

Effect of Communication Patterns and Emotional Distress on Relationship Dissatisfaction Among Married Individuals

Ayesha Humaira Bano

Bahauddin Zakariya University, Multan, Pakistan

Abstract: *This study aims to find out the relationship between, communication patterns i.e., constructive, self-demand/partner withdraw, partner demand/self-withdraw, emotional distress and relationship dissatisfaction among married individuals. Age gap and gender differences were among the demographic variables assessed for married individuals. The study sample consisted of married individuals (N = 225) from Karachi men (n = 147) and women (n = 78). The Communication Pattern Questionnaire (CPQ), the Perceived Emotional Distress Inventory (PEDI) by and Couple Satisfaction Index (CSI) were administered to married individuals. The results of the study showed a positive association between emotional distress and relationship unhappiness. It showed a positive correlation with self-demand/ partner withdraw, self-withdraw, and partner demand/demand communication patterns and a substantial negative correlation with constructive communication patterns. The results also showed that emotional discomfort is a significant predictor of marital dissatisfaction in married individuals. The study examines high levels of marital discontent and emphasizes the importance of positive communication methods, spending time together, talking, and supporting one another. Since many married individuals find it difficult to communicate properly, especially when it comes to important concerns, they often avoid problematic communication practices. The study's findings can be utilized to better understand married people's emotional distress, self-demand/partner withdrawal, constructive communication styles, and marital discontent.*

Keywords: Emotional distress, constructive communication pattern, self -demand/partner with-draw,partner demand/self-withdraw communication patterns, relationship dissatisfaction

Introduction

Marital dissatisfaction has remained a popular research topic in the field of marriage and family life (Zainah et al., 2012). According to Smith et al. (2008), married couples who communicate positively with their spouse about difficult circumstances report feeling happier in their marriage than those who avoid or retreat from difficult situations and speak negatively to their spouse more frequently than positively..) Other studies found that people with mood disorders who were attempting to control them reported lower levels of marital satisfaction than those without (Chambless et al., 2002).. According to some research, the presence of psychological disability in one spouse is associated with the other spouse's marital happiness (Thompson and Webb, 2008). According to Whisman's (2007) research, there is a direct link between marital conflict and an increased risk of modern anxiety disorders such as posttraumatic stress disorder (PTSD), generalized anxiety disorder (GAD), and social anxiety disorder (SAD).

According to the marital distress model (Bodenmann et al., 2007), stress can either directly or indirectly affect the outcome of a couple's marriage depending on their emotional and functional well-being, time together, and communication skills. Depression is linked to a higher rate of relationship breakups for both men and women (Butterworth & Rodgers, 2008). The ties are probably reciprocal, though. (This implies that depression does not only cause sadness and divorce; depression or its consequences can also harm a relationship to the point where it becomes unsustainable and ends in divorce. Furthermore, depression is more likely to occur following a divorce. Barrett, 2000; Maciejewski et al., 2001 Many researchers have discovered a link between depression and the persistence of an unhappy marriage.) (Davila & Bradbury, 2001). The main finding is that increased levels of anxiety and depression symptoms are associated with relationship dissolution. A study on couples discovered a strong link between marital satisfaction and dissatisfaction and a person's history of depression. Whisman, 2001). Herr et al. (2007) In their study, they examined the prevalence of depression among married men and women. They discovered that people who are currently experiencing depressive symptoms, regardless of gender, report having less fulfilling relationships. In a related study, the researcher discovered that people with a history of depression had significantly higher levels of marital unhappiness, demonstrating the strong and long-lasting relationship between depression and marital contentment .According to research, happy couples prioritize effective communication in their marriages. (Carroll et al., 2013). Malouff et al. (2015) The first source of marital discontent is negative and harmful communication, which includes demand-withdraw, criticism, and disputes (Jackson, 2009). Madahi et al. (2013) in a study of communication styles and relationship satisfaction among married students, researchers discovered a positive correlation between relationship dissatisfaction and negative communication. According to research, destructive communication between marriages is associated with less marital happiness. (Siffert & Schwarz, 2011)., his demonstrated how crucial communication issues are in married relationships. After surveying married people who had been together for four years Johnson et al. (2005) Researchers discovered that people who communicated less positively and more negatively had lower levels of marital satisfaction. However, a higher level of constructive

communication can mitigate the negative effects of more destructive or negative communication on marital satisfaction. According to research, constructive communication has a negative correlation with marital discontent. Madahi et al. (2013) on communication styles and student satisfaction. Furthermore, a positive link was seen between discontent and the demand-withdraw communication pattern.

