

A Critical Review of the Literature on the Relationships between Personality Variables, Parenting and Marital Satisfaction

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Abstract: *The aim of the paper is to examine the relevant literature on the relationships between personality variables, parenting correlates and marital satisfaction. It should also contribute to reader's knowledge and understanding through a critical review of the literature published in recent years. Data source: empirical studies were searched from for in scientific databases: Ebsco, ScienceDirect, PsychInfo, and Proquest. The searches generated 4477 articles, of which 28 studies met the criteria for inclusion in the analysis. Systematic searches of studies published in English in the period 2005–2019 were carried out. The key search terms in English were adapted according to the search options in each database and included variations on the components or dimensions of the topic of interest: marital satisfaction, marital stress, marriage, co-parenting, married couples, marital disharmony, marital quality, marital relationship, personality, and factors involved in marital satisfaction. The studies were selected based on their relevance according to the identification of the search terms in the title, abstract, or in the keywords/ or topic, or, where necessary and possible, in the main text. The most commonly identified predictors of marital satisfaction and well-being for the couple included neuroticism, agreeableness, conscientiousness, extraversion, parental stress, openness to experience, impulsivity, parenting, immature defence mechanism, communication, emotional stability, and marital support.*

Keywords: *marital satisfaction; parenting; personality; literature review.*

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1. Introduction

For parents, the transition from modernism to postmodernism poses new challenges and concerns. The current ongoing effort to redefine contemporary family life as the postmodern family has caught the attention of researchers (Sandu, 2003; Huidu, 2019). According to postmodernists, recent social changes such as rising social fragmentation and diversity have made family more of a personal choice, resulting in increasingly unstable and heterogeneous families.

The theme of marital satisfaction has been and continues to be a major concern in research conducted so far. Given the conclusions and results of other research in the field, this review seeks to determine whether or not parenting factors and aspects of personality are significant predictors of marital satisfaction. In the research done so far, the level of satisfaction for the couple is influenced by many factors and the management of problems in the development and functioning of the marital relationship. So far, no research has been done to put in the same scheme the three variables pursued in this review. The objective of this review is to summarize the importance and impact of personality aspects and parenting factors on marital satisfaction, in addition to researched predictors, other important factors that influence marital satisfaction are highlighted.

This paper should also contribute to the reader's knowledge and understanding through a critical review of the literature published in recent years. The results of this analysis show that marital satisfaction is significantly influenced by personality factors and by variables related to parenting. An unexpected finding was that no other research has been conducted in the same vein as our study. Few studies used the same "scheme" the three main variables from this study (personality, parenting, marital satisfaction). Further research is needed for a better understanding of the direct impacts of parenting correlates and personality factors on marital satisfaction, in the same scheme.

1.1. Marital Satisfaction

Satisfaction can be defined as a state of happiness that can overcome pain (Collard, 2006; Ward et al., 2009). To measure satisfaction with an event, or with life, a person considers emotions, environmental influences, aspirations, expectations, disappointments, and fulfillment of individual goals. People tend to self-evaluate their own levels of satisfaction, with the evaluation process being subjective and different for each individual (Ward et al., 2009; Warr, 1990). Satisfaction is also a general assessment of the quality of an individual's situation based on internal criteria. A situation can

be labeled as satisfactory for one individual and unsatisfactory for another individual. Satisfaction as part of a couple is the emotional state of satisfaction with the interactions, expectations, and experiences had together (Ward et al., 2009). The emotional state of marital satisfaction has in the foreground the interactions between a person and his/her partner. Individuals who experience happiness in their relationships, have high marital satisfaction (Collard, 2006; Ward et al., 2009). The subject of marital satisfaction in particular, has emerged as a well-researched topic in contemporary scientific research. The reason for studying this field stems from numerous problems and concerns, being significantly linked to individual, family, and social well-being (Stack & Eshleman, 1998), resulting in the need to develop empirical interventions with the potential to alleviate marital stress and reduce the rate of divorce (Jose & Alfons, 2007). Social sustainability encourages the well-being of family members, promoting the ability of future generations to maintain healthy relationships (Roth & Brooks-gunn, 2003)

1.2. Personality and Marital Satisfaction

Factorial research in the field of personality psychology, in the last twenty years, has been moving towards the general factorial model of the personality structure, the “Five Factor Model” or the Big Five. This model refers to interpersonal differences that are located in five large dimensions or five super-factors of personality, namely: Extraversion, Neuroticism, Conscientiousness, Openness to experience, and Agreeableness (Roberts et al., 2006). Extraversion (E) refers to engaging in activities in the outside world. Introverts are at the opposite pole; they lack energy, exuberance, and tend not to get involved in the outside world and to be silent. Agreeableness (A) concerns personal characteristics regarding social harmony and cooperation. A high level of this personality dimension characterizes people who place greater value on understanding the people around them. They are friendly, kind people, willing to help others and willing to compromise. Conscientiousness (C) refers to how the person regulates, directs, and controls impulses. Conscientious individuals are generally considered self-determined people, who through persistence and task planning, manage to succeed in what they set out to do and on whom you can rely. Neuroticism (N) refers to the tendency of people to have negative emotional states, such as depression, anxiety, and anger. There are individuals who react very easily emotionally; they experience events that do not usually affect other people as very intense. These individuals tend to interpret ordinary situations as threatening. Openness to experience (O) refers to a dimension of cognitive

style that differentiates between realistic, conventional, and imaginative, creative individuals. Curious individuals get high scores in this dimension; they are sensitive, they are more aware of the emotions they experience, and they appreciate art. It is easier for them to work with abstract notions and symbols. Those with low scores in this dimension prefer directivity and simplicity to ambiguity and complexity. They prefer familiarity to novelty; they are resistant to change and conservative.

1.3. Parenting and Marital Satisfaction

Parenting is the common responsibility of parents to raise children.

