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## The Communication Patterns & satisfaction in married students

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### Abstract

This study evaluates the relationship between satisfaction and Communication Patterns (i.e., mutual constructive, demand-withdraw, mutual avoidance, and withholding). Participants included 229 married students, who completed communication patterns questionnaire (Christensen & Sullaway, 1984) and satisfaction (Hudson, 1992). Result of Pearson correlation showed that there was a negative relationship between dissatisfaction and mutual constructive. Furthermore there was a positive relationship between dissatisfaction and demander-withdraw communication. This study represents an important step in recognizing that marital research benefits from an examination of communication as a factor to consider in studies of marital functioning.

*Keywords: Communication Patterns, satisfaction, demand-withdraw, mutual constructive, mutual avoidance*

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### 1. Introduction

Perhaps, the oldest question in the research literature on family and marriage is. What distinguishes a happy marriage from one that is unhappy (Terman, Bittenweiser, Ferguson, Johnson, & Wilson, 1938)? To this we add the related longitudinal question. What distinguishes a marriage that will become more satisfying over time from one that will become less satisfying over time?

The demander-withdraw interaction pattern has been a focused interest of close relationship researchers and clinicians for several decades. Communication pattern, in intimate relationships, much attention has been attracted by different researchers. Arguably the most robust finding about demand-withdraw is the association with relationship dissatisfaction. Basic research in United States showed that the quality of communication between couples, in romantic relationships, relationship satisfaction and stability, is related (Weiss & Hyman, 1997). Gottman and colleagues (2003) identified demander-withdraw as a phenomenon that is associated with poor marital criteria. Christensen (1988), in research showed that this pattern is strongly related to marital dissatisfaction. On the other hand, there is the strong relationship between this pattern and gender.

At present, there is a clear understanding of the central role in the marriage relationship. Several studies have shown that couples' relationship quality is associated with marital adjustment. Also, certain aspects of the

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conflicting relationship, can predict long-term changes in the consistency relation (Bradbury & Carney, 1993; Heayay, Christensen & Malamuth, 1995). Experts in family therapy, believed to be accurate and timely communication skills training, the incidence of marital problems, and disintegration of families, avoided. Thus, the present study, the relationship between communication patterns and marital satisfaction, were studied.

## 2. Method

229 married students (134 women and 95 men) participated in the study. And the scale that come in, responded:

### **Marital satisfaction index (Hudson ,1992):**

Hudson (1992, quoted Sanaei, 1387), in order to measure the marital relationship problems, making this tool. "Marital satisfaction index", is a 25 question, for the amount, intensity or scope of the problems of wife or husband, the marital relationship, has been developed. This index has two cutting score. One score (5 +, -) 30, which marks the sign of the relationship is not clinically important problems. The second cut-off score, 70. Scores above 70, it is almost always a sign that the authorities, is experiencing severe stress, and perceived risk, or the use of violence to solve problems can be explicitly considered. Counselor or therapist should not be ignorant of such potential. The tests in Iran, by the time (1380), on a sample group of 158 people, from students of Tehran University were performed. The average Iranian test sample, 42/26 ( sd = 23/46) was obtained.

### **Communication patterns questionnaire ( CPQ; Christensen and Sullaway, 1984):**

Developed by Christensen and Sullaway (1984), communication patterns questionnaire (CPQ ) have designed. This 35-item questionnaire has respondent's rate statements about their conflictual communication on 9-point scales. Items are grouped into three broad categories: (a) " When some problem in the relationship arises, " (b) "During a discussion of a relationship problem, " and (c) " After a discussion of a relationship problem." Psychometric studies have demonstrated reliability and validity for the Communication Patterns Questionnaire in American (e.g., Eldrige & Christensen, 2002) and Australian (Noller & White, 1990) samples. It has been translated and used in other countries such as Germany, Switzerland (Bodenmann, Kaiser, Hahlweg, & Fehm-Wolfsdorf, 1998; Halweg, Kasier, Christensen, Fehm-Wolfsdorf, & Groth, 2000), and Iran (Samadzadeh, 2012).

### **Results:**

Table 1 correlation coefficients between communication patterns and satisfaction

Variable	mutual constructive	demand-withdrawal	Man-demand/Woman withdrawal	Woman-demand/Mna withdrawal	Roles in demand-withdrawal	mutual avoidance
Satisfaction	-0/645** 0.0001	0/331** 0/009	0/346** 0/006	0/200 0/120	-0/136 0/293	0/349** 0/005

According to table 1, there is a negative significant correlation between at marital dissatisfaction and pattern mutual constructive communication, and there is positive signification correlation between marital dissatisfaction and demander-withdraw, man - demander / women - withdraw, and mutual avoiding.

### **Discussion:**

As already mentioned, the relationship between demander-withdraw and marital dissatisfaction has created the greatest concern for psychology and counseling professionals. This study was conducted to examine the relationship between marital satisfactions, communication patterns. Results showed there is a strong negative

correlation between marital dissatisfaction and mutual constructive communication and patterns of communication with the demander-withdraw, showed a positive relationship. These are coordinated with findings Weiss, Hops & Patterson (1973), Caughlin & Vangelisti (2000), Thorpl and others (2004), which were shown one of the factors in marital satisfaction is communication patterns.

Almost most of findings in the field of demander-withdraw correlated with marital dissatisfaction. amonge different types of relationships (married, living, sex, and couples do not go to clinics), and different cultures (North America, Australia, Europe, Brazil, Taiwan & Pakistan), the relationship of demander-withdraw and marital dissatisfaction, has created the greatest concern for therapists (Eldrige & Christensen 2002). We conclude that these findings are not the only one (Hefnner et al, 2002). Likely it depends to size and characteristics sample (age, duration of marriage, marital satisfaction). Similarly, Weger (2005) reported that the relationship between demander-withdraw and marital dissatisfaction is as a moderating role in intimacy relationship. Similarly non-same sex couples, in the same-sex couples-oriented, dissatisfaction and demander-withdraw is linked (Baucom et al, 2009; Holi & Levinson, 2010).

As noted earlier, one of the coolest aspects of demander-withdraw, in marital relationships, this pattern, with two style is conceivable "man - demander / woman - withdraw", and "woman - demander / man - withdraw". In the present study, man - demander / woman – withdraw and marital dissatisfaction has a positive relationship. Research suggests that women with less power, in certain cultures, may have a tendency to withdraw (Caughlin & Scott, 2010). Also, in the present study, the relationship between avoidant communication pattern and marital dissatisfaction showed positive. Afifi, et al (2009), found that dissatisfaction reported, immediately before a more engaging, more avoidance through observational coding procedures and records, and more from the point of avoiding the perception of self report's heading, in the interaction predicted.

Although, individual marry for different reasons, but most of them are calling for a life without conflict. In other words, there are couples seek marital satisfaction, which is not easy to obtain this consent. And one of the most important factors in establishing and maintaining the couple's relationship. Thus, the present study investigate the relationship between communication patterns and marital satisfaction, that the correlations obtained, it can be concluded, that one of the factors in marital satisfaction, types of communication patterns between them.

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