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EVERYDAY LIFE EXPERIENCES AT HOME  
AN INTERACTION DIARY APPROACH TO ASSESS MARITAL RELATIONSHIPS

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Running Head: Interaction Diary

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1987

fact

everyday life experiences and

twenty-one couples, either married  
 six times a day during a period  
 structured, consisting of questions  
 regarding attributions of well-being,  
 and satisfaction. If the partner was present  
 the partner's well-being and his or  
 hers was estimated. Finally, the quality  
 of the relationship was assessed.

Overall happiness was associated with  
 the quality of spousal interaction.

The study aimed to balance the power between the  
 partners and to assess the emotional and

together than moderately unhappy  
 couples spent more time together at home and  
 if the partner was especially  
 satisfied, both spouses were well in situations  
 of conflict. Spouses in happy marriages  
 were more satisfied than spouses in moderately  
 unhappy relationships. The less  
 satisfied, the more spouses blamed their  
 partner as the source of bad feelings. Finally,

presence of power rather than  
 equality, and were better able to  
 maintain a positive emotional state than moderately

EVERYDAY LIFE EXPERIENCES AT HOME

AN INTERACTION DIARY APPROACH TO ASSESS MARITAL RELATIONSHIPS

'We shall understand families when we understand how they manage the commonplace, that is, how they conduct themselves and interact in the familiar everyday surroundings of their own households.' This is how Kantor & Lehr (1975, p. ix) encourage family researchers to go further in the investigation of family phenomena to reach everyday family affairs. To understand families it is necessary to understand their day-to-day life experiences. Daily family life consists of quite humdrum experiences: we meet the same people we have known for years, and we meet for insignificant social, emotional, or relationship purposes (Duck, 1986). Whereas a large body of scientific information has been accumulated about abnormal families and deviant behavior in the family, respectively, rather little attention has been devoted to everyday life experiences. Stimulated by Kantor & Lehr's (1975) assertion, this study explores spouses' day-to-day life experiences and relates them to marital happiness.

Marriage is the most intense relationship in our life. As Argyle (1986), Argyle & Henderson (1986), and Perlman & Fehr (1987) argue, marriage is the greatest source of social support, has immense benefits for physical and mental health as well as for general well-being and life satisfaction. However, the spouse is also the greatest source of conflict. There is ample evidence testifying that most

people consider a harmonious relationship the most important value in their lives but as divorce rates show, rather few are indeed fulfilled with their partnership (cf. Duck, 1986; Perlman & Duck, 1987; Freeman, 1976; Campbell, Converse & Rodgers, 1976; Gilmour & Duck, 1986). This paper seeks to contribute to the understanding of everyday life routines in marriages and their rewarding or punishing impact upon the spouses' emotions.

Reviewing the literature on the quality and stability of marriage, Lewis & Spanier (1979; cf. also Burr, 1973) enlist among other variables husband-wife interaction as a crucial determinant of marital happiness. The more the shared activities and the less the physical separation the greater the marital quality. Also White (1983) points to the relation between marital interaction and marital happiness, emphasizing, however, the existence of a feedback loop from happiness to interaction frequency: the more frequently the spouses interact the happier they are with their relationship, and vice versa, the happier they are the more frequently they stay together. In other words, partners in satisfying marriages increase their investment of time in the relationship and seem to increase the frequency and duration of being together in a number of different settings.

Further, it can be assumed that being together is more rewarding to happy than to unhappy spouses. This assumption derives from learning theory (classical conditioning theory; eg. Lott & Lott, 1972; 15741 as well as from social exchange theory (eg. Thibaut & Kelley, 1959; Homans, 1961; Berscheid, 1983; Sprey, 1979) stating that a

relationship is the more **satisfying** the more favourable the ratio of **rewards** to costs. **Assuming a circular effect**, being together with the **spouse** should lead to more pleasurable **feelings** the more satisfying the relationship.

**Being** together frequently and **feeling good** implies that spouses communicate in a mutually satisfying manner more frequently with each other and have a wider range of subjects on which they feel free to talk. **Or, assuming** again a circular **effect**, the more often the communication process proves to be pleasant or effective, the more **rewarding** the presence of the other, **the** more frequently spouses interact, and consequently, the happier they are **with** the relationship. If harmonious couples have a **more** intense companionship than distressed couples, it can **be** assumed that they feel free **to** express their most intimate feelings and needs to one another (eg, Boyd & Roach, 1977; Noller, 1982; 1984; Lewis & Spanier, 1979). It can, thus, **be** assumed that **happy** couples communicate more effectively than **unhappy** couples. That is, happy spouses disclose **themselves** more frequently to the other, discuss more often their relationship, and **other** significant issues, such as their **own** job, than unhappy spouses do.

