate realization of representation (image) of a family which has developed in consciousness of the person under influence of meetings with various events making his/her experience (valid or symbolical) in this sphere of activity" [3].

A lot of other researches are also devoted to problems of family relations: concept "pathological family inheritance" (E.G. Eydemiller, 2000.); theories of a vital cycle of a family (M.'s Nikolos, 1984., E.G. Eydemiller, Yustitsis V.V., 1990., Brown J., Kristinsen D., 2001.); "naive family psychology" (Yustitsis V.V., 1990.); neurotic influence in marriage (Ayzenstayn V., 1956); optimum age of marriage (Glik and Norton, 1977); the factors complicating an initial phase of development of a family (IAC-Goldrik, 1980.); relations with expanded families, (Mayer, 1980., Boven, 1978.); "a matrimonial subsystem" (Minukhin C., 1967.); problem of freedom of the choice, self-expression, realization of the opportunities (Rogers K., 1951., V.'s Satires, 1967., Vitaker, 1984.); matrimonial disagreements (Kemerun-Bendler L., 2000); matrimonial problems (Obozov N. N., Obozova A.H., 1982., Alyoshina Yu.E., 2000); psychological compatibility (Sobchik L.N., 2002). In the listed works the problems and factors complicating family life, connected with influence of distinctions in education, family installations are described (E.G. Edeymiller, Yustitsis V.V., Brown J., Makgoldrik, Alyoshina Yu.E., Gozman L.YA., Dubovskaya of E.M., Kunitsyna V. N.). As well the behavior stereotypes, connected with different perception and transfer of information (Kemerun-Bendler L.) and world outlook views at young spouses (V.'s Satires, Vitaker To., Obozov N. N.). are observed.

What, of course, creates prerequisites for psychological dissatisfaction with marriage. In our opinion, attention is poorly given to the satisfaction with marriage of spouses based on various psychological characteristics of two persons. But one of the leading places in the wide program of economic, social and spiritual development of the Kazakhstan society, in conditions of formation of the legal state and stabilization of the relations of all levels, is occupied by the family based on the harmonious matrimonial relations creating satisfaction with marriage. This task is important and difficult, demanding focused attention of the public and science as the psychology of the person changes far more slowly, than a material basis of his/her life.

In L.N. Serbina's and A.H. Yelizarov's opinion "in spite of rather serious development of a problem of dissatisfaction of family life and marriage in modern practical psychology does not exist the qualitative generalizing and systematizing researches in which the main factors of dissatisfaction at spouses and ways of work with them " [4].

Among the Kazakhstani researchers of family and marriage problems it is necessary to mention Kabakova M. P., who is the author of a number of scientific works in the field of psychology of family and marriage, in this number it is the monograph "Psychology of a family and marriage: theory and practice" [7]. Kabakova M. P. has investigated ethno-cultural factors of preservation of a family. In a particular, the author has revealed more complex structure of the Kazakh family, in comparison with the Russian family. Similar comparative researches of ethno-cultural features of satisfaction with marriage are widely presented also in the modern Russian psychological science. In these researches it is proved that in traditional families satisfaction with marriage is higher than in modern.

Thus, difficulties which are experienced by a modern family and spouses, and insufficiency of scientific knowledge of factors of satisfaction with marriage and mechanisms of its regulation as bases for various (psychological, pedagogical, etc.) types of help to family - have caused the choice of research subject.

Research purpose: research of psychological factors of satisfaction with marriage. Research object: psychological satisfaction with marriage. The practical importance of work is that family psychologists, psychotherapists and spouses can use results of the research. Research subject: psychological features of spouses and their influence on satisfaction with marriage. Research hypothesis: psychological features of spouses cause influence on satisfaction with marriage.

Methodological and theoretical basis of the work.

In the research we have based on theoretical and experimental data of such Russian scientists as S. I. Golod, Yu. E. Alyoshina, O. L. Shilov, Yu. A. Mosina, E. L. Kalugina, etc. In understanding of what is satisfaction of spouses with marriage we have used Yu. E. Alyoshina's definition: "satisfaction with marriage is subjective assessment of nature of their relationship by each of spouses".

For achievement of an effective result we picked up different techniques.