The study's findings show that men are more vulnerable than women to a variety of issues in their close relationships, including their partner's suffering. (McCann, 2011). Another study discovered that married people whose partner earns less money face a variety of stressors in their lives, which may be harmful to their Overall mental health. On the other hand, Kouros and Cummings(2011))

discovered a stronger link between the couple's dissatisfaction with their relationship and the symptoms of depression experienced by men. A study on gender differences, by Lawrence et al. (2008) Researchers discovered that husband and wife marital happiness is predicted by communication habits. This demonstrates that the relationship between communication styles and marital satisfaction varies by gender. Marital pleasure was not influenced by gender, nor was it correlated with the kind of marriage, or the combination of gender and marriage type (Arif & Fatima, 2015). Marriage between married individuals with an age difference of more than ten years is referred to as a relationship with an age gap. (Lehmiller & Christopher, 2008).

Objectives

The objectives of this study were:

1. To examine the correlation between patterns of constructive communication (self-demanding/withdrawal from the partner), emotional distress, and relationship dissatisfaction among married individuals.
2. To identify differences in patterns of constructive communication, self-demanding/withdrawal from the partner, partner demands/self-rejection, and emotional distress among married individuals with high and low relationship satisfaction.
3. To observe gender and age-related differences in patterns of constructive communication, self-demanding/withdrawal from the partner, emotional distress, and relationship dissatisfaction among married individuals.

Hypotheses

The present study's hypotheses are as follows:

1. Constructive communication patterns negatively correlate with relationship dissatisfaction among married individuals.
2. Self-demand/partner, withdrawal communication patterns positively correlate with relationship dissatisfaction among married individuals.
3. Partner demand/self-withdrawal communication patterns positively correlate with relationship dissatisfaction among married individuals.
4. Emotional distress leads to high levels of relationship dissatisfaction among married individuals.
5. Highly satisfied and dissatisfied married individuals differ in terms of constructive communication patterns, self-demand/ partner withdrawal, partner demand/self-withdraw, and emotional distress.

Method

Research Design

The study was based on cross sectional survey method.

Sample Married people (N = 225) from Karachi made up the sample for this study; there were 147 men and 78 women. The sample was selected using a non-probability purposive sampling technique.

Inclusion Criteria

The participants had been married for at least a year. The study included heterosexual people who were legally bound as husband and wife by the government.

Exclusion

Criteria Divorced or separated people were not included in this study.

Measures

Demographic Information Sheet

The demographic information sheet included gender and age differences among married couples.

Communication Patterns Questionnaire (CPQ)

Christensen and Sullaway (1984) developed the CPQ, a 35-item self-report questionnaire to examine how married couples deal with marital problems. It used a five-point Likert scale, where 1 indicated "extremely unlikely" and 5 indicated "extremely likely." The scale (PDSW) is divided into three subscales: constructive communication (CC), partner self-demanding/withdrawal (SDPW), and partner self-demanding/withdrawal.

Perceived Emotional Distress Inventory (PEDI)

Moscoco et al. (2012) developed the Perceived Emotional Distress Inventory (PEDI), a 12-question measurement instrument to assess the prevalence and intensity of emotional distress in married individuals.

The overall inventory score can range from 0 to 36. Higher scores reflect greater perception of emotional distress. Scores for each individual PEDI category are summed to generate the raw scores of the Global Severity Index (GSI). There are no cutoff scores for the PEDI, as it is not a diagnostic instrument. PEDI items should be considered ordinal variables in statistical terms. The scale is reliable, with an alpha reliability coefficient of 0.74.

Couples Satisfaction Index (CSI-32)

Funk and Rogge (2007) assessed relationship satisfaction using a 32-item scale known as the Couple Satisfaction Index (CSI-32). Compared to other existing measures of marital satisfaction, the CSI-32 is considered more specific, accurate, and informative. It is a 5-point Likert scale, ranging from very sad to extremely happy. Scores on the CSI-32 range from 0 to 128. A higher score indicates greater relationship satisfaction, while a score below 84.5 indicates relationship dissatisfaction. The scale has high alpha reliability ($\alpha = 0.88$).