**Moreover**, as commonsense view holds, happy couples **should** be less frequently in conflict with each other **than** distressed partners. However, the concept of conflict as a wholly negative feature for relationships has frequently been **criticised**: for **example**, Scanzoni (1979) **argues** that effective conflict resolution is a necessary

condition conveying to a more intense partnership. Similarly? **Braiker** and Kelley (1979) **suggest** that conflict increases with increasing commitment of the spouses to one another. **Moreover, Argyle** (1986) reports a positive correlation between conflict and marital satisfaction. He also assumes that resolution of conflict leads to higher satisfaction in harmonious relationships. Conflict needs to be **conceptualized** as a complex phenomenon with both a positive and a negative dimension. **While** harmonious **couples** may more frequently experience **'positive'** conflict, distressed couples may more often report conflict to be a frustrating experience. **Marital** happiness is associated **with** conflict resolution strategies rather than with the **probability** of conflict. Thdt is, happy **couples** are **more** willing to perceive conflict as a joint **problem** caased by both spouses **and** seek to find a mutuaily **satisfying** solution, **whereas** unhappy couples are wore likely to blame the other for negative affect and expect the other to change. **Distressed** couples are more likely to complain about the partner's deficiencies and attribute conflict **to** him or her personally (c. f., for example, Fincham & O'Leary, 1983; Madden & Janoff-Bulman, 1979; Jacobson, McDonald, Follette and Berley, <sup>1985</sup> ~~1985~~ press; Baucom, 1987).

Literature on marital power structures and satisfaction often reports egalitarian families to be the happiest, **while** wife-dominated marriages tend to have the lowest marital **satisfaction** (eg. McDonald, 1980; Dsmond & Martin, 1978; Gray-Little & Burks, 1983). These findings imply that happy couples more frequently experience a balance of **power**, whereas unhappy **couples** more frequently feel an imbalance.

In everyday life situations **power** differences should be experienced as feelings of strength or weakness. The **more** power a spouse has in a specific **setting** the stronger he or she feels as **compared** to the partner. It can, thus, be expected that spouses in harmonious relationships more frequently experience equality, whereas spouses in distressed **marriages** more often feel imbalanced in favour either of the husband or the **wife**.

Happy and unhappy couples have **also** been found to differ on accuracy of perception of **each** other. Spouses\* accuracy of **sending** and receiving information of the **partner** is a necessary prerequisite to **avoiding poor communication** and to improving mutual **understanding** and problem solving efficiency (e. g., Lewis & Spanier, 1979; White, 1985; Navran, 1967; Noller, 1984). According to Kahn (1970) happy couples are more successful at decoding one **another's** nonverbal **communication**. Also Noller (1984, 1987) shows **that** spouses high in marital adjustment are significantly better able to put themselves in the place of the **other** and are more sensitive to **the other's feelings**, whereas spouses **low** in marital adjustment make more encoding and decoding errors. **Generalizing** these findings about sending and receiving nonverbal cues, it can be expected that happy spouses are able to describe the **other's** mood **state**, sources of mood, and his or her current needs more accurately than unhappy spouses, **who** consequently lack understanding of each other and strategies to cope **with** conflict successfully.

## The Interaction-Diary Method

It seems so obvious and so commonplace that the spouses\* joint everyday experiences are related to the quality of **their marriage** that it is difficult to find any scientific research testing explicitly their affective responses to experiences in common **behavioral** settings. Most frequently, either the wife or the husband has been instructed to remember past events, to evaluate them, and to indicate the relative frequency with which they occur, or to **imagine** a specific situation and to rate the modal type of response. Another research strategy has been the simulation of **family life within** a rather artificial **setting** and the micro-analysis of **interaction** sequences. Although the advantages of both **questionnaire** and simulation techniques are unquestioned for particular scientific problems, they also exhibit several **shortcomings**.

