

IMPACT OF MARRIAGE DURATION ON EMOTIONAL EXPRESSIVITY AND CONFLICT MANAGEMENT

Sumaya Batool¹, Shazia Khalid², Sadia Shadab³, Hafiza Attia Rehman⁴

^{1,3,&4}Department of Psychology, University of Sargodha, Sargodha

²Department of Psychology, Preston University-Kohat, Islamabad Campus

ABSTRACT:

This correlational study investigated the relationship between emotional expressivity and conflict management among married couples. The results show the contribution of demographic variables in emotional expressivity and conflict management. The emotional expressivity was evaluated by employing Barkeley Expressivity Questionnaire and examined the conflict management by using The Disagreement Scale-When We Disagree. A significant relationship was observed between emotional expressivity and conflict management among married couples. The findings have provided some support to previous literature that found the conflict management affected by emotional expressivity in married couples. Marriage duration is a positive factor for improving emotional expressivity and conflict management among married couples. The present study showed a strong relationship between emotional expressivity and conflict management among married couples.

Keywords:

emotional expressivity, conflict management.

INTRODUCTION

Conflict management is the act of having the capacity to distinguish and handle conflicts sensibly, decently and proficient. The point of conflict management is to constraining the negative parts of contention while expanding the positive parts of contentions and refereeing is to upgrade learning and gathering results, including adequacy or execution. Five styles for peace promotion are as recognized by Thomas and Kilmann may be: Competing, Compromising, Collaborating, Avoiding and Accommodating.¹

The force and reality of conflicts changes generally both inside and between couples. A few resistances are just gentle contradictions or grumblings. They get insignificant consideration and deliver brief impacts. Different conflicts speak to continuous battles about by and by critical issues that create extreme individual nervousness and social strain. Disagreement that are intermittent and steady after some time are utmost hazardous for social security,² albeit social mischief can be alleviated when accomplices impart socially affirming messages amid proceeded with conflicts.³

A study has revealed that productive and unproductive behaviors clashes are associated to

the quality and strength of marriage. This link is possibly mutual conflict activities affected by both influence and one's marriage contentment with time.⁴ Approaches for challenging or evading clashes effect the extent to which partners are content in their marriage, and eventually affect the possibility of break up and divorce. However, partners' level of happiness or unhappiness in a marriage influences by the way they talk in their conflicts.

Contrasted with disappointed partners, fulfilled partners will probably show examples of convenience.⁵ Settlement happens when one accomplice restrains the inclination to react in-kind to an accomplice's dangerous clash conduct. At the end of the day, notwithstanding a negative arrangement of occasions, one accomplice assumes liability to poke the talk back onto a valuable course. Along these lines, albeit even glad partners can sanction destructive conflict practices, they are fewer disposed to get bolted in successions of responded negative activities.

Emotional expressivity has been characterized as⁶ "how much an individual effectively express passionate experience through verbal or nonverbal conducts. The outflow of feelings is an essential piece of versatile human working.⁷ Communicating feelings has been connected to

positive physical and emotional wellness in the all-inclusive community.⁸ Emotional expressivity is decidedly connected with the identity qualities of extraversion.⁹

