

EXPLORING THE PERSONALITY TRAIT FOR MARITAL SATISFACTION: A CONSCIENTIOUS-MARITAL-SATISFACTION MODEL

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Abstract

This study examined "Exploring the Personality Trait for Marital Satisfaction: A Conscientious-Marital-Satisfaction Model". A total number of two hundred and one (201) Married persons participated in the study from Awka Metropolis, Anambra State, Nigeria. The participants were selected using convenience sampling method, but the selection of the location was done using simple random sampling technique. The participants' ages ranged from 21- 60 years with the mean age of 30.1 and 1.7 as the standard deviation. The participants comprised 82 males (41%) and 119 females (59%). Standardized measures of Marital Satisfaction and Personality were used for data collection; The Index of Marital Satisfaction which consists of twenty-five items, developed by Hudson (1982) and validated in Nigeria for use by Abamara (2019) and The Ten Item Personality Inventory (TIPI) which consists of ten items, developed by Gosling et al (2003) and validated in Nigeria for use by Umeaku et al (2021), it is a brief measure with five domains (Openness, Conscientiousness, Extroversion, Agreeableness and Emotional Stability). One hypothesis was adopted for the study. The hypothesis which stated that Personality trait (Conscientiousness) will significantly and positively correlate with marital satisfaction was accepted at $r = .146^$, significant at; $p < .039$. Based on the findings of the study, the researcher concluded that personality trait (Conscientiousness) should be recognized as a key personality factor/trait in marital satisfaction among city dwellers in order to promote awareness for a healthy and successful marriage among such Married persons as well as achieve psychological wellbeing among them, thereby establishing 'A Conscientious-Marital-Satisfaction Model', with a recommendation that the other four domains of the personality traits (openness to experience, extraversion, agreeableness and neuroticism/emotional stability) should further be investigated to ascertain their statistical significance among city dwellers in terms of marital satisfaction.*

Keywords: Personality Trait, Marital Satisfaction, Conscientious-Marital-Satisfaction Model

Background to the Study

Marital satisfaction is simply the way husbands and wives view the level of pleasure and fulfillment they derive in their marriages. Marriage is meant to be enjoyed. Marriage is an important institution preordained by God. Marriage is a source of procreation. Yet, many marriages are having troubles and challenges in different areas. Marital satisfaction explains the key aspects in which individuals in marriage can actually testify the pleasure, the fulfillment and the joy they derive in such marriage (Okoli, 2023). Many variables or factors are responsible for marital satisfaction and these variables differ across people; financial stability, helping in taking care of the household affairs and provision of necessary things are also involved (Nwanna, 2021). There are social psychological as well as biological aspects of marital satisfaction (Weber, 1922). Many Married persons do not derive enough satisfaction in their marriages because they make comparisons between their marriages and the ones out there. Comparisons and counter comparisons destroy marriages, lead to divorce and diminish marital satisfaction. Marital satisfaction is a mental condition and it is also emotional, a good number of individuals within marriage judge their marital satisfaction base on the expectations and the actual realities.

Many researchers have devoted their time in understudying the factors responsible for changes in marriage over time. The fact remains that marital satisfaction can either increase or decrease in the context of marriage. Marital satisfaction is dynamic and crucial for the growth of every family, the stability of a union, and the maintenance of relationships (Umeaku et al., 2022). A functional marriage usually leads to marital satisfaction, and vice versa. Divorce among couples are usually as a of martial dissatisfaction (Jenati et al, 2010). Researchers on marital satisfaction have identified closely that there are many independent variables and factors that contribute and influence the decrease or increase of marital satisfaction across married persons but this study will be focusing on identifying the relationship of personality traits and marital satisfaction focusing on the most suitable trait (*Conscientiousness*) for marital satisfaction.