**Critically** reviewing methods commonly used to study marital interaction, Glick & Gross (1975) point to several limitations: **spouses'** interpretation of **specific** events is most frequently inferred by the experimenter rather than assessed directly, and memory processes and response sets may lead to serious distortions of results. **Simulation** techniques usually fail to reproduce the most significant characteristics of close relationships: their high degree of privacy and intimacy\* **Questionnaires**, on the other hand, frequently prompt the subjects to **make** evaluations across a **wide range of** situations and over a long period of **time**. Moreover, subjects are usually confronted **with** categories provided by the researcher which



may not correspond to their own preferences of organizing and categorizing situations and emotional responses to these situations (cf. Brandstaetter, 1981). Another shortcoming has been stressed by Borer (1981), Schwarz & Clore (1983), Thompson (1985) and others: the respondents' actual mood affects memory for past events, leading to biased responses in questionnaires assessing emotional experiences.

In an attempt to avoid some of the restrictions inherent to commonly used questionnaires, diary techniques were designed and applied in various settings (see Hormuth, 1956; Singer & Kolligian, 1987). Although, the number of diary studies is rather limited, Duck & Miell (1986), Baxter & Wilmut (1986) and Reis (1986) agree that the diary is indeed a valuable method for monitoring close relationships. These researchers also report that the diary-technique is reasonably reliable and does not disrupt the daily life of the participants.

In 1977, Brandstaetter designed a time-sampling-diary to assess everyday life experiences of individuals (for reliability scores of this particular method see Brandstaetter, 1981). Based on his method, a diary was developed to study everyday experiences of closely related couples. The couple-interaction-diary (CID) provides direct information about husband's and wife's experiences at home and outside.

Each spouse is asked independently to answer a few questions at randomly selected points of each day for some weeks. First, the subjects' own mood state is rated, and subjective as well as objective

## Interaction Diary 11

characteristics of the situation are indicated. **Second**, if the partner is present, his or her mood state is estimated and the current feeling about the relationship needs to be disclosed. The requirements of the diary are minimal: it permits the respondents to classify their experiences individually, and, since only the current situation needs to be indicated, no past events need to be **remembered** and evaluated. Since nobody but the **respondent** has access to his or her diary, privacy of daily experiences **is guaranteed**. At the end of participation, respondents content-analyse their diaries individually and provide the researcher **with their analysed data**.

**Although** the CID promises some advantages as **compared** to conventional techniques, the method implies one restriction: due to the intensive **longitudinal measurement**, the number of couples who can **be studied** is limited.

## Method

### Couples

Data were obtained **from** a convenience-non probability sample of six married couples and 15 couples **living together**. The couples were recruited **through** advertisements **at** the University of Salzburg, **Austria**, inviting **them** to **participate** in a longitudinal diary study.

When couples called in response to the advertisement, they were informed that no funds were available to recompense participation but that they would get feedback about psychological **assessment** of their **own** relationship. From 24 couples who responded to the advertisement, 21 participated in the study. The **average age** of the husbands was 25.5 years (**range 20 to 35 years**); wives were 23 years (range 20 to 30 years). Education ranged from elementary school (5 husbands and 4 **wives**) and middle school (3 husbands, 5 **wives**) through high school (13 husbands? 12 wives). The couples reported **living together** on average 33.9 months (**range 3 months to 34 months**). Two couples had a child under 6 months; 19 couples had no children. **Twelve** husbands and 10 wives were **employed** whereas 9 husbands and 11 wives were either students or **housewives**, thus, had no paying work. The monthly average household budget amounted to AS 14,000 (approximately US-Dollars 1,000 at that time). The **couples** came from three Austrian regions, **Salzburg, Upper Austria, and Tyrol**.

## Material

### Couple Interaction Diary

The Couple Interaction Diary (CID) was presented as a booklet with a set of questions on each **page** (**Fig. 1**). The questions on a **page** were to be answered at various points of time randomly selected **by** the researcher for each day of the study and for each participating couple. **Though wife** and husband filled out the **diary** at the same time they **were** requested to do it independently *of* each other. The time

from 00:00 hours to 24:00 hours was divided into six segments of four hours each, and only one point of time **was** randomly chosen within each four-hour period. Each respondent was given a calendar **with** the time he or she had to make recordings.

Questions are given in Figure 1, and additionally, the participants indicated the date and hour (scheduled and real time) of record taking and specified whether registration occurred punctually or after delay.