Co-parenting is related to the child's adaptation and parental adaptation (Dickinson et al., 2003); to the expressiveness of the parent as a moderator between the co-parental alliance and the marital relationship (Kolak & Volling, 2007). The co-parental alliance plays an important role in the family's processes and the relations between its members.

Parental self-efficacy in childcare is significantly linked to parental involvement (Jacobs & Kelley, 2006). Parental self-efficacy also has a moderating effect on the association between child development and social support (Shumow & Lomax, 2002). It has been shown that the co-parenting alliance protects the child from the negative effects of depression and enhances parental quality (Dickinson et al., 2003). Previous literature has shown a close relationship between marital satisfaction and parental involvement (Almeida et al., 1999; Floyd et al., 1998; Hall & Fincham, 2005). The relationship between parents inevitably affects the relationship between parent and child, which has a significant impact on marital satisfaction (Kaczynski et al., 2006; Schoppe-Sullivan et al., 2004). Self-efficacy regarding parenting is the mechanism that connects parents' beliefs with their psychological well-being (Merrifield & Gamble, 2013). The parent–parent and parent–child subsystems have mutual impacts on each other. When a parent tends to experience stress in childcare, his perceptions of his own effectiveness and cooperation with his spouse in his parental role affect the marital relationship and the parent–child relationship (Margolin et al., 2001).

Communication is one of the most important factors for the stability, growth, and survival of the family. Among the most important factors in the etiology of marital dissatisfaction are the inability to solve problems, harmful family interactions, and ignorance of family communication skills. A study by the Abrahamic and his colleagues in 2008 showed that there is a significant and positive correlation between communication and marital satisfaction.

Parental stress can be determined by day-to-day responsibilities and financial worries (Gerstein et al., 2009). Parental stress is recognized by the fact that a parent has the feeling that he or she is no longer as before and that his or her life has changed—being overwhelmed by the situation and not having enough financial resources. He does not have time for his own person and wants to escape the role of parent, and has a tendency to “take revenge” on the child for these shortcomings. Factors favoring the development of parental stress are most often found in parents who are rigid, or in parents who have overly high expectations who do not have the support of their partners, but also in those who have a low socio-economic status.

The co-parental alliance refers to how parents are bound by a shared responsibility to raise children (Dickinson et al., 2003). The term co-parenting is new, but it emphasizes an old idea, namely, the fact that it makes a reference to the common exercise of parental authority, which has already been raised to the rank of a principle. Co-parenting is based on the real presence of both parents and on the stability of their relationship, which can relate to the parents living together in or out of wedlock. It is the common exercise in the natural environment of the parental authority.

2. Materials and Methods

All the studies that contained relationships between the correlates of parenting, personality, and marital satisfaction were systematically searched.

2.1. Procedure

Individuals' Systematic searches of studies published in English in the period 2005–2019 in the following databases were performed: Ebsco, ScienceDirect, PsychInfo, and Proquest.

The key search terms in English were adapted according to the search options in each database and included variations on the components or dimensions of the topic of interest: marital satisfaction, marital stress, marriage, co-parenting, married couples, marital disharmony, marital quality, marital relationship, personality variables, and factors involved in marital satisfaction.

2.2. Selection Criteria

The studies were selected based on their relevance based on the identification of search terms in the title, abstract, or keywords/topic, or where necessary and possible, throughout the text.

Although studies analyzing the relationships between personality variables, parenting, and marital satisfaction were sought for this analysis, all

studies were initially selected that were identified as evaluating a particular component of those listed.

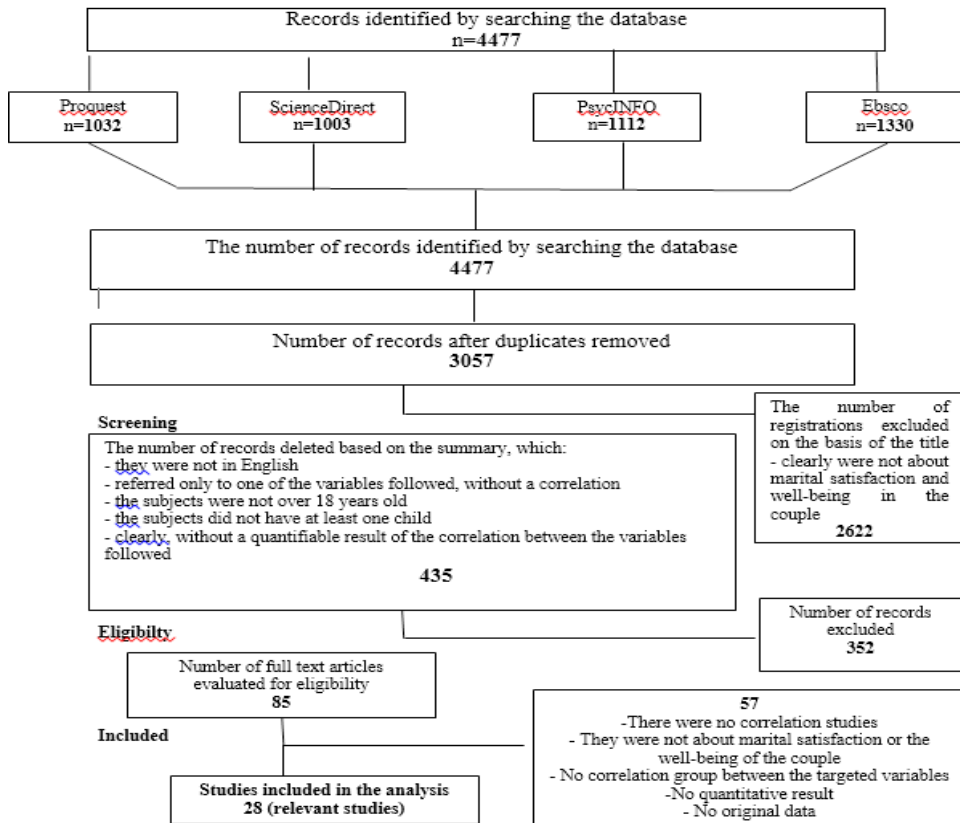


Figure 1. Diagram of the process of selection and inclusion of studies in the systematic analysis.