Procedure

This study was designed as a quantitative study with married participants, using purposive sampling techniques. The sample included 225 married participants. Participants were selected from their homes and workplaces. They were informed of the study objectives and asked to answer all questions. They were informed that the information provided would be kept confidential and used solely for research purposes. Data were analyzed and calculated using SPSS 21. They were analyzed using frequency, correlation, t-test, regression, and one-way ANOVA.

Results

Table 1: *Frequency and Percentage of Demographics Variable of Study (N = 225)*

Variables	<i>n</i>	%
Age		
Early adulthood (19-35)	81	35.8
Middle adulthood (36-55)	100	44.6
Late adulthood (older than 55)	44	19.4
Gender		
Male	147	65.5
Female	78	34.5
Socio Economic Status		
Low	26	11.5

Middle	106	47.3
High	93	41.2
Number of children		
no children	93	41.2
1 – 3	98	42.9
4-6	36	15.9
Year of marriage		
less than 5 years	94	41.6
5 to 10 years	96	42.5
more than 10 years	35	15.9
Family system		
Joint	132	58.8
Nuclear	93	41.2
Age gap between couples		
less than 5 years	115	51.3
5-10 years	91	40.3
more than 10 years	19	8.4

Table 1 displayed the frequency and percentage of various demographic factors, including age, gender, financial status, number of children, and year of marriage, family structure, and age difference between partners. The age group of 19-35 years ($n = 81$, 35.8%) and over 55 years ($n = 44$, 19.4%) had smaller numbers of individuals as compared to 35-55 years' age range ($n = 100$, 44.6%). Compared to female married individuals ($n = 78$, 34.5%), there were more male married individuals ($n = 147$, 65.5%). Comparing those with low ($n = 26$, 11.5%) and high ($n = 93$, 41.2%) socioeconomic status, people with middle socioeconomic status were more numerous ($n = 106$, 47.3%). People who had one to three children had more of them ($n = 97$, 42.9%) than those who had none at all ($n = 93$, 41.2%) or four to six children ($n = 35$, 15.9%). There were more people ($n = 96$, 42.5%) who had been married for five to ten years than there were people who had been married for less than five years ($n = 94$, 41.6%) and more than ten years ($n = 36$, 15.9%). The proportion of people living in nuclear families ($n = 93$, 41.2%) was lower than that of people living in joint families ($n = 133$, 58.8%). Those with an age difference of less than five years with their partner were more common ($n = 116$, 51.3%) than those with an age gap of five to ten years ($n = 91$, 40.3%) and more than 10 years ($n = 19$, 8.4%).

Table 2: Correlation Between Study Variables ($N = 225$)

Variables	<i>k</i>	<i>M</i>	<i>SD</i>	<i>A</i>	1	2	3	4	5
1. CCP	9	34.10	5.88	.81	-				
2. SDPW	13	27.65	3.93	.70	.68**	-			
3. PDSW	13	27.24	3.67	.65	.77**	.81**	-		
4. ED	12	47.17	6.02	.74	.88**	.88**	.87**	-	
5. RD	32	95.04	11.98	.88	-.14*	.22**	.20**	.20**	-

Note. CCP = constructive communication pattern; SDPW = self-demand/ partner withdraw; PDSW = partner demand/self-withdraw; ED = Emotional Distress; ANX = anxiety; DEP = depression; HOP = hopelessness; ANG = Anger; RD= Relationship Dissatisfaction.

* $p < .05$. ** $p < .01$.

Table 2 shows the Pearson correlation between study variables. The findings revealed a negative relationship between constructive communication patterns (CCPs) and relationship dissatisfaction. It also demonstrates that the self-demand/partner withdraw (SDPW) communication pattern is significantly associated with relationship dissatisfaction ($r = .22$). The results also revealed a positive Pearson correlation between partner demand/self-withdrawal (PDSW) communication pattern and relationship dissatisfaction ($r = .20$).

Prediction of Emotional Distress in Relationship Dissatisfaction

Table 3 showed a linear regression between relationship dissatisfaction (an outcome variable) and emotional distress (a predictive variable). Table 3 showed a linear regression between relationship dissatisfaction (an outcome variable)

and emotional distress (a predictive variable). The findings showed that among married people, emotional distress is a positive predictor of relationship dissatisfaction.

($F = 10.07, B = .21, p < .001$) with an R^2 of .43.