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Insert Figure I about here

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After every ten day recording trial, the participants were solicited to cooperate as 'coinvestigators'. They were instructed to analyse the contents of their diary themselves to guarantee complete privacy and anonymity. The coding scheme was discussed and designed together with the participants. The following categories were used to describe the situations registered in the diary: (a) hour and date of note taking; (b) mood-state (1 = negative, 2 = indifferent, 3 = positive); (c) time perspective (the participants were instructed to indicate whether their current mood derived from past, present and/or future events); (d) attribution of mood (the participants had to indicate the source(s) of their current mood-state. Overall, 39 sources of mood were registered in the diaries which were clustered according to previous studies (cf. Kirchler, 1984; 1985) into six categories?

namely participant himself or herself; partner, other people, such as friends, colleagues, etc.; one's belongings, such as hobbies, job, etc.; external sources except other people, e. g., the car, public transport; and other sources, such as the global situation, food, etc.); (e) motives (the participants had to choose up to three different motives from a list of 19 motives, e. g., physical comfort, need for affiliation etc. These motives were clustered (after Brandstaetter, 1983) into six categories: physical comfort; social motives (needs for affiliation, sex, love, and nurturance); power motives (e. g., needs for self-esteem, revenge, self-assurance, independence); achievement motives; needs for activity and new experiences; higher-order motives, such as needs for order, aesthetic and ethical values, religion? and understanding); (f) locality or room (the participants had to identify where they were at the recording time. Overall, 40 different places were indicated and a distinction was made between places at home versus places outside); (g) activity performed at the time (e. g., recreation, working etc. Overall, 42 different activities were listed in the diaries which were aggregated to three clusters, namely recreation, work, and other activities, such as body care, etc.); (h) other persons present (the participants had to mention the persons present at the time. In the diaries, 21 different types of persons were indicated? which were categorized into five clusters: nobody present, partner, relatives, close friends, other people, such as colleagues, acquaintances, physician, etc.); (i) topic of discussion (if the participant had indicated a decision with somebody, then he or she was asked to register the topic of discussion (e. g., relationship, work. Overall, 40 topics were listed in the

diaries). In the following analyses a distinction was made between private topics, such as talking about oneself, the relationship, or one's own job; and small-talk topics, such as gossiping, talking about the weather; and other topics, such as purchasing decisions, and other involving but not private issues); (j) perceived power or ego-strength, and (k) freedom in the choice of the performed activity. If the partner had been present, the following categories were used additionally: (l) Estimated mood-state of the spouse (1 = negative, 2 = indifferent, 3 = positive); (m) estimated attributions, and (n) needs; (o) perceived balance or imbalance of power (comparison of strength of oneself and partner); (p) perceived love; and (q) perceived balance or imbalance of love. (r) At the end, freely chosen adjectives were recorded to describe the mood-state (e. g., satisfied, depressed).

### Questionnaires

The German version of Cattell's 16-PF test was used to measure participants' personality structure (Schneewind, Schroeder & Cattell, 1983). Furthermore, Olson & Porter's (1983) questionnaire, FACES II, which is used to assess marital adaptability and cohesion characteristics, was translated into German and applied. Four questions about marital harmony and two questions about marital power were added. The questions were the following: (a) I am very happy with my partner; (b) My partner accepts me as I am; (c) My partner loves me; (d) Our relationship is harmonious; (e) In our relationship my partner has the say; and (f) In our relationship I have the say; all

questions were answered on 5-point scales). Each day of the study the participants were also asked to answer a questionnaire about their purchasing activities on that day. At the end, some demographic characteristics were requested.

### Procedure

The participants were informed about the goal of the study and were instructed how to complete the diary. They had two days in which to become familiar with it. At the beginning, they also answered the questionnaires. At a subsequent meeting, the participants had an opportunity to ask technical questions about the diary method. In this session, the experimenter also explained the content analysis of the two-day recording period. Subsequently, the participants started with the diary and with the purchasing questionnaires. Every day each participant took the completed sheets out of the diary and put them in a diary-safe, to which only he or she had access in order to guarantee complete privacy of the records. After each ten days they met with the investigator or with research assistants and analysed their recordings. At the end, the questionnaires were to be filled out again.

The diary study took four weeks, except for the two-day pilot period. During this time, the couples were in close contact with one of the four student research assistants. Altogether it took from the end of October to the beginning of December 1985 to collect the data.

## Results

## Definition of Marital Happiness

Marital happiness was estimated in the following way: first, the answers on the 30 items of Olson & Porter's (1983) inventory and on the six added questions were factor analysed (principal component analysis) separately for husbands and wives. The analysis produced 8 factors with the first factor being labeled marital harmony. The items loading highly on this factor were items 1, 8, 13, 17, 18, 19, 23, 28, and 29 of Olson & Porter's FACES II, and three out of the six added items (happiness with the partner, love, harmony).