2.3. Inclusion Criteria

Five major inclusion criteria were considered.

- All empirical research and quantitative studies examining the role of personality and parenting variables in predicting marital satisfaction have been preserved.
- Age of participants varied between 18 and 70 years.
- Parents did not suffer from physical or mental illness.
- Couples were heterosexual.
- Couples had children, aged 0–18.

3. Results and Discussion

In this study, exclusion and inclusion criteria were used in the researched articles to support the scope and validity of the results of the reviewed studies (Meline, 2006). In Table 1 there are the studies (1) that have investigated the relationship between parenting correlates and marital satisfaction, (2) that have investigated the factors of personality and the marital satisfaction, (3) that included at least one of the variables mentioned above (marital satisfaction, parenting correlates, or personality factors). In these studies, in addition to the variables mentioned, secondary variables were also considered, which are variables that correlated significantly with the primary variables, such as socio-demographic factors — duration of marriage, existence of children, economic status, age of marriage, and equity; a religious factor — gender roles; and culture.

The synthesis table of the 28 studies analyzed are presented in ANNEX 1.

3.1. Personality Traits

Scientific research emphasizes that personality traits are closely related to marital satisfaction. Karampatsos et al. showed that personality plays an important role in conflict resolution and marital communication (Karampatsos et al., 2011). Individuals with high scores in the dimensions of Agreeableness, Extraversion, Openness to experience, and Conscientiousness; and low scores in Neuroticism have greater marital satisfaction, they know how to resolve conflicts in a healthy manner and have effective marital communication. Amiri et al. investigated the relationship between marital satisfaction, communication styles, and personality traits, from the Big Five model (Amiri et al., 2011). They showed that Neuroticism ($p < 0.01$, $r = -0.410$) is the most important predictor of marital satisfaction. Stroud et al. showed that Extraversion and Neuroticism were related to marital satisfaction (Stroud et al., 2010). Personality traits for a lasting marriage were studied by Shackelford and Buss (Shackelford & Buss, 1997), who showed that high narcissism, low conscientiousness, and high psychopathism are personality traits closely related to susceptibility to infidelity.

3.2. Parenting Correlates

There is a positive association between the quality of co-parenting and the marital relationship (Morrill et al., 2010). Regarding the co-parenting alliance, the positive marital communication and effective ability to resolve conflicts seem to improve the couple's relationship (Askari et al., 2013). Communication is significantly related to couple satisfaction and the ability

to resolve conflicts/misunderstandings (Carrère & Gottman, 1999; Litzinger & Gordon, 2005). The results show that people who lack the skills to regulate emotional expression and communicate effectively become defensive or withdraw from conflict within the couple, and this predicts marital dissatisfaction. To deal effectively with marital conflicts, partners should be able to talk about the cause of the conflict, express their views, and have confidence in their own problem-solving skills. Instead, there are studies that show that partners often do not rely on clear perceptions of current situations, but come to certain conclusions from early experiences. As communication problems increase, the problem-solving skills of each partner decreases, which can negatively affect marital satisfaction (Egeci & Gencoz, 2006). Additionally, the study of Litzinger and Gordon, conducted on 387 married couples, claims that one of the important predictors of marital satisfaction is communication (Litzinger & Gordon, 2005). Marital hostility, on the other hand, is associated with hostile, competitive cooperation (Gottman et al., 1996). Thus, the co-participation alliance in terms of positive marital communication and effective conflict resolution skills improves the marital relationship. Dyadic coping is the way in which partners cope with marital stress together; it correlates significantly ($r = 0.53$) with increased marital satisfaction (Bodenmann, 2005). A meta-analysis by Falconier and colleagues, which examined articles published on dyadic coping, highlighted that dyadic coping is strongly associated with relationship satisfaction ($r = 0.45$; $p < 0.001$) (Falconier et al., 2015).

3.3. Attachment Style

Attachment and sexuality in romantic relationships are strongly associated, especially in those with a longer duration. The results of the studies show that individuals who have a secure attachment can maintain more stable relationships. They are less likely to engage in occasional sexual intercourse or to have sex outside of the couple (Cooper et al., 2006; Gillath & Schachner, 2006). Individuals with an avoidant attachment style tend to engage in activities that require less psychological intimacy, and they enjoy less physical contact. Avoidant individuals consider loveless sex pleasurable and tend to have casual relationships (Najarpourian et al., 2018). People with an anxious attachment style focus on gaining security and tend to use sex to get emotional reassurance.

3.4. Equity

Some studies have focused on the relationship between marital satisfaction and equity (Asoodeh et al., 2010; Saginak & Saginak, 2005). Equity is

the balance between the contributions and benefits that are offered by partners in the relationship (Asoodeh et al., 2010; Daneshpour et al., 2011; Hatfield et al., 1985). The study by Asoodeh et al., which was conducted on a group of couples with increased marital satisfaction, showed that equity is a good predictor of marital satisfaction (Asoodeh et al., 2010).

3.5. Culture

Culture influences people's behavior (Markus & Kitayama, 1991). According to several models (Berg & Upchurch, 2007; Bodenmann, 1995; Bodenmann et al., 2016; Revenson, 2003), culture is seen as the contextual factor that influences how couples help each other cope with stress (Falconier et al., 2016). We will highlight four cultural constructions that can affect the coping behavior of partners: collectivism/individualism, family situation, communication, and gender roles (Falconier et al., 2016).