Personality is that unique characteristics and qualities that make an individual different from others. It is a set of established patterns of behaviour that has been built over time. According to Baumeister (2006), it is a component of psychological magnesium organized within an individual that is relatively enduring and that influence the

person's interaction and relationship as well as adaptation within the environment. This environment includes internal, physical and social environments. Personality has been studied in a variety of ways but one of the commonest and adopted categorization of personality is the big five usually called OCEAN or CANOE. This means O stands for **Openness to experience**, C stands for **Conscientiousness**, E stands for **Extraversion**, A stands for **Agreeableness** and N stands for **Neuroticism** (Lim, 2023).

The beginning of studying of personality usually dates back during the time of Allport in the early 20th century, Cartel in 1966 continued and in 1984, Goldberg carried out a study that helped to simplify and bring out the five factor model. According to several research, individuals with high traits of certain domains of the big five or the five factor model score high in marital satisfaction. Example, individuals or persons who have the personality of **openness** otherwise known as **openness to experience** usually have positive correlation with marital satisfaction. Another study shows that persons with conscientiousness personality have positive relationship with marital satisfaction, yet in another study, it was established that persons who score high in **conscientiousness** maintain very high intimacy in marriage.

Agreeableness according to studies explains that individual with this personality trait have positive relationship with marital satisfaction. **Neuroticism** according to study has been seen that individuals with this usually demonstrate dissatisfaction or perform below optimal in marriage.

Statement of the Problem

Marital satisfaction is an important asset in the hands of couple for progress, success and onward movement. Absence of marital satisfaction hinders the optimal progression and success in such a family or union. Fundamentally, marriage or family is the unit of every nation and the presence of marital dissatisfaction will continuously produce situations that are dissatisfying across all the spheres of the country (Umeaku et al, 2022). Take for instance when husband and wife are dissatisfied in their marriage, the children will bear the brunt and the chain reaction continues. As a minister, several cases of marital problems are consistently reported mainly by the women, and this usually leads to marital satisfaction. Many studies have been conducted on marital satisfaction, using various factors, research designs, and locations. However, much remains to be done, as a lasting solution to marital satisfaction has yet to be found. Divorce, marital breakups, and domestic violence appear to be increasing daily. Furthermore, several studies have looked at different areas and localities but there seems to be a dearth of research work in studying marital satisfaction with respect to which personality trait is the most suitable in our cities mainly in this south eastern part of the country. Moreso, no study has been able to show the personality-marital satisfaction model among married persons living in the city. Finally, this research work has come to provide a further literature in this area, access the relationship across the five personality domains with respect to marital satisfaction across married persons and to close the gap of knowing truly if Married persons in the cities enjoy marital satisfaction or not, and which personality trait enhances marital satisfaction.

Purpose of the Study

The general purpose of this study is to ascertain which personality trait enhances marital satisfaction. Specifically, the study intends to investigate;

1. If personality trait (Conscientiousness) will positively and significantly correlate with marital satisfaction.

Research Question

1. Will personality trait (Conscientiousness) positively and significantly correlate with marital satisfaction?

Relevance of the Study

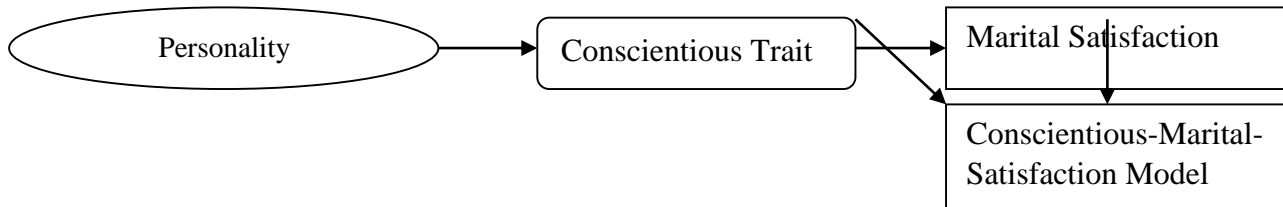
This study will have both practical and theoretical relevance. The outcome of this study will provide some important information that will guide not just researchers but practitioners as well as married persons. As a body of research this work will look into empirical, theoretical and conceptual aspect considering the various variables that influence marital satisfaction, thereby educating the readers and the stakeholders of the impact as well as the relationship among these factors. Lastly, this research work will add to existing knowledge in the field of personality studies, marital satisfaction studies in our society. Practically, the study will give insight to the correlations of personality traits and how they can be managed to ensure or enhance marital satisfaction.