Since the correlations of spouses average scores on these 12 items was sufficiently high ( $r(21) = .64$ ;  $p = .001$ ), marital happiness was defined as husband's and wife's combined responses. The couples' responses were averaged and dichotomized at the median in order to obtain two independent samples, one scoring high on marital happiness and the other scoring lower. Ten couples were found to have a highly harmonious relationship whereas 11 couples were moderately unhappy. Using the median as a cut-off point may be troublesome given the skewness of the distribution on marital satisfaction scores (median = 1.39; range 1.04 to 2.54). Therefore, an additional method was used to detect harmonious and unharmonious couples, respectively. The 21 couples were cluster analysed using Ward's algorithm on the basis of husbands' and wives' answers on the 12 marital harmony questions. Cluster analyses revealed two clusters of couples which are almost



identical with the two subsamples obtained by using the median as cut-off.

Happy and moderately unhappy couples were similar in demographic characteristics. They neither did not differ significantly in respect of the age of the spouses? education? months living together? the relationship status? job status, monthly average household budget, nor in the patterns of monthly expenditures.

#### Couple Interaction Diary; Overview

The total number of observations amounted to 4,141 (overall 7,056 points of time were scheduled in the diaries; during sleeping times (2,352 scheduled points of time) no notes were taken in the diary; in 563 cases the participants forgot to register). Fifty-nine percent of the diary entries were performed punctually at the scheduled time; 20 percent of the time the respondents were not able to register at the scheduled time (e. g., because they were driving the car, in a public performance, or had forgotten their diary at home). When this occurred, the participants had to memorize their experiences at the originally scheduled time, and to register as soon as possible. Twenty-one percent of the registrations were delayed. A delay occurred when the respondents forgot to register at the originally scheduled time. When this happened? the participants had to fill out the diary at the moment they became aware of the delay. In such cases the diary entries were not related to the situations at the originally scheduled time

but ascribed the situations at the time the respondents became aware of the delay. On the average, there were 3.6 observations for each day and each respondent.

Happy couples registered their experiences in the diary with accuracy equal to moderately unhappy couples. A two-way analysis of variance (with sex and marital happiness as independent factors and the arcsin transformed relative frequency of registrations performed punctually at the scheduled time by each respondent) revealed no significant effects (marital happiness:  $F(1,19) = .40$ ;  $p = .540$ ; sex:  $F(1,19) = .00$ ;  $p = .900$ ; tho-day interaction:  $F(1,19) = .00$ ;  $p = .940$ ).

Since the individual diary entries are related between the single events, data analysis on the event level would have led to severe shortcomings by using conventional procedures for data analysis. Therefore, each spouse's diary entries were averaged and analysed at this aggregated level. This type of analysis is in line with the data handling techniques used in similar studies (e. g., Csikszentmihalyi & Larson, 1984; Diener & Emmons, 1984; Hornuth, 1986; Brandstaetter, 1983).

#### Marital Happiness and Frequency of Day-to-Day Interactions

According to hypothesis (a), happy spouses should be together in the same behavioral setting more frequently than moderately unhappy

spouses, For each couple, the relative frequency of being together (frequency of **being** together divided by total diary entries) was calculated. An analysis of variance with marital happiness **as** independent variable and arcsin-transformed relative frequencies of being together revealed a **significant** effect ( $F(1,19) = 6.04$ ;  $p = .024$ ), **indicating** that happy spouses joined each other **more** frequently in everyday settings ( $M = .46$ ; corresponds to 44 percent of the **time**) thsn moderately **unhappy** spouses did ( $M = .35$ ; corresponds to 34 percent). Accordin; to these data, happy spouses, on the average, were **together** 7 hours a **day** as compared to **approximately** 5 hours of moderately unhappy couples.

A pore detailed analysis of tne frequency of **staying together in** different places, **while performing various activities**, or **when joining** other people, revealed the results presented in Table 1. In contrast to moderately unhappy couples, happy spouses were more frequently **together** at hose ( $t(19) = 2.60$ ;  $p = .009$  and  $t(19) = 2.26$ ;  $p = .018$  according to husbands and wives, respectively), and **during** recreation periods ( $t(19) = 2.44$ ;  $p = .013$  and  $t(19) = 2.77$ ;  $p = .006$  according to **husbands and wives**, respectively).