3.6. Gender Roles

Previous studies have also found some gender differences in marital relationships. The negative emotionality of the father during the mother's pregnancy was associated with a lower quality of behavior after birth (Schoppe-Sullivan et al., 2008). At the same time, differing views of parents were associated with lower marital satisfaction and with parenting conflicts (Khazan et al., 2008). Moreover, contextual factors, including cultural differences in childcare practices and parenting, affect possible gender differences and the functioning of the co-participation unit [51]. Studies have shown that gender roles predict marital satisfaction and that marital satisfaction predicts the well-being of the individual, which is measured by self-respect and life satisfaction (Al-Darmaki et al., 2017).

3.7. Demographic Factors

The results showed that some of the factors that have significant influences on marital satisfaction are the demographic factors, which include couple education, age of marriage, duration of marriage, existence of children, and economic situation. The age of the spouses in the marriage can be a basic factor in creating consequences in the marital relationship, being determined according to the specific environmental, culture, and economic circumstances of each society. Most studies have mentioned the age range of 20–30 years as the appropriate age for marriage for women and men; some authors believe that marriage is accompanied by a higher quality of life at these ages and that marriage for women under the age of 18 years and 20 for men is likely to be associated with failure or divorce. It seems that the ap-

appropriate age of spouses for marriage is influenced by culture. The duration of the marriage and the phases of the marriage are specific to each couple. If there is a lack of agreement on important issues such as financial problems, raising children, and relationships with relatives in the first five years, the results will include dissatisfaction and reasons for their instability and incompatibility.

Existence of children: a study conducted by Baghiat and Zanjani showed that there are significant statistical differences between marital satisfaction and existence of children (Allah & Zeynab, 2014). The economic factor: marriage is more of a secure social and economic network than an emotional relationship. Job, property, debt, and division of labor at home form the stability and quality of married life. In other words, saving, dividing money, income, and expenses, are for the current era, inseparable components of couples' lives. The results show that a low income and financial problems can cause lower marital satisfaction, conflict, and divorce.

3.8. Religious and Spiritual Factors

Many empirical studies have examined marital satisfaction and its relationship with religiosity and measures of spirituality (Beach et al., 2008; Jose & Alfons, 2007; G. A. K. PhD et al., 2017), highlighting those religious beliefs play an important role in the stability of marriage. The results of studies on American Christians, Muslims, and Jews showed that religion has a role for the stability of marriage through anti-divorce beliefs. The results of the studies mentioned previously showed that there is a significant positive relationship between marital satisfaction and religious adherence after marriage, and a positive relationship between religious beliefs and life satisfaction that helps increase ethical commitment.

After reviewing the remaining 28 studies, we found that in 20% (n = 5) of the revised studies, the longitudinal research design was used and in 80% (n = 23) of the revised studies the cross-sectional research design was used. By sampling technique, we found the following: intentional sampling—6% (2), single random sampling—20% (6), random sampling—6% (2), cluster random sampling—14% (3), multi-stage sampling—17% (5), convenience sampling—6% (2), and studies that did not report the sampling technique—30% (8). Of the 28 studies analyzed, 84% (n = 24) reported the effect size and 16% (n = 4) did not report the effect size. The statistical analysis used was reported by 90% (n = 26) of the studies analyzed, and 10% (n = 2) did not report the statistical analysis used.

Scientific research shows that personality traits are related to marital satisfaction. Personality plays a role in marital communication and conflict

resolution. Amiri et al. investigated the relationships between personality traits from the Big Five model, communication styles, and marital satisfaction (Amiri et al., 2011). They found that neuroticism was the most important predictor of marital satisfaction. Stroud found that Neuroticism and Extraversion were related to marital satisfaction (Stroud et al., 2010).

The review of the literature on the impacts of parenting and personality correlations on marital satisfaction and well-being in a couple has highlighted the impacts that parenting and personality correlates can have on marital satisfaction and well-being in a couple. Although many current studies found significant associations between the correlates of parenting, personality, and marital satisfaction, and eventually concluded that poor co-parenting (parental stress, low self-efficacy, and a poor parental alliance) predicts decreased marital satisfaction, other research shows that low levels of marital satisfaction can predict co-parenting issues. There are many studies that show that each partner can conceptualize marital satisfaction differently, which can be influenced by different factors, producing a different degree of marital satisfaction for men and women. Thus, a separate assessment of the level of marital satisfaction of the partners is needed.

At the same time, researchers could develop a measure of the difference between a man's and a woman's perceptions of other aspects of the relationship. In this case, researchers could include both individual and couple variables in the same model and analysis, without confusing the dependent variable of marital satisfaction. Another criticism is related to the use of sampling techniques and research design. A total of 30% (n = 8) did not report the sampling technique, 16% (n = 4) did not report the effect size, and 10% (n = 2) did not report the statistical analysis used in their research activity.

4. Conclusions

The results of this analysis showed that marital satisfaction is significantly influenced by personality factors and by variables related to parenting. An unexpected finding was that little other research has been conducted like this. Few studies used the same "scheme" the three main variables from this study (personality, parenting, and marital satisfaction). Further research is needed for a better understanding of the direct impacts of parenting correlates and personality factors on marital satisfaction, in the same scheme. As we listed above, some aspects of the relationship between marital satisfaction, parenting, and personality remain insufficiently elucidated. Additionally, the mechanisms by which parenting, personality, and well-being in the cou-

ple are influenced require additional clarification. It is hoped that the results of this study presented in this paper, based on factors with some impact on marital satisfaction, will provide additional support for interventions on families facing different problems.

4.1. Significance of the Review

Moments fraught with stressors can be crucial, determining the future of the marital relationship; for this reason, knowledge, awareness, and understanding of what is happening in the cognitive and social field at such times are priorities for a serious and effective approach to couple therapy. The importance of this review lies in highlighting the impacts of personality and parenting correlates on marital satisfaction. This review also highlights the most important factors, identified in the research analyzed, which make their mark in everyday family life.