The value of R^2 showed that emotional distress explains 43% variance in relationship dissatisfaction. Table 3: *Linear Regression Analysis to Predict Relationship Dissatisfaction from Emotional Distress Among Married Individuals*

Table 3: *Linear Regression Analysis to Predict Relationship Dissatisfaction from Emotional Distress Among Married Individuals*

Variables	B	95% CI	
		LL	UL
Constant	38.85	13.43	64.27
Emotional Distress	.87	.33	1.40
R^2	.43		
F	10.07***		

Note. *** $p < .001$.

Table 4 presents an independent sample t -test. The findings show a substantial difference in constructive communication $t = 224$ (1.48, $p < .05$), self-demand/partner withdraw $t = 224$ (1.60, $p < .05$), partner demand/self-withdraw $t = 224$ (1.67, $p < .05$), and emotional distress $t = 224$ (1.77, $p < .05$) between highly and low satisfied married individuals. The results show that there are significant differences between highly and low satisfied married individuals on constructive communication, self-demand/partner withdraw, partner demand/self-withdraw, and emotional distress. Low satisfied married individuals score highly on emotional distress ($M = 48.25, p < .05$), while high satisfied married individuals score highly on constructive communication pattern ($M = 46.71, p < .05$).

Table 4: *Differences between Highly Satisfied and Low Satisfied Married Individuals*

Variables	Highly satisfied ($n = 159$)		Low satisfied ($n = 67$)		$t(224)$	p	Cohen's d
	M	SD	M	SD			
CCP	46.71	6.54	33.72	5.56	1.48	.006	.27
SDPW	27.38	3.85	28.30	4.09	1.60	.001	.30
PDSW	26.97	3.52	27.87	3.95	1.68	.001	.33
ED	34.99	5.76	48.25	6.50	1.77	.007	.36

Note. CCP = constructive communication pattern; SDPW = self-demand/ partner withdraw; PDSW = partner demand/self-withdraw; ED = Emotional Distress.

Table 5 compares male and female married individuals in terms of relationship dissatisfaction, constructive communication, self-demand/partner withdrawal, partner demand/self-withdrawal, and emotional distress. The results were non-significant on relationship dissatisfaction $t(224) = -.51, p > .05$, Partner demand/ self-withdraw $t(224) = -2.01, p > .05$ and emotional distress $t(224) = 2.37, p > .05$. Findings were significant on constructive communication $t(224) = -1.75, p < .05$ and self-demand/partner withdraw $t(224) = -1.03, p < .05$.

Table 5: *Gender Wise Differences of Married Individuals on All the Scales and Subscales*

Male ($n = 148$)	Female ($n = 78$)
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Variables	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>t</i> (224)	<i>p</i>	<i>Cohen's d</i>
RD	78.84	25.12	80.62	24.86	.51	.81	.01
CCP	33.61	6.45	35.04	4.50	1.75	.01	6.25
SDPW	27.46	3.95	28.03	3.91	1.03	.02	1.24
PDSW	26.89	3.78	27.91	3.37	2.01	.23	1.42
ED	46.49	6.35	48.46	5.13	2.37	.46	.54

Note. RD = Relationship Dissatisfaction; CCP = constructive communication pattern; SDPW = self-demand/ partner withdraw; PDSW = partner demand/self-withdraw; ED = Emotional Distress.

Table 6: Age Gap Wise Differences Among Married Individuals on All the Scales and Subscales

Variables	Groups	<i>n</i>	<i>M</i>	<i>SD</i>	95% CI		<i>F</i>	<i>P</i>
					<i>LL</i>	<i>UL</i>		
Emotional Distress	1	116	47.29	5.48	46.28	48.30	5.71	.004
	2	91	47.90	5.59	46.73	49.05		
	3	19	42.89	9.04	38.53	47.25		
CCP	1	116	34.24	5.18	33.28	35.19	5.44	.005
	2	91	34.76	5.83	33.55	35.98		
	3	19	30.00	8.37	25.96	34.03		
SDPW	1	116	27.69	3.90	26.97	28.41	6.43	.002
	2	91	28.20	3.31	27.51	28.89		
	3	19	24.73	5.52	22.07	27.40		
PDSW	1	116	27.38	3.65	26.71	28.05	4.62	.011
	2	91	27.54	3.20	26.87	28.21		
	3	19	24.84	4.99	22.43	27.24		
Relationship Dissatisfaction	1	116	76.28	26.04	71.49	81.07	2.53	.052
	2	91	83.96	23.55	79.06	88.87		
	3	19	77.15	22.84	66.14	88.17		

Note. 1= less than 5 years; 2 = 5-10 Years; 3 = More than 10 Years; CCP = constructive communication pattern; SDPW = self-demand/ partner withdraw; PDSW = partner demand/self-withdraw.