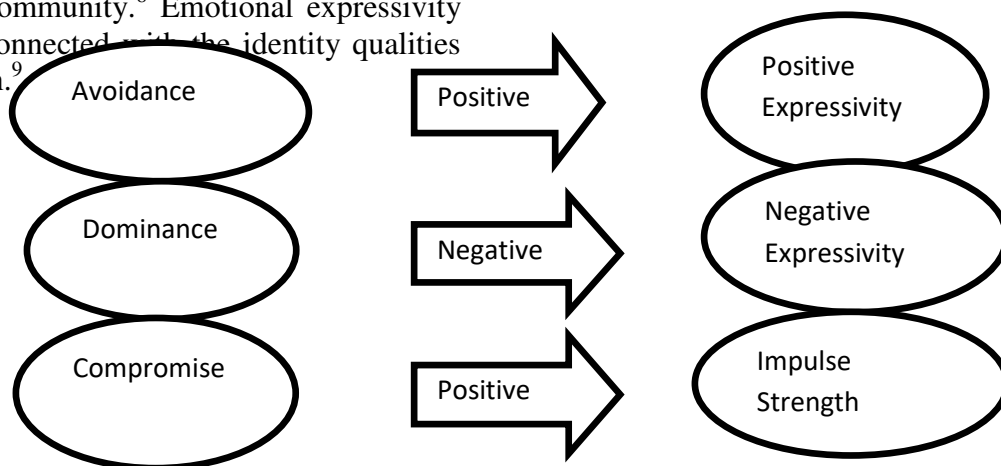


Figure 1: Conceptual Framework of Present Investigation

METHOD

The main aim of the proposed study was to examine the relationship of conflict management and emotional expressivity among married couples. To attain this goal, following hypothesis was formulated.

1. To find out relationship between the conflict management and emotional expressivity among married couples.
2. To examine gender differences among conflict management and emotional expressivity.
3. To find out the impact of emotional expressivity on conflict management among married couples.
4. Certain hypotheses were designed in order to achieve above mentioned objectives.
5. Positive expressivity would have significant positive relationship with avoidance, dominance and compromise.
6. There would be significant effect of gender differences on conflict management and emotional expressivity.
7. Negative expressivity would have the significant negative relationship with avoidance dominance and compromise.
8. There would be significant effect of marriage duration on conflict management and emotional expressivity.

SAMPLE

For current study, sample of two hundred and four married couples was taken. Sample was further divided into 2 groups on the base of duration of marriage. Marriage duration (0-15) in 1st group, and marriage duration (15 to onward) in 2nd group. Co relational research design was used for current study.

INSTRUMENTS

Disagreement Scale. The Disagreement Scale-When We Disagree was used in the study¹⁰. Its measure the conflict management styles used by the partners and their feelings after the conflict are over. It contains 20 items and response format includes four-point Likert scale ranges from strongly agree (1) to strongly disagree (4). Its reliability ranges from 0.82 to 0.91.¹⁰ The scale consisted of three subscales: Avoidance, Dominance, and Compromise.

Emotional Expressivity Scale (EES). Emotional Expressivity Scale (EES) was used in the study.¹¹ It is 16 items scale used to measure Emotional expressivity. It is rated on 7-point Likert scale. The scale is divided into 3 features: Positive Expressivity, Negative Expressivity, and Impulse Strength. Items were responded on seven-point Likert scale which ranges from strongly agree = 1 to strongly disagree = 7.

PROCEDURE

All the couples were contacted personally and were instructed about the research purpose. Participants were given briefing about the purpose of the study. All the participants were assured that

data collected from them will be used only for research purpose. After that, informed consent was taken from each participant and a booklet consisting of demographic form, Conflict Management, and Emotional Expressivity was handed over to the participants. Detailed instructions to fill out each questionnaire in the

booklet were given. The questionnaire took about 20-25 minutes to complete. All the participants were thanked for their kind cooperation and participation.

RESULTS

Table 1

Frequency and Percentage of Demographic Variables of Study (N=420)

Demographic variables	f	%
Gender		
Male	210	50
Female	210	50
Marriage Duration		
0-15	207	49.3
15 to onwards	223	50.7

Table 1 displays frequency and percentage of married couples about gender and marriage duration. Men and women were equal in frequency and percentage (f =

210, 50%). 15 marriage duration of more than 15 years (f =213, 50.7%) were greater in number as compared to 0-15 marriage duration (f =207, 49.3%).

Table 2

Psychometric Properties and Pearson Correlation Coefficient of Study Variables (N=420)

s. no.	Variable	M	SD	a	Range		Skewness	r II
					Potential	Actual		
I	Emotional Expressivity	63.07	13.40	.73	1-112	25-94	-.032	.21
II	Conflict Management	44.45	6.53	.72	1-80	29-71	.67	-

**p< .01

Table 2 displays psychometric properties of emotional expressivity and conflict management. The reliability analysis indicated that the reliability of emotional expressivity and conflict management is .73 and .72 respectively indicates satisfactory internal consistency.