The current review has implications for interventions on families facing different problems. Interventions in the family can be adapted to regulate and address the ex-pressions of personality, parenting behavior, and perceptual prejudices of spouses or behavioral tendencies that negatively affect family relationships. This study provides theoretical implications to improve the understanding of how different sources affect parental security. It should be noted that no measure can differentiate and accurately predict marriages that will eventually dissolve from those that will stand the test of time.

With this in mind, some of the previously discussed behaviors can protect marriages. Spouses should avoid attributing negativity to their partner's traits and behaviors, recognizing instead the stability of personality traits, and staying alert to the healthy balance between positive and negative interactions, so that marital quality and marital satisfaction increase.

4.2. Limits

The links between parenting, personality traits, and marital satisfaction are less studied in couples with long marriages. It is necessary to study marriages more longitudinally to see if parenting and personality traits continue to affect marital satisfaction over time or if their influences diminish over time. It should also be noted if the influence is reversed, if marital satisfaction influences parenting behavior and personality traits over time, this aspect has also only vaguely been studied.

So far, no research has been done to put in the same scheme the three variables pursued in this review.

There are no studies that fully include all three variables (personality factors, parenting correlates, and marital satisfaction); they either use two of these variables or only one of them. It is necessary to include all the variables, mentioned in a single longitudinal design, because they have an important role in the quality and duration of marriage. As we listed above, some aspects of the relationship between marital satisfaction, parenting, and personality remain insufficiently elucidated. Additionally, the mechanism by which parenting, personality, and well-being in the couple are influenced requires additional clarification.

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ANNEX 1

Current Number	Study Authors	Sample	Duration of Marriage	Variables Followed	Tools Used	Results
1.	(Gallimore et al., 2006)	143 married couples the age of the participants is not reported United States	18 years	Marital satisfaction, marital support, personality	1. Enrich Marital Satisfaction Scale (Olson et al., 1983) 2. Satisfaction with dual-income lifestyle (Perrone and Worthington, 2001)	Marital support is positively correlated with marital satisfaction ($r = 0.414, p < 0.01$). For men ($r = 0.681, p < 0.01$) but also for women ($r = 0.696, p < 0.01$), marital support was strongly correlated with marital satisfaction
2.	(Shiota & Levenson, 2007)	156 married couples 40–70 years old, California	12 years	Personality traits, resemblance between partners, marital satisfaction	1. Adjective Check List (ACL; Gough and Heilbrun, 1980) 2. NEO Personality Inventory 3. Marital Adjustment Test (MAT; Locke and Wallace, 1959)	Pearson correlations between marital satisfaction of individual spouses range from 0.67 to 0.90, with an average of 0.80. There is a positive correlation between partner agreeableness and marital satisfaction ($\beta = 0.25; p = 0.06$). There is a negative relationship between the similarity of all the personality traits of the partners and marital satisfaction ($\beta = -0.32; p < 0.05$)
3.	(Fisher & McNulty, 2008)	72 married couples 23–24 years old, -Ohio	Not reported	Neuroticism, sexual satisfaction, marital satisfaction	1. Neuroticism Big Five Personality Inventory (Goldberg, 1999). 2. Global Relationship Satisfaction by Osgood, Suci, and Tannenbaum, 1957).	The effects of neuroticism in marriage on the sexual relationship between spouses but also on marital satisfaction are negatively correlated ($z' = -0.90, p < 0.10$).

Current Number	Study Authors	Sample	Duration of Marriage	Variables Followed	Tools Used	Results
					3. Index of Sexual Satisfaction (Hudson, 1998)	
4.	(Shackelford et al., 2008)	107 couples 25–26 years old,	1 year	Infidelity, marital satisfaction, personality traits	1. Quality of the marital relationship 2. Self-reported and spouse-reported five factors (Buss, 1991).	Increased marital satisfaction correlates negatively with the unfaithful behavior of spouses, revealing a significant negative coefficient, -254 . There is a significant negative correlation between husbands and wives with an increased unpleasantness and low level of conscientiousness about marital satisfaction ($r = -0.04$), there is a greater probability that they will engage in extramarital affairs.
5.	(Wunderer & Schneewind, 2008)	663 married couples Average age: husband 53.1 years old (SD = 9.6 years old), wife 50.3 years old (SD = 9.5 years old), Germany.	Average 27.4 years (SD = 10.2 years)	Marital support, dyadic coping, marital satisfaction.	1. Questionnaire to assess dyadic coping as general tendency. 2. Relationship Assessment Scale (Hendrick, 1988) 3. Questionnaire Standards in der Partnerschaft, which Beer, Zahn and Schuman.	Marital standards correlate positively with couple satisfaction ($p < 0.001$) and the more standards-centered the relationship is, with no discrepancy between the standards of the two partners, the more support the spouses give each other in stressful events ($\Delta x^2 = 11.07$, $\Delta df = 1$). There is a positive relationship between dyadic coping and marital satisfaction ($p < 0.001$).
6.	(Heller et al., 2009)	147 couples Age is not	3–4 years	Global personality, role-	1. Marital Adjustment Test by Locke—Wallace (1959)	The global personality strongly correlated both with the personality