Theoretical Framework

The Big Five Personality Theory is used as the theoretical framework for this study (McCrae & Costa, 1987). This is because being a personality theory; it explains certain traits that can help married persons in their marital satisfaction. Example, if they are conscientious in their behaviour and relationship with each other, paying attention to details, being determined, being focused in the marriage there will be an optimal marital satisfaction. On the other hand, extraversion, if they are opened to each other, talk with each other, stay with each other, enjoy

social contact of each other, the marital satisfaction will be high. Therefore, all the theories reviewed, it is believed that the big five personality theory is apt as the connecting theory for the study. The big five personality theory being used as the theoretical framework of this study, according to McCrae and Costa (1987), the theory explained in details what and what each personality trait contains and they are well fitted for optimizing marital satisfaction among married persons.

The Conscientious-Marital-Satisfaction Model



Okoli (2023) carried out a study titled "Role of Personality Traits and Emotional Intelligence as determinants of Marital Satisfaction among Married Female Bankers in Fidelity Bank, Abuja, Nigeria". The purpose of the study was to investigate personality traits and emotional intelligence as determinants of marital satisfaction among married female bankers of Fidelity Bank plc, Abuja, Nigeria. A total number of thirty-eight Married female bankers were randomly selected from different bank branches in Abuja. The study adopted a cross-sectional survey design while the statistics used for data analysis for the study is T- test. On the whole, three hypotheses were tested and results showed that agreeableness [$t(1.36) = 2.369$; $p < .05$], and conscientious [$t(1.36) = 2.94$; $p < .05$] predict marital satisfaction. While openness to experience [$t(1.36) = .089$; $p > .05$], extraversion [$t(1.36) = -1.038$; $p > .05$], and neuroticism [$t(1.36) = 1.029$; $p > .05$] were not predictors of marital satisfaction of female married bankers. On the other hand, result shows that emotional intelligence [$F(13, 24) = 16.219$; $p < .000$] significantly influence marital satisfaction. However, age did not significantly predict marital satisfaction [$t(1, 36) = -.778$; $p > .05$]. Based on the findings, the study recommended that individual personality traits and emotional intelligence should be considered in human organizations and situation of marital life.

Onabamiro et al (2017) conducted a study titled "Three-factor predictors of marital adjustment among couples in Abeokuta Metropolis, Ogun State, Nigeria". The purpose of the study was to investigate self-esteem, emotional intelligence and coping skills as predictors of marital adjustment among couples in Abeokuta metropolis. The target population for the study comprised all the married persons in Anglican Communion Churches in Abeokuta South and North Local Government Areas in Ogun State, Nigeria. Using simple, random sampling technique a total of fifteen married persons were selected from each of the churches, making a total of three hundred and thirty, married persons (330) from Abeokuta North and South Local Government Areas, Ogun State. The design used for the study was non-experimental ex-post facto research, while the statistics used was Pearson Product Moment Correlation and Multiple Regression analysis. The result shows that there is no significant relationship between coping style and marital adjustment, that there is no significant relationship between self-esteem, emotional intelligence, and marital adjustment. The study recommended among others that couples should endeavor to accentuate attitude of co-operative understanding, valuing partnership, demonstrating trust, general good will towards one another and positive values in their marriage while family counselors should organize workshops, seminars and conferences whereby couples would be sensitized on causes of marital adjustment and resolution strategies for resolving marital mal-adjustment.