Techniques of the research. For identification of indicators of satisfaction with marriage two techniques were used: a test questionnaire 'satisfaction with marriage' by V. V. Stolin and the Questionnaire "The scale of family adaptation and unity" (Olson's FACES-3 / Test). For determination of the psychological features influencing satisfaction with marriage the Five-factorial personal questionnaire or the test 'Big five' developed by the American psychologists R. Makkrae and P. Costa have been used. For the research of influence of the dominating family values, coordination of family values, role expectations and claims, role adequacy of spouses on the level of their satisfaction with marriage the technique ROP by Volkova A. N. was used. (Role expectations and claims in marriage).

Characteristic of selection: in a research married couples with different length of matrimonial life took part. In total 20 couples were surveyed.

Research of the level of satisfaction with marriage - The average level of satisfaction with marriage was revealed. Significant distinctions on the level of satisfaction with marriage between men and women were not revealed. As a result of this test it is revealed: 11 people with low satisfaction with marriage = 27,5%, 25 people entered into group with the average level of satisfaction = 62,5%. 4 persons constituted group with the high level of satisfaction - 10 % of examined people.

Thus, in this group at most of examinees the average level of satisfaction with marriage was revealed.

The analysis of a ratio of levels of satisfaction in married couples has shown the following: at 10 couples (these are 50% of couples) both at the wife, and at the husband the average level of satisfaction with marriage was revealed. 4 couples (these are 20% of couples) both at the wife and at the husband have a low level of satisfaction with marriage. 2 couples (10%) both at the wife, and at the husband have a high level of satisfaction with marriage. In one couple the wife has high level, while the husband has average (5%), in one couple at the wife is average, at the husband is a high level of satisfaction, at one couple at the wife is average at the husband the low level of satisfaction and at one couple at the wife is the average level of satisfaction with marriage, low at the husband.

Thus at 16 couples (80%) the level of satisfaction with marriage of the wife and husband coincides. At 20% it does not coincide. It should be noted that all couples, at which the level of satisfaction with marriage does not coincide, have low role adequacy by ROP technique. Thus, if couple has no coincidence on role expectations in family life, then at them the level of satisfaction with marriage does not coincide. It seems to us that role adequacy is the important factor determining the level of satisfaction with marriage of spouses.

Results of a questionnaire - Scale of family adaptation and unity (Questionnaire D.Ch. Olson's FACES-3 / Test). This technique allows to estimate the level of family unity and level of family adaptation, and also reveals the level of satisfaction with marriage by family members.

The scale 'unity' investigates degree of emotional proximity, existence or lack of the sincere, cordial emotional relations.

The scale 'adaptation' investigates how family system is capable to adapt, change flexibly at influence of stress, and also to solve the vital problems arising at different stages of life cycle. In our group the average level of unity and family adaptation is revealed.

Research of psychological features of spouses. 'Big five' Test results

1. On a factor extraversion-introversion average values as in general in group, and in separate groups of women and men are revealed.

2. Statistically significant distinctions between women and men on a factor 1.4 are found. - Search of new impressions - (the significance value of distinctions by Mann Whitney's criterion makes  $p = 0.17$ ). As it has appeared, men are inclined to search of new impressions more than women.

3. On a factor Attachment - isolation - high rates are revealed. High values by this factor determine the positive attitude of the person towards people. Such persons feel the need to be near other people. As a rule, they are kind,

sympathetic people, they understand other people well, feel the personal responsibility for their wellbeing, tolerantly treat shortcomings of other people. They are able to support collective actions and feel responsibility for collective work, carry out the orders honestly and responsibly. Interacting with others, such people try to avoid disagreements, do not love the competition, prefer to cooperate with people more than to compete. As a rule, this kind of persons is respected in a group.

4. On a factor Self-checking – impulsiveness high rates are also revealed. It means that in general good strong-willed regulation of behavior is characteristic of our examinees. Such features of the personality as conscientiousness, responsibility, obligation, accuracy and accuracy in affairs, persistence are peculiar to them.

5. On a factor Emotional stability - emotional instability average values are being revealed.

6. Statistically significant distinctions between women and men on a factor 4.1 are found. Uneasiness carelessness. ( $p = 028$ ). Women are more disturbing than men.