Current Number	Study Authors	Sample	Duration of Marriage	Variables Followed	Tools Used	Results
		reported, from Eastern Iowa		based personality, relationship satisfactin	2. Big Five Inventory by (Pandey and Anand, 2010) John and Srivastava (1999)	at work ($r = 0.58-0.68$, $r = 0.61$) and with the personality at home ($r = 0.41-0.69$, average $r = 0.56$). These results demonstrate considerable associations between the global personality and the role-based personality. Marital satisfaction was best predicted by the personality at home (pseudo- $R^2 = 5\%$) both in relation to the personality of work (pseudo- $R^2 = 0\%$) and to the global personality (pseudo- $R^2 = 0\%$).
7.	(Pandey & Anand, 2010)	32 couples The age of the participants is not reported, from Gorakhpur city, Uttar Pradesh, India	5 to 20 years	Emotional intelligence, life satisfaction, marital adjustment, marital satisfaction.	1. Life Satisfaction Scale by Deiner (1972) 2. Multi Dimensional Self Report Emotional Intelligence Scale by Pandey (2002) 3. General Health Questionnaire by Goldberg and Hiller 4. Dyadic Adjustment Scale by Spanier (1976). 4. Affect Balance Scale by Bradburn (1969).	The husband's emotional intelligence is positively correlated with his wife's life satisfaction ($r = 0.456$, $p < 0.01$) and correlates negatively with her negative state ($r = -0.405$, $p < 0.05$), and vice versa. The husband's life satisfaction is positively related to wife's marital satisfaction ($r = 0.356$, $p < 0.05$), and the wife's life satisfaction is positively correlated with the marital satisfaction of both spouses ($r = 0.610$, $p < 0.01$), and with the husband's conjugal adjustment ($r = 0.531$, $p < 0.01$).
8.	(Asoodeh et	114 married	10 years	Marital	1. ENRICH by Fowers	It shows that equity is a good

Current Number	Study Authors	Sample	Duration of Marriage	Variables Followed	Tools Used	Results
	al., 2010)	couples 22–56 years old, from Iran and the USA.		satisfaction, happiness in the couple, equity, communication, stability	and Olson (1989) 2. In-depth, semi- structured interview 3. Systematic observation	predictor of marital satisfaction. The results show that individuals from successful couples consult each other and trust their partner, make decisions together and have a friendly relationship.
9.	(Amiri et al., 2011)	50 couples Age is not reported from Tehran	Not reported	agreeableness, conscientiousnes s, extraversion, openness to the new, neuroticism, communication style, marital satisfaction	1. ENRICH Marital Satisfaction Scale by Olson et al. (1983) 2. NEO Personality Inventory by Costa and McCrae, 1992) 3. Communication Styles Questionnaire	The correlation coefficient between neuroticism and marital satisfaction is significantly negative ($p < 0.01$, $r = -0.410$) The correlation coefficient of marital satisfaction is significantly positive ($p < 0,01$, $r = 0.256$) with extroversion and conscientiousness, the same is true for the correlation between mutual constructive communication ($p < 0.001$, $r = 0.262$) and opening to the new ($p < 0.01$, $r = 0.127$).
10.	(O'Rourke et al., 2011)	125 couples 50–65 years old, from Asia and the Caucasians	20 years	Marital satisfaction, personality factors, conscientiousnes s	1. Dyadic Adjustment Scale by Spanier (1976) 2. NEO-FFI. (Costa and McCrae, 1992).	Men reported a higher level of marital satisfaction than women (M $= 115.07$, $SD = 12.71$ compared to $M = 113.82$ and $SD = 13.89$, respectively). The correlation coefficient between spouses was $r =$ 0.49 . Conscientiousness is the personality trait most widely associated with marital satisfaction. ($\gamma = 0.87$, $SE = 0.32$, $p < 0.01$)

Current Number	Study Authors	Sample	Duration of Marriage	Variables Followed	Tools Used	Results
11.	(Kaufman & Kaliner, 2011)	2000 married people 18–70 years old, England	1–40 years	personality differences/similarities, marital satisfaction, personality factors.	1. PREPARE—ENRICH (Olson and Larson, 2008) 2. SCOPE personality scales 3. Couple Satisfaction Scale	The results indicate that there is no relationship between personality differences/similarities and marital satisfaction. Individuals are 66% more likely to form a couple with someone with a different personality than their own.
12.	(Pedro et al., 2012)	519 married couples Average mother's age 40.53 years old (SD = 5.12), Father 43.12 years old (SD = 6.05) from Lisbon (59.2%) and Portugal (38.3%)	Not reported	Marital satisfaction, Parenting, Coparenting	1. Marital Life Areas Satisfaction Evaluation Scale (Narciso and Costa, 1996) 2. Coparenting Questionnaire (Pedro and Ribeiro, 2010; Margolin et al., 2001) 3. EMBU-P (Canavarro and Pereira, 2007)	The results show that there is a correlation between the mediating role of marital satisfaction of one of the partners and his contributions in coparenting behavior: maternal PP: $\Delta x^2(12, n = 519) = 256.24, p < 0.001$; paternal PP: $\Delta x^2(32, n = 519) = 362.66, p < 0.001$
13.	(Najarpourian, 2012)	82 married couples 25–59 years old, from Isfahan	14 years	Conscientiousness, extraversion, marital satisfaction, neuroticism, personality	1. ENRICH by Fowers and Olson (1986) 2. NEO-FFI by Karimzadeh (2007),	There is a negative relationship between neuroticism and marital satisfaction $r = -0.56$. Low neuroticism and high extroversion showed a better relationship with marital satisfaction (mean = 187.44, SD = 19.58, $n = 41$). Marital satisfaction correlates with the personality types of men and women ($F = 2.46, p < 0.02$, Eta squared = 0.10)