Table 6 shows the age gap wise differences between couples on emotional distress, constructive communication pattern (CCP), self-demand/partner withdraw (SDPW), partner demand/self-withdraw (PDSW) and relationship dissatisfaction. Results indicate that there is a significant age gap wise differences among married individuals on emotional distress ($F = 5.71, p < .05$), constructive communication pattern ($F = 5.44, p < .05$), self-demand/partner withdraw ($F = 6.43, p < .05$), partner demand/self-withdraw ($F = 4.62, p < .05$) and relationship dissatisfaction ($F = 2.53, p < .05$).

Table 7: Post hoc test to Investigate Multiple Comparison Among Age Gap Wise Differences Within all Study Variables

Variables	95% CI		MD	SE	<i>p</i>	<i>LL</i>	<i>UL</i>
	<i>I</i> (age gap)	<i>J</i> (age gap)					
ED	1	3	4.39*	1.45	.008	.95	7.84
	2	3	5.00*	1.48	.002	1.49	8.51
CCP	1	3	4.24*	1.42	.009	.87	7.60
	2	3	4.76*	1.45	.003	1.33	8.20
SDPW	1	3	2.96*	.95	.006	.71	5.20
	2	3	3.47*	.96	.001	1.18	5.75
PDSW	1	3	2.54*	.89	.012	.43	4.65
	2	3	2.70*	.91	.009	.55	4.85

RD	1	2	-7.68*	3.47	.051	-15.88	.51
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Note. 1= less than 5 years; 2 = 5-10 Years; 3 = More than 10 Years; ED = Emotional Distress; CCP = constructive communication pattern; SDPW = self- demand/ partner withdraw; PDSW = partner demand/self-withdraw; RD = Relationship Dissatisfaction.

Discussion

Effect of communication patterns and emotional distress on relationships. In this study, levels of dissatisfaction among married individuals were measured. Purposive sampling was used to collect data from 225 married residents of Karachi. All participants provided informed consent. Data analysis yielded crucial findings. Table 2. Pearson correlation values show a negative relationship between relationship dissatisfaction and constructive communication styles (Hypothesis 1). Constructive communication is a reliable predictor of satisfaction in a married couple (Floyd, 2006). Rehman and Holtzworth-Munroe (2006) found that positive communication styles, empathy, self-disclosure, and mutual understanding are significantly related to relationship quality. Weigel and Reisch

(Table 2) which supports Hypothesis 2. Eldridge and Baucom (2012) recognized the partner self-demanding/withdrawal pattern as a specific harmful communication pattern. In this pattern, one partner avoids or withdraws while the other pressures, criticizes, or nags (demands). In both domestic and international romantic relationships, the partner self-demanding/withdrawal communication pattern is common. (Christensen et al., 2006; Rehman & Holtzworth-Munroe, 2006) Hypothesis 3: Pearson correlation results demonstrated a significant positive relationship between demanding/withdrawing communication patterns and relationship dissatisfaction among married individuals (Table 2). According to Butterworth and Rodgers (2008), the most difficult and damaging marital relationship pattern is demanding/withdrawing communication. Self-reported affect during conflictual conversations was explored by Rehman et al. (2015), who found that unhappy marriages were associated with interactions that couples perceived as less positive, more negative, and that resulted in greater negative affect reciprocation. The researchers analyzed emotional behavior, such as anger, hurt, and contempt, observed during conflictual exchanges in a second study conducted with the same couples (Eldridge & Baucom, 2012). They found that unhappy spouses showed fewer positive emotional activities, more continuous sequences of negative affect (one spouse's negative affect followed by the other's), and more negative emotional actions. According to the results (Table 3), people who feel emotionally distressed will also be highly dissatisfied with their relationships

The symptoms of tension and restlessness, depression, melancholy, loss of interest and worthlessness are known as emotional distress (Mirowsky and Ross, 2002). It can also coexist with some physical symptoms, which probably differ between cultures and include head pain, agony and insomnia. There are sufficient data to establish a transversal relationship between relationship breakdowns and psychological disturbances such as depression. Depression is associated with a greater risk of relationship breakdown both in men and women (Kessler et al., 2003).