7. On a factor Expressivity – practicality statistically significant distinctions between men and women are found. ( $p = 005$ ). Women in general are more expressive than men

8. Statistically significant distinctions on a factor 5.1 Curiosity- conservatism are found. ( $p = 004$ ). Women are more curious.

9. Statistically significant distinctions on a factor 5.4 Sensitivity -tolerance are found. ( $p = 021$ ). Women are more sensitive than men.

Thus, there are distinctions between men and women in manifestation of some psychological features. Namely, men are more inclined to search of new impressions. And women are more emotional, they are more disturbing, impressionable, more sensitive, and they have more developed curiosity.

Research of family values of spouses. Results of a technique "Role expectations and claims in marriage" (ROP). The most significant family values for examinees appeared such as the following- Parent and educational, social activity, Emotional and psychotherapeutic, and intimate and sexual value has appeared the least important. In general it is possible to draw a conclusion that all family values are important, however for preserving the steady family relations social values (accomplishment of parent functions, social activity of spouses, psychological support and mutual assistance) are more important. And such values as the sexual relations and physical appeal of the partner are less important for preserving the family relations. This result once again shows us that the family is a social "cell" of society, it is the most important social institute of society.

Thus, there are distinctions between men and women in manifestation of some psychological features. Namely, men are more inclined to search of new impressions. And women are more emotional, they are more disturbing, impressionable, more sensitive, and they more developed such feeling as curiosity.

The greatest mismatch of family values is noted on a scale "the intimate and sexual sphere": on this scale at 26% of couples are high values of a mismatch, and average value of a mismatch is 2,5 (the importance of values of this sphere at spouses disperses on 2,5 points on average). The greatest coordination is reached by spouses on a scale "Parental and educational" – here is a high coordination at 98% of couples, and an average number of a mismatch – 0,77 (the importance of values of this sphere at spouses disperses on 0,77 points on average). Thus, in the intimate and sexual sphere in group at respondents is the greatest mismatch of values, and in Parental and educational – the smallest.

Such small (within normal) mismatch was caused by the fact that men in general estimate value of intimate and sexual harmony for preserving the family relations a little above than the women (the indicator of the importance of distinctions by Mann – Whitney constituted 036). Thus, on such values as "Emotional and psychotherapeutic" and "External appeal" smaller role adequacy of women comes. As role adequacy develops as a difference of role expectations and role claims of spouses it is possible to draw the following conclusions:

1. The woman in marriage expects from the husband of bigger psychological support. The woman wishes that the man, i.e. the husband in marriage will undertake a role of the emotional leader, will give psychological support in a family, to create the "psychotherapeutic" atmosphere in a family. Whereas men are not always ready for this roles.

2. At men there is a desire to have an attractive wife whereas women have less installation on their own appeal.

Generally, low indicators of role adequacy are at 17,5% of married couples, it appeared at 7 people living in marriage less than two years. Perhaps it is connected with the fact that as they just began the joint family life they had not reached the agreement concerning separation of obligations and general rules of maintaining family life yet.

So that spouses be able to establish a safe family and were satisfied with the marriage, it is important not only to love each other, to have common interests and trust, but also be able to agree, establish general rules and to create joint values for the husband and the wife.

Further we carried out the correlation analysis to determine with what psychological features satisfaction with marriage is connected.

We applied Spirmen's criteria. It comes that the level of satisfaction with marriage is lower when there are more years of family life, i.e. more young couples are more satisfied with their marriage. The more is the length of marriage, the more at spouses such qualities as warmth, trustfulness, self-checking, self-criticism are shown. Most

likely it is those qualities which influence preserving a family. The more is the length of family life the less coordination on family values on a scale 3 (economic and household) is shown. Besides, it is revealed that the years of family life correlate with coordination of family values. Also the more is the length of family life, the less coordination of family values on a scale 5 (social activity) is shown. Positive correlation between years of marriage and coordination of family values on a scale 4 (parental-educational values), and coordination of family values on a scale 7 is revealed (external appeal). The older is married couple the more coordination on these scales they have.