Current Number	Study Authors	Sample	Duration of Marriage	Variables Followed	Tools Used	Results
14.	(Erlene Rosowsky et al., 2012)	32 married couples 57–89 years old, Caucasian	Average 49.2 years	Long-term marriage, marital satisfaction, marriage, older couples, personality	1. Horney-Coolidge Three-Dimensional Inventory by Coolidge (1999) 2. Comprehensive Marital Satisfaction Scale by Blum and Mehrabian (1999) 3. NEO Personality Inventory by Costa and McRae (1992)	There is no significant balance between the marital satisfaction of wives and their five personality traits ($R = 0.29$, $R^2 = 0.09$, $F(5, 26) = 0.48$, $p = 0.79$). Marital satisfaction is predicted by Extraversion ($\beta = 0.54$, $p = 0.02$) and Conscientiousness ($\beta = -0.58$, $p < 0.02$) to partners.
15.	(Onyishi et al., 2013)	nn 187 married couples Husband's age 22–70 years old (mean \pm SE = 45.10 ± 10.1); Wife 21–68 years old (mean \pm SE = 38.8 ± 10.1), Nigeria	Not reported	Number of children, education, financial status, marital satisfaction	1. Marital satisfaction scale <u>Hudson (1982)</u>	The number of children was the strongest predictor of marital satisfaction ($\beta = 0.045$; $p = 0.662$), compared to other variables such as financial status ($\beta = -0.092$; $p = 0.794$) and education ($\beta = -0.2$; $p = 0.379$). The results suggest that the negative relationship between the number of children and marital satisfaction is not culturally universal and probably it characterizes only the developed, individualistic western countries.
16.	(Ganiban et al., 2009)	318 men and 544 women, married Average age 43.6 (± 4.49) years old for women and	Average duration 19.94 years (SD = 6.0 years)	personality (anxiety, aggression, sociability), marital quality, parenting	1. Temperament and Character Inventory (TCI; <u>Cloninger et al., 1993</u>). 2. Karolinska Scales of Personality (KSP; Schalling and Edman,	The results indicated that personality characteristics explain 33% to 42% of the covariance between reported marital quality and parenting and 26% to 28% of the covariance between observed marital quality

Current Number	Study Authors	Sample	Duration of Marriage	Variables Followed	Tools Used	Results
		47.0 (\pm 4.54) years old for men, from Sweden			1993). 3. The Expression of Affection Inventory (Hetherington and Clingempeel, 1992) 4. The Parent-Child Relationships Scale 5. The Expressed Emotion Scale (Hansson and Jarbin, 1997) 6. The Expressed Emotion Scale (Hansson and Jarbin, 1997)	and parenting. The results indicate that personality contributes significantly to the associations between marital quality and parenting, r_{tot} , ie, $a_{med}/(a_{med} + a_{res}) = 0.57$
17.	(Javanmard & Garegozlo, 2013)	35 Married couples Age is not reported, from Iran	Not reported	Personality characteristics, marital satisfaction, personality dimensions	1. Marital satisfaction Inventory ENRICH 2. NEO-FFI	There was a significantly negative correlation between neuroticism and marital satisfaction ($p < 0.01$). There was a significantly positive correlation between conscientiousness, extraversion and marital satisfaction ($p < 0.01$)
18.	(Merrifield & Gamble, 2013)	34.89 years old (SD = 6.39) and that of fathers was 37.66 years old (SD = 7.75) 34.89 years old (SD = 6.39) and that of fathers was 37.66 years old	Average 11.28 years (SD = 5.49)	Parenting, coparenting, marital satisfaction, parental self-efficacy	1. Maintenance scale developed by Stafford and Canary (1991). 2. Kansas Marital Satisfaction Scale (Schumm, Paff-Bergen, Hatch, and Obiorah, 1986) 3. Family Experiences	1. maintenance scale developed by Stafford and Canary (1991) maintenance scale developed by Stafford and Canary (1991) There is a significant relationship between marital satisfaction, coparenting and parental self-

Current Number	Study Authors	Sample	Duration of Marriage	Variables Followed	Tools Used	Results
		(SD = 7.75) 34.89 years old (SD = 6.39) and that of fathers was 37.66 years old (SD = 7.75) 175 married couples Average age: husband 37.66 years old (SD = 7.75), wife 34.89 years old (SD = 6.39), Caucasian or European American.			Questionnaire by Van Egeren and Hawkins (2004) 4. Parenting Self-Efficacy Scale (Preschool Version)	efficacy for the husband ($\beta = 0.24, p < 0.05$) The results show that a positive relationship between conjugal subsystems and coparenting whereby, the positivity in one of these relationships may interact to lessen the effects of negativity in the other to maintain or increase parental self-efficacy ($\beta = 0.29, p < 0.001$)
19.	(Vithanage, 2014)	68 married couples 20–62 years old, Sri Lanka	Over 1 year	attachment style, marital satisfaction, secure attachment	1. Revised Dyadic Adjustment Scale by Crane et al. (2000). 2. Experience in Close Relationships by Brennan et al. (1998)	There is a significantly positive correlation between the style of secure attachment and marital satisfaction (** $p < 0.01$). The value r for the secure attachment and the insecure attachment ($r = 0.665$ and $r = 0.810$ for the spouse while $r = 0.699$ and $r = 0.770$ for the spouses).
20.	(Manesh & Arefi, 2015)	192 married couples Age is not reported, from Kahrizak	Not reported	personality traits, attachment styles, emotional intelligence, marital	1. Adult attachment scale by Hozen and Shiver (1987) 2. Enrich marital satisfaction scale	The research results suggested that neuroticism ($p = 0.001$), extraversion ($p = 0.001$), agreeableness ($p = 0.010$) and responsibility ($p = 0.001$) are significantly related to marital

Current Number	Study Authors	Sample	Duration of Marriage	Variables Followed	Tools Used	Results
				satisfaction	3. Emotional intelligence scale by Mayer and Salvi (1997) 4. NEO.PIR	satisfaction. Emotional regulation ($p = 0.001$) correlates significantly positively with marital satisfaction. The results indicated that conscientiousness and extraversion could predict 37.3% ($r^2 = 0.611$) from the variant of conjugal satisfaction. The results suggested that the avoidant attachment style and the secure attachment style could predict 21.1% ($r^2 = 0.459$) of the variance of marital satisfaction
21.	(Falconier et al., 2015)	7973 married people Average age 18–88 years old (men: $M = 40.8$ SD = 11.8, women: $M = 40.5$, SD = 11.5), 35 nations	Average 14.7 years	-Culture -Dyadic coping -Marital satisfaction -gender	1.Marriage and Relationships Questionnaire (Russel and Wells, 1993) 2.Dyadic Coping Inventory (Randall et al., 2015; Bodenmann, 2008)	The frequency of positive dyadic coping behavior ($M_{Average} = 3.69$, range 1–5) and the level of relationship satisfaction ($M_{Average} = 4.50$, range 1–5) was increased. The results show that there is a significant positive correlation between dyadic coping and marital satisfaction ($\beta = 0.59$; $p < 0.001$), which shows that nations with higher scores for dyadic coping, couples are, on average, more satisfied with their marital relationship compared to nations where individuals report negative dyadic behavior. The results indicate