Akinwumi (2017) conducted a study with the title "Personality Trait and Sexual Satisfaction as Determinants of Marital Satisfaction among Couples in Ibadan". The study selected 300 married persons in the university college hospital (UCH) who were randomly selected. It adopted the cross sectional survey research design with multiple regression used for data analysis. The result reviewed that marital satisfaction has significant and positive relationship with sexual satisfaction at ($r = .56$, $p < .01$), extroversion ($r = .05$, $p > .05$), agreeableness ($r = .12$, $p < .05$), neuroticism ($r = .12$, $p < .05$) and openness to experience ($r = .18$, $p < .01$). The study also found out that openness to experience, conscientiousness, extraversion, agreeableness and neuroticism, jointly explained 9% variance in marital satisfaction at ($R^2 = 0.09$, $F(5,302) = 5.94$, $p < .01$); while only conscientiousness ($\beta = -.27$, $p < .01$) and openness to experience ($\beta = .30$, $p < .01$) were significant independent predictors of marital satisfaction. They recommended that counsellors should be mindful of these factors.

Nwanna (2021), conducted a study with the titled "Communication styles and sexual satisfaction as predictors of marital satisfaction among couples in Anambra state". The purpose of the study was to examine communication styles and sexual satisfaction as predictors of marital satisfaction among couples in Anambra State. The sample size of 630 couples was chosen for the study, through a multistage sampling procedure. The design of the study

was a correlational research design and the statistics used for data analysis was simple regression analysis. From the findings of the study, couples' communication style significantly predicted their marital satisfaction and couples' sexual satisfaction significantly predicted their marital satisfaction. Based on the findings of the study, the researcher recommended among others that Counsellors should organize workshops, seminars and conferences where couples will be sensitized on the role of communication styles and sexual satisfaction on marital satisfaction. Also, the churches and government should make premarital counselling compulsory for intending couples to equip them with the communication skills for handling marital issues.

Gandonu and Badejo (2021) carried out a study with the titled "Emotional intelligence, Relationship Qualities and Demographic Factors as Determinants of Marital Satisfaction among Residents in Lagos Metropolis". The purpose of the study was to investigate emotional intelligence, Relationship Qualities and Demographic Factors as Determinants of Marital Satisfaction. Three hundred participants were conveniently selected from Lagos metropolis. The study adopted a cross sectional design while Multi regression analysis was used for data analysis. Results showed that both relationship quality ($\beta = .512$; $p < .01$) and emotional intelligence ($\beta = .423$; $p < .01$) emerged as significant independent positive predictors of marital satisfaction among couples in selected areas of Lagos metropolis. Further results show that both spousal age difference ($\beta = .138$; $p < .05$) and educational status ($\beta = .218$; $p < .01$) emerged as significant independent positive predictors of marital satisfaction, while parity ($\beta = -.261$; $p < .01$) emerged as a significant independent negative predictor of marital satisfaction. There was a significant difference in marital satisfaction [$t(273) = -2.220$; $p < .05$] between couples in cross-culture marriages (same state; $x = 47.18$) and mono-culture marriages (different states; $x = 49.14$). Based on the findings obtained, there is need for marriage counselors to incorporate lessons that enhance relationship quality and emotional intelligence of would-be couples during marriage counseling sessions before and after the union.

Hypothesis

1. Personality trait (Conscientiousness) will positively and significantly correlate with marital satisfaction.

Method

Participants

This study was conducted using samples of married persons in the Awka Metropolis. A total of 201 married persons participated in the study. Convenience sampling was used to select the participants. There were 82 males (41%) and 119 females (59%). Their ages ranged from 20 (twenty) to 60 (sixty) years with the mean age of 30.1 and 1.7 as the standard deviation.