The more is the length of family life, the higher are expectations on family value 4 (parental-educational values), i.e. at the older spouses the bigger value is given to the parental roles of partners. High rates of satisfaction with marriage correlate with high rates of such psychological features as manifestation of sense of guilt and a cooperation. Thus these are two basic psychological features which influence satisfaction with marriage:

- Firstly, to take the fault for something happening in a family, and it means to be able to take the responsibility, it is a control, self-criticism, self-checking. If the person irrespective of the man or the woman can see the events' reason in its own acts and personal features, then he is capable to build good relations in marriage.

- Secondly, it is the ability to build the constructive relations of a cooperation with the partner.

Generally, these psychological qualities characterize the created and mature personality capable both on serious decisions, and on accepting responsibility for them, capable to build the steady family relations.

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## ЕРЛІ-ЗАЙЫПТЫЛАРДЫҢ НЕКЕ ЖӘНЕ ПСИХОЛОГИЯЛЫҚ ҚАСИЕТТЕРІНІҢ АРАСЫНДАҒЫ ӨЗАРА ҚАНАҒАТТАНУ БАЙЛАНЫСЫ

**Аннотация.** Заманауи неке жаңа заман адамдарының жеке тұлға ретінде сәйкестіігіне негізделген. Бірге өмір сүру жұбайлардан әртүрлі карама – қайшылықтарға дайын болуды, серіктесінің ойымен санасуды, бір-біріне жол беруді, өз бойында сыйластық, сенім, өзара түсінік сияқты қасиеттерді талап етеді. Заманауи қоғамда психологиялық факторлық қарым-қатынастар мен сәтсіз неке маңызды мәселеге айналып отыр. Некемен қанағаттануы көрсеткіш ретінде 2 әдіс пайдаланылды: В.В. Столиннің тест-сұрақтары және «Отбасылық даму мен бітімгершілік деңгейі» анықтамалығы, некемен қанағаттануына әсер ететін психологиялық ерекшеліктерді анықтау үшін бес факторлық тұлғалық анықтамалық және америкалық психологтармен жасалған «Үлкен бестік» тесттері қолданылды. Отбасындағы басым құндылықтар мен келісімді құндылықтардың әсері мен жұбайлардың жанұядағы рөлдік деңгейлерін зерттеуде Волковой А.Н. әдісі қолданылды. Берілген мақаладағы зерттеу жұмыстарының нәтижесі ерлі-зайыптылардың жеке-психологиялық ерекшеліктерінің некенің беріктігімен өзара байланысын түсінуге мүмкіндік береді.



**Тірек сөздер:** отбасы, некемен қанағаттану, ерлі зайыптылар қарым-қатынасының ерекшеліктері, жеке-психологиялық ерекшеліктері.

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### **ВЗАИМОСВЯЗЬ МЕЖДУ УДОВЛЕТВОРЕННОСТЬЮ БРАКОМ И ПСИХОЛОГИЧЕСКИМИ КАЧЕСТВАМИ СУПРУГОВ**

**Аннотация.** Современный брак основывается на совместимости современных людей как личностей. Совместная жизнь требует от супругов готовности к компромиссу, умения считаться с потребностями партнера, уступать друг другу, развивать в себе такие качества, как взаимное уважение, доверие, взаимопонимание. Проблема взаимосвязи психологических факторов и удовлетворенности браком стала актуальной в современном обществе. Для выявления показателей удовлетворенности браком были использованы две методики: тест-опросник удовлетворенность браком В.В. Столина и Опросник «Шкала семейной адаптации и сплоченности» (FACES-3/Тест Олсона) для определения психологических особенностей, влияющих на удовлетворенность браком, были использован Пятифакторный личностный опросник или тест Большая пятерка (Bigfive), разработанный американскими психологами Р. МакКрае и П. Коста. Для исследования влияния доминирующих семейных ценностей, согласованности семейных ценностей, ролевых ожиданий и притязаний, ролевой адекватности супругов на уровень их удовлетворенности браком была использована методика РОП Волковой А.Н. (Ролевые ожидания и притязания в браке). Результаты представленного в статье исследования могут помочь понять, как индивидуально-психологические особенности супругов взаимосвязаны с таким показателем устойчивости брака как удовлетворенность браком супругов.

**Ключевые слова:** семья, удовлетворенность браком, особенности супружеских отношений, взаимосвязь психологических факторов, взаимопонимание.