Current Number	Study Authors	Sample	Duration of Marriage	Variables Followed	Tools Used	Results
						that the association between dyadic coping and marital satisfaction is stronger for women ($\beta = 0.07$; $p < 0.001$).
22.	(Muterera et al., 2015)	200 married couples 65 years old, from Kashan	24 years	Gender, job, remarriage, marital satisfaction, duration of marriage	1. Marital satisfaction questionnaire (Enrich questionnaire)	The results show that there is a significant correlation between the duration of marriage and the total score of marital satisfaction ($r = 0.30$, $p = 0.001$). No significant correlation was observed between age and number of children and the total score of marital satisfaction. The gender variables (OR = 2.9), job (OR = 0.119), remarriage (OR = 0.311) have a statistical relationship with marital satisfaction.
23.	(Fattahi & Homabadi, n.d.)	116 married couples Age is not reported, Teheran	over 1 year	Personality traits, identity, conflict, marital satisfaction, religion	1. "Islamic marital satisfaction (Jodeyri, 2009) 2. Religious adherence" (Janbozorgi and Ibrahimi, 2008) 3. "NEO Personality" (Costa and McCrae, 1999).	There is a significantly positive relationship between the religious adherence of the couples with their conjugal satisfaction ($p > 0.05$). It is concluded that there is no difference between the combinations of individuals in couples in terms of introversion/extroversion in marital satisfaction.
24.	(PhD et al., 2017)	60 married couples Age average 42.2 years old from Kerala, India	8–25 years	Marital relationship, Marital satisfaction, communication	1. Personal Assessment of Intimacy in Relationships by Schaefer and Olson, 1981.	The satisfaction with the relationship of each partner has a significant connection with the marital satisfaction with the partner,

Current Number	Study Authors	Sample	Duration of Marriage	Variables Followed	Tools Used	Results
				style, sexual intimacy.	2. Communication style inventory by deVries et al. (2013) 3. Kansas Marital Satisfaction Scale by Schumm et al. (1983). 4. Communicator Style Measure by Norton (1978)	which indicates that the satisfaction in the couple is achieved with the satisfaction with the relationship of both partners ($r = 0.532, p < 0.01$). The open communication style ($r = 0.234, p < 0.05$) was positively correlated with marital satisfaction. The lack of support from the partner ($r = -0.334, p < 0.0$) and the state of worry ($r = -0.288, p < 0.01$) correlate negatively with marital satisfaction.
25.	(Najarpourian et al., 2018)	200 married couples 27–45 years old, from Qeshm Island, Iran	10–20 years	Marital satisfaction, attachment styles, duration of marriage	1. Couples' satisfaction index (CSI), 2. Sternberg love story index, 3. Experiences in close relationships questionnaire	The results show that R and R ² in this analysis were 0.88 and 0.77, which indicates that 77% of the marital satisfaction variance was determined by dominance and avoidant attachment.
26.	(Lavner et al., 2018)	169 married couples Average age: Husband = 25.6 (SD = 4.1), wife = 23.4 years old (SD = 3.6), from Florida	Average 4.5 years.	Personality, marital satisfaction, age, demographics, parental status	1. Quality of Marriage Index (QMI; <u>Norton, 1983</u>) 2. International Personality Item Pool (IPIP; <u>Goldberg, 1992</u>)	Personality changes over time have been associated with spouses' marital satisfaction trajectories ($p < 0.05$). These findings indicate that spouses' personalities change significantly over the years and that these changes are associated with changes in spouses' marital satisfaction. The percentage of variance in the slopes of marital satisfaction is highest when the level

Current Number	Study Authors	Sample	Duration of Marriage	Variables Followed	Tools Used	Results
						of neuroticism of the partners is increased (0% to 39% for men and 3% to 42% for women).
27.	(Haris & Kumar, 2018)	50 married couples 20–40 years old, from Kannur district, Kerala.	10–20 years	Marital satisfaction, communication, culture	1. The interpersonal communication inventory 2. The questionnaire was developed by Brunda Amrithraj and Indira Jaiprakash (1988)	Marital satisfaction is significantly predicted by communication skills, β = 0.66, $t = 6.75, p < 0.001$. Marital satisfaction explained a significant proportion of communication scores, $R^2 = 0.31, F = 45, 65, p <$ 0.001 . About 31% of marital satisfaction is provided by the <u>communication skills of the partners</u>
28.	(Ross et al., 2019)	515 married couples Average: husband: 33 years old (SD = 6.2), wife 31.8 years old (SD = 7.5) US	5.9 years (SD = 4.0)	Communication, couple, economic status, marital satisfaction	1. IFIRS (Melby et al., 1998) 2. Behavioral observation	The results show that the interaction between the needs of his wife and husband withdrawal increases during the first years of marriage, as provided for in social learning approaches to interaction conjugal. The wife's needs correlate significantly with the decrease of the husband's interest for her needs, in time $\beta = 0.31, p < 0.01$, The wife's needs remain constant over time (β = 0.15, $p < 0.05$). The results show that socioeconomic risk predicts a change in marital satisfaction (range = -0.16 to -0.27)