In Table 4 there is a test for independent movements (hypothesis to analyze the variations in positive communication, emotional distress, self-exigencia/retramiento de la pareja and self-exigencia/retramiento de la pareja). The results show that positive communication, peer self-demand/retraction, peer self-demand/retraction and emotional distress are significantly different between people in homes with high satisfaction and those who do not have it. Hipótesis 5). Although few assumptions were made about how good communication will predict the level of enjoyment of a relationship, investigators raised the hypothesis that the quality of a relationship's communication system would have a substantial impact on marital satisfaction (Lavner, 2016). Consequently, an unhappy marriage and the breakdown of an emotional barrier that separates them from their future relationship are the result of a high level of negative communication and an increasing conflict with their partner (Schoebi et al., 2012). In Table 5, an independent test is presented to examine the differences in relationship dissatisfaction, constructive communication, peer self-demand/self-restraint, peer demand self-restraint and emotional distress among men and women at home

Constructive communication and partner self-demanding/withdrawal showed significant results, while relationship dissatisfaction, partner self-demanding/withdrawal, and emotional distress showed non-significant results. According to Beach et al. (2003), there were small gender differences in relationship dissatisfaction and emotional distress, with spouses showing a stronger correlation between the two. On the other hand, Kouros and Cummings (2011) found a stronger correlation between partner dissatisfaction with their relationship and depressive symptoms experienced by men, depending on gender. A study on gender differences conducted by Lawrence et al. (2008) found that constructive communication patterns and partner self-demanding/withdrawal communication patterns were linked to relationship dissatisfaction in both husbands and wives. In the current study, age disparities among married individuals were assessed as an additional demographic variable. Table 6 shows the constructive communication pattern (CCP), partner demand/withdrawal (PDSW), partner demand/withdrawal (SDPW), and relationship unhappiness for couples of different ages. The results indicate that married people with an age difference exhibit significantly different levels of emotional distress, positive communication style, partner demand/withdrawal, partner demand/withdrawal, and relationship unhappiness.

According to the results, there is a significant age difference between spouses if the age gap is less than five years or more than ten. Furthermore, there is a statistically significant difference between age groups in terms of constructive communication patterns, self-demanding/withdrawal from the partner, and partner demands/withdrawal. Furthermore, the results showed a significant difference in the level of relationship dissatisfaction between couples with an age gap between five and ten years. A marriage between individuals with an age gap of more than ten years is known as an "age-gap relationship" (Lehmiller & Christopher, 2008). Lee and McKinnish (2017) found a significant age difference between spouses if the age gap is less than five years or more than ten. Furthermore, there is a statistically significant difference between age groups in terms of constructive communication patterns, self-demanding/withdrawal from the partner, and partner demands/withdrawal. Furthermore, the results showed a significant difference in relationship dissatisfaction between couples with an age difference of between five and ten years. A marriage between individuals with an age difference of more than ten years is defined as an "age-gap relationship" (Coles and Francesconi, 2011). However, according to research based on internet data, same-age couples are preferred by both men and women (Belot and Francesconi, 2013; Hitsch et al., 2010).

Limitations and Suggestions

The study sample consisted of married individuals, and future research could also consider married couples. This is the study's first limitation. Data were collected only from Islamabad; subsequent studies could examine these variables in other Pakistani cities. Future studies could use a clinical population to study these variables, as the population included in this study was not clinical. The sample size was too small to generalize the findings. Larger samples could be used in future studies to generalize the findings of the current study.

Conclusion

Overall, the study clearly demonstrates the importance of communication styles, emotional distress, and dissatisfaction in married relationships. The findings suggest that emotional distress, partner self-demanding/withdrawal, communication patterns based on demanding/self-rejecting, and constructive communication patterns are strongly associated with relationship dissatisfaction. The findings also indicate that most marital problems stem from poor communication between husband and wife. As a result, spouses experience emotional distress and, over time, become dissatisfied with their union. When two people get married, they need to be able to communicate with each other. Understanding each other through verbal and nonverbal cues is important for a successful marriage and a satisfying relationship.

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