Instruments

The instruments used for collecting data in this study are:

1. Index of marital satisfaction:

The instrument used in this study for data collection on marital satisfaction was the index of marital satisfaction by Hudson (1982). This instrument is a 25-item inventory that is designed to measure the degree or severity of the problems or satisfaction that one's spouse or partner perceives to be having in the marital relationship with his or her spouse. The instrument has a Likert response pattern ranging from 1 to 5, where 1 = Rarely or none of the time, 2 = A little of the time, 3 = sometimes, 4 = A good part of the time and 5 = Most or all of the time. There are direct scoring and reverse scoring items. Where the direct scoring is for negative word items which are items: 2, 4, 6, 7, 10, 12, 14, 15, 18, 22, 24, and 25; while the reverse scoring items are the positive word items which are: 1, 3, 5, 8, 9, 11, 13, 16, 17, 19, 20, 21 and 23.

To obtain raw scores, the result of the direct scores and the reverse scores were added together and 25 was subtracted from the raw score to obtain the clients final score, scores below 30 will be taken to indicate a satisfaction in relationship, while any score above 30 will be taken to indicate dissatisfaction in marital relationship. The items in the questionnaire include: I feel my partner is affectionate enough, I feel that my partner treats me badly, I feel that my partner really cares for me, I feel that I would not choose the same partner if I had it to do over, I feel that I can trust my partner and I feel that our relationship is breaking up.

The reliability coefficients reported by Hudson (1982) are, Cronbach Alpha internal consistency = .96, 2-hour-retest = .96. A concurrent validity coefficient of .48 was obtained by Anene(1994) by correlating Index of Marital Satisfaction (IMS) with Marital Stress Inventory (MSI). Also, Abamara (2019) reported alpha coefficient reliability of 0.70.

2. The Ten Item Personality Inventory (TIPI):

The instrument used in this study for data collection of personality traits is the ten item personality inventory by Gosling et al (2003). The Ten Item Personality Inventory is a brief 10 item questionnaire that is used to measure the big five personality traits. The five factor model which whose domains are: Openness to experience, Conscientiousness, extroversion, agreeableness and neuroticism are used in this study to correlate with marital satisfaction. This instrument has a Likert style response pattern ranging from 1 to 7. Where 1 = Disagree strongly

2 = Disagree moderately 3 = Disagree a little 4 = Neither agree nor disagree 5 = Agree a little 6 = Agree moderately 7 = Agree strongly. There are direct scoring and reverse scoring in this questionnaire. The direct scoring are numbers 1, 3, 5, 7 and 9 while the reverse scoring are 2, 4, 6, 8 and 10.

To ascertain the score of one's personality, you find the average of the two items that make up the said personality, by recoding the reverse score and adding it to the standard score then dividing it by two. Take for instance, using extroversion as an example: A participant has scores of 5 on item 1 (Extraverted, enthusiastic) and 2 on item 6 (Reserved, quiet). First, recode the reverse-scored item (i.e., item 6), replacing the 2 with a 6. Second, take the average of the score for item 1 and the (recoded) score for item 6. So the TIPI Extraversion scale score would be: $(5 + 6)/2 = 5.5$. The items in the questionnaire includes: I see myself as Extraverted and enthusiastic, critical and quarrelsome, dependable and self-disciplined, anxious, easily upset, open to new experiences and complex. The norm scores for the TIPI were also reported thus; extraversion 4.44, agreeableness 5.23, conscientiousness 5.40, neuroticism 4.83, and openness to experience 5.38. Scores equal to or higher than the norms indicate that the individual manifests the specific personality trait while scores lower than the norm indicates that the individual does not manifest the specific personality trait.