The value of skewness for emotional expressivity and conflict management are less than 2 which indicate that univariate normality is not problematic. Table 2 also shows correlation among scales. Result showed that emotional expressivity has significant positive correlation with conflict management (r = .21, p< .01).

Table 3

Mean, Standard Deviation and T-Values for Men and Woman on Emotional Expressivity and Conflict Management (N = 420)

Variables	men (n=210)		woman(n=210)		pLL	95% CI		Cohen's d
	M	SD	M	SDt(416)		UL	UL	

Emotional expressivity	61.84	13.18	64.30	13.54	-1.87	.06	- 5.02	.116	-0.18
Conflict management	44.80	6.78	44.11	6.26	1.07	.28	-5.67	1.94	0.10

Table 3 shows mean, standard deviation and t-values for men and women on emotional expressivity and conflict management. Results indicate that non-

significant mean difference on emotional expressivity and conflict management with $t(210) = -1.87, 1.07$.

Table 4
Mean Standard Deviation and T-Values aor Marriage Duration 0-15 and 15 To Onward on Emotional Expressivity and Conflict Management(N = 420)

Variables	0-15 (n=206)		15 to onward (n=212)		pLL	95% CI		Cohen's d	
	M	SD	M	SDt(416)		UL	UL		
Emotional expressivity	62.93	13.32	63.21	13.51	-.21	.83	-2.86	2.30	-0.02
Conflict management	44.87	6.72	44.05	6.33	1.28	.19	-.433	2.07	0.12

Table 4 shows mean, standard deviation and t-values for married duration on emotional expressivity and conflict management. Results indicate that non-significant mean difference on emotional expressivity and conflict management.

Table 5
Linear Regression Analysis Showing the Effect of Marriage Duration on Conflict Management among Married Couples (N = 420)

Predictor	Model B	R ²	F
Marriage duration	.025*	.00	.25

* $p < .05$

Table 5 illustrate that linear regression analysis is computed with marriage duration as predictor variable and conflict management as outcome variable. The R² value is .00 indicate that 0% of variance in dependent variable can be counted for, by the predictor with F =

.25, $p < .05$. The finding indicates that marriage duration ($\beta = .025, p < .05$) has significant positive effect on conflict management among married couples.

Table 6

Linear Regression Analysis Showing the Effect of Marriage Duration on Emotional Expressivity Among Married Couples (N = 420)

Predictor	Model B	R ²	F
Marriage duration	-.00	-.004	.141

Table 6 illustrate that linear regression analysis is computed with marriage duration as predictor variable and emotional expressivity as outcome variable. The R² value is -.004 indicate that 0.4% of variance in dependent variable can be counted for, by the predictor with (F = .14, p = n.s). The finding indicates that marriage duration ($\beta = -.00$, p = n.s) has non-significant effect on emotional expressivity among married couples.

DISCUSSION

Emotional Expressivity and Conflict Management are of the great significant today as they can result in hazardous in social implication. The current research was conducted to determine the relation between Emotional Expressivity and Conflict Management among married couples. Demographics variables of interest were included in the present study i.e, Gender, age and marriage duration. Different statistical techniques were employed in order to analyze data included t-test and correlation. Initially, in order to check the relationship among variables, correlational analysis was carried out. First hypothesis postulated that Emotional Expressivity would be positively correlated to Conflict Management. As the score on the Berkeley expressivity questionnaire increases, the score on the disagreement scale also increases. The result on the study supported the hypothesis of the study.