Gosling et al (2003) reported that these scales showed high convergent validity with correlations with Big Five Inventory ranging from .65 (Openness), .70 (Agreeableness), .75 (Conscientiousness) to .81 (Neuroticism), and .87 (Extraversion). The Cronbach's alpha coefficients obtained were found in the range .40 - .73 for each subscale where; Agreeableness = .40, Openness = .45, Conscientiousness = .50, Extraversion = .48, and Neuroticism = .73. Umeaku et al (2021) validated the TIPI in Nigeria using University Students of UNN. The results indicated that TIPI has construct validity at 627** ($p < .001$) significant level. On concurrent validity, the five domains of TIPI concurred with the five domains of the forty-four-item Big-Five Personality Inventory at 271**, 419**, 436**, .163** and .251** ($p < .001$) significant level. On discriminant validity, the five domains of TIPI discriminated with Neuroticism domain of the SCL 90 except the Emotional Stability domain at -.428**, -.243**, -.047, .447** and -.505** ($p < .01$) significant level. Finally, on reliability, TIPI is reliable with Cronbach Alpha of $r = .71$ and Split-Half of $r = .76$.

Procedure

The project topic was approved by the supervisor and researcher with the help of researcher assistant went into the field, shared 215 copies of questionnaires and 205 were returned but only 201 were valid. The questionnaires were administered to married persons in Awka Metropolis and these were done by tracing the locations or places where they could be found, such as the church or in the work place. They were explained to what the questionnaires were all about and were told to answer what they thought is correct. By the end, when the questionnaires were gathered, the valid ones were coded and analyzed using the appropriate statistics.

Results

Table 1: Showing descriptives of Mean, N, Gender and Std. Deviation on marital satisfaction

GENDER	Mean	N	Std. Deviation
MALE	3.0702	82	.23881
FEMALE	3.1224	119	.21662
Total	3.1011	201	.22681

Table 2: Showing the correlations of gender and personality traits with marital satisfaction

		GENDER	OP	CON	EX	AG	ES	MS
GENDER	Pearson Correlation	1						
	Sig. (2-tailed)							
	N	201						
OP	Pearson Correlation	-.042	1					
	Sig. (2-tailed)	.552						
	N	201	201					
CON	Pearson Correlation	-.141*	.039	1				
	Sig. (2-tailed)	.046	.579					
	N	201	201	201				
EX	Pearson Correlation	-.031	-.033	-.062	1			
	Sig. (2-tailed)	.664	.643	.381				
	N	201	201	201	201			

AG	Pearson Correlation	-.022	-.018	.042	.332**	1		
	Sig. (2-tailed)	.756	.802	.557	.000			
	N	201	201	201	201	201		
ES	Pearson Correlation	.059	.213**	.010	-.037	.021	1	
	Sig. (2-tailed)	.409	.002	.891	.604	.768		
	N	201	201	201	201	201	201	
MS	Pearson Correlation	.113	.045	.146*	-.139*	-.058	.049	1
	Sig. (2-tailed)	.110	.530	.039	.049	.409	.490	
	N	201	201	201	201	201	201	201

*. Correlation is significant at the 0.05 level (2-tailed).

**. Correlation is significant at the 0.01 level (2-tailed).

The hypothesis which stated that Personality trait (Conscientiousness) will significantly and positively correlate with marital satisfaction was accepted in personality trait (Conscientiousness) at $r = .146^*$, significance at; $p < .039$. This shows that Conscientiousness positively and significantly correlated with marital satisfaction.

Summary of Results

Table 2 above can be interpreted as;

1. Conscientiousness positively and significantly correlated with marital satisfaction at $r = .146$, $p < .039$. *
2. Openness did not positively and significantly correlate with marital satisfaction at $r = .045$, $p < .530$.
3. Extroversion negatively and significantly correlated with marital satisfaction at $r = -.139$, $p < .049$. *
4. Agreeableness did not positively and significantly correlate with marital satisfaction at $r = .058$, $p < .409$.
5. Neuroticism did not positively and significantly correlate with marital satisfaction at $r = .049$, $p < .490$.

Discussion

This study investigated personality traits as predictors of risky sexual behaviours among undergraduates. The hypothesis which stated that personality trait will positively and significantly correlate with marital satisfaction was accepted. Though, only conscientiousness correlated while the remaining four did not, and this is in consistent with the work of Seyehmins et al (2020), who access 18 correlation studies and found out that the big 5 personality trait correlated with marital satisfaction precisely the conscientious domain. Also, this is in consistent with the study of Ezeme et al (2019) which discovered that only neuroticism has positive correlation with marital dissatisfaction while the other 4 domain of the big 5 have positive correlation. Furthermore, it is in disagreement with the study of Javanmard and Garegozlo (2013) in which they were able to discover that all the five domains of the big 5 only neuroticism has negative correlation with marital satisfaction. Finally, the study is in agreement with the research carried out by Nweke et al (2021) where they were able to discover that conscientiousness and openness to experience can predict marital satisfaction.

Indeed, looking at the outcome of this present study, and comparing the outcome with the works done before, it can be clearly seen and explained that various factors are responsible for the outcome of our study. This present study shows that only conscientiousness correlated positively and significantly with marital satisfaction, and looking at the results, one can easily see that extraversion has negative significant relationship with marital satisfaction while the rest neither have positive, nor significant relationship with marital satisfaction. Based on these outcomes, it can be inferred that in the Awka Metropolis, married persons who exhibit conscientious traits—such as being dutiful, responsible, careful, committed, goal-oriented, efficient, organized, and attentive to detail—tend to enjoy greater marital satisfaction. These individuals take their obligations seriously, make thoughtful decisions, follow rules and norms, empathize with their partners, and treat each other as they themselves wish to be treated. These observation, findings and facts give rise to the Conscientious-Marital-Satisfaction Model with internal and external principles

This implies that the study explains that married persons who are conscientious—those who empathize with their partners, prioritize their partner's needs, have a strong sense of duty, remain focused and responsible in their marriage, and pay attention to details—tend to experience greater marital satisfaction.

On the other hand, married persons who fall under the extraversion domain may experience marital satisfaction negatively. This can be explained through a simple analysis: individuals high in extraversion tend to be outgoing and highly social. As a result, they may spend more time outside the home, develop external friendships, and pay less attention to their partners. In an urban environment—such as the city, where 'city boys' and 'city girls' are common—such individuals may find it easier to socialize outside the home, potentially neglecting the core responsibilities of their marriage. This behavior can contribute to marital dissatisfaction.

Implications of the Study

This study has great implications both in theoretical and practical aspects. The implications of the study are the following:

Married persons can actually face challenges if they are low in conscientiousness. Psychotherapist, counsellors and individuals engaged in medical health should pay more attention by advising married persons to reduce their social commitment and engage more in conscientious relationship with their partners in order to enjoy marital satisfaction. Finally, though the other three domains outside conscientiousness and extraversion neither positively nor negatively correlate with marital satisfaction. One thing is very clear that married persons should pay attention to those domains, counsellors should be careful by counseling married persons with those other three remaining domains in the matters that concerns marital satisfaction.

Limitations of the Study

One major limitation has been found in this study and that is geographical limitation. The study was carried out only in Awka Metropolis and this can influence the extrapolation of the outcome of this study to the general population.

Recommendations/Suggestions for Further Studies

There should be a comparison between younger and older married persons with respect to personality traits and marital satisfaction. Additionally, researchers should further explore other factors—beyond personality traits—that may predict, correlate with, or influence marital satisfaction.

Conclusion

The study titled Exploring the Personality Trait for Marital Satisfaction: A Conscientious-Marital-Satisfaction Model is a survey study that adopted correlation design with Pearson r for data analysis; one hypothesis was tested which is personality trait (Conscientiousness) will positively and significantly correlate with marital satisfaction among married persons.

The outcome of the study shows that among the personality traits examined; only conscientiousness was found to have a positive and significant correlation with marital satisfaction. This indicates that married persons who are conscientious—those who are dutiful, committed, attentive, and capable of doing the right and necessary things in their marriage—tend to enjoy greater marital satisfaction. However, there is a need for further studies to explore other variables and constructs that may strongly influence marital satisfaction. Such research would benefit not only scholars but also psychotherapists and counsellors working in this area of human relationships.

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