Furthermore regression analysis revealed that emotional expressivity is more predictor of conflict management: conflict management found to be significant outcome of the emotional expressivity. Results further revealed that differentiating among emotional expressivity in term of gender was found significant and it supports the H2 hypothesis. However, present study result in the line with previous studies¹²⁻¹³ which found that females are more expressive than males even in expressing their positive and

negative emotions, whereas males control their emotions. These results supported by a research who found that there is no gender differences rely even in the precise of positive and negative emotions.¹⁴

H4 hypothesis state that marriage duration would be significantly affect the conflict management, which is supported by a research which found that length of marriage, city of residence and age of partner play an important role in determine the conflict management strategies of married couples.¹⁵

CONCLUSION

Existence of emotional is essential because it contribute to survival and expression of emotions in individual adaptation, social interaction and life satisfaction. Suppression of emotion leads to various mental disorders and psychological maladjustments. It was found that emotional expressivity and conflict management are positively related which means that outward display of emotions leads to high level of conflict management. Result of study revealed significant positive effect of duration of marriage on conflict management and emotional expressivity among married couples.

REFERENCES

1. Schaubhut, Nancy A. "Thomas-Kilmann conflict mode instrument." *CPP Research Department* (2007).
2. Lloyd, L. N. "Ecological interactions of *Gambusia holbrooki* with Australian native fishes." In *Introduced and translocated fishes and their ecological effects*. Bureau of Rural Resources Proceedings, vol. 8, pp. 94-97. 1990.
3. Johnson, Kristen Linnea, and Michael E. Roloff. "Correlates of the perceived resolvability and relational consequences of serial arguing in dating relationships: Argumentative features and the use of coping

- strategies." *Journal of Social and Personal Relationships* 17, no. 4-5 (2000): 676-686.
4. Fletcher, Garth JO, and Geoff Thomas. "Behavior and on-line cognition in marital interaction." *Personal Relationships* 7, no. 1 (2000): 111-130.
 5. Rusbult, Caryl E., Julie Verette, Gregory A. Whitney, Linda F. Slovik, and Isaac Lipkus. "Accommodation processes in close relationships: Theory and preliminary empirical evidence." *Journal of Personality and Social Psychology* 60, no. 1 (1991): 53.
 6. Kring, Ann M., David A. Smith, and John M. Neale. "Individual differences in dispositional expressiveness: development and validation of the Emotional Expressivity Scale." *Journal of personality and social psychology* 66, no. 5 (1994): 934.
 7. Dobbs, Jennifer L., Denise M. Sloan, and Andrew Karpinski. "A psychometric investigation of two self-report measures of emotional expressivity." *Personality and Individual Differences* 43, no. 4 (2007): 693-702.
 8. Sloan, Denise M., and Brian P. Marx. "Taking pen to hand: Evaluating theories underlying the written disclosure paradigm." *Clinical psychology: Science and practice* 11, no. 2 (2004): 121-137.
 9. Riggio, Heidi R., and Ronald E. Riggio. "Emotional expressiveness, extraversion, and neuroticism: A meta-analysis." *Journal of Nonverbal Behavior* 26, no. 4 (2002): 195-218.
 10. Camara, Kathleen A., and Gary Resnick. "Styles of conflict resolution and cooperation between divorced parents: Effects on child behavior and adjustment." *American journal of Orthopsychiatry* 59, no. 4 (1989): 560-575.
 11. Barkley, Russell A. "Behavioral inhibition, sustained attention, and executive functions: constructing a unifying theory of ADHD." *Psychological bulletin* 121, no. 1 (1997): 65.
 12. Arslan, Coskun, Erdal Hamarta, and Mustafa Uslu. "The relationship between conflict Communication, self-esteem and life satisfaction in university students." *Educational Research and Reviews* 5, no. 1 (2010): 031-034.
 13. Buck, Ross, Robert E. Miller, and William F. Caul. "Sex, personality, and physiological variables in the communication of affect via facial expression." *Journal of personality and social psychology* 30, no. 4 (1974): 587.
 14. Barchard, Kimberly A. "Positive Expressivity scale and Negative Expressivity scale: Initial psychometric characteristics." In *Poster presented at the convention of the Western Psychological Association, Hawaii*. 2001.
 15. Iqbal, Nazia, Nighat Gillani, and Anila Kamal. "Conflict management styles and its outcome among married couples." *FWU Journal of Social Sciences* 7, no. 1 (2013): 33-38.