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 Insert Table 1 about nere  
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## Marital happiness and Well-being in Day-to-Day Interactions

Being together should be more rewarding to happy than to moderately unhappy couples. When the spouse is present? happy couples should be (a) in a better mood, (b) feel stronger and (c) report experiencing a higher degree of freedom of constraints than unhappy couples.

Each spouse's diary entries of mood, feelings of strength, and freedom were averaged and analysed by three univariate 2 (happy versus unhappy marriage) by 2 (partner present versus absent) by 2 (sex; within factor) analyses of variance. The results are shown in Tables 2 and 3. Marital happiness had a significant impact on the momentary feelings of strength, and freedom. Spouses in happy relationships felt stronger and freer than moderately unhappy spouses. The predicted interaction effect, marital happiness by presence of the partner, was not found. All three analyses revealed, however, a significant interaction effect (sex by presence of the partner). Presence of the other was especially rewarding; to the husbands: both happy and moderately unhappy husbands were in a better mood, felt stronger, and freer if their wife was present. The wives? on the other hand, felt about equally well, strong, and free in situations with the husband present or absent.

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Insert Tables 2 and 3 about here

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↑ Kennedy's use of mood

A more detailed analysis of well-being in different places, while performing different activities, and when joining other people, is presented in Table 4. Due to the high correlations between well-being, strength, freedom (the mean correlations amounted to  $r = .62, .63, .64, .66$  for happy husbands, happy wives, moderately unhappy husbands, and moderately unhappy wives, respectively) separate analyses of the latter two variables were omitted.

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Happy spouses were in a better mood than moderately unhappy spouses when they were staying together at home ( $t(19) = 1.81; p = .043$  and  $t(19) = 1.55; p = .073$  according to husbands' and wives' reports, respectively). No significant differences in well-being of happy and unhappy couples were found when they were alone at home and in places outside the home. Happy husbands felt better than moderately unhappy husbands when their wife was present during recreation periods ( $t(19) = 2.05; p = .028$  for husbands, and  $t(19) = .69; p = .248$  for wives), and both happy husbands and wives felt better when they were staying together when performing activities other than work and recreation (e. g., body care, doing nothing) than moderately unhappy spouses ( $t(17) = 3.17; p = .003$  and  $t(18) = 1.81; p = .044$  for husbands and wives respectively). Moreover, a four-way analysis of variance with marital harmony, sex, presence versus absence of the partner, and activities

as independent variables revealed a significant three-way interaction effect [harmony by presence of the partner by activity ( $F(2,15) = 5.36; p = .018$ ): while happy spouses felt better during recreation periods when the partner was present, moderately unhappy spouses felt slightly better when they were alone during recreation times. Social contacts were equally rewarding to happy and moderately unhappy spouses. In this analysis, however, happy and unhappy couples' mood was significantly different in situations with the partner present; happy husbands and wives felt better when the partner was present than moderately unhappy spouses felt when they were together.

#### Marital Happiness and Effectiveness of Interactions

Hypothesis (c) predicted that happy couples would interact more efficiently than moderately unhappy couples. This was tested by analysing everyday discussion topics between the spouses. The more frequently spouses discuss personal issues (that is, problems about one spouse himself/herself, the job, or the relationship), and the less often they gossip (that is, talking about other persons or small talk), the more efficient their interaction was assumed to be. According to the wives' reports, happy couples were talking to each other approximately 3 hours a day out of the 7 hours they were together. They focussed on personal topics 17 percent of the time (equivalent to 1.20 hours) and gossiped or had a small talk 26 percent of the time [equivalent to 1.82 hours). Moderately unhappy couples were talking to each other 2 hours out of the 5 hours they spent together daily. They discussed personal issues only 12 percent of the

time (corresponds to .66 hours) but were **gossiping** 27 percent of the time (corresponds to 1.49 hours). The relative frequencies of each couple **discussing** personal issues versus **gossiping** has been **arcsin-**transformed and analysed by a **oneway** analysis of variance with marital happiness as an independent factor, which failed, **however**, to confirm a **significant** difference between **happy** and moderately unhappy couples ( $F(1,19) = 1.85; p = .189$ ).

#### Marital Happiness and Frequency of Conflict

Conflict occurring in everyday life situations was operationalized as any situation where one spouse felt bad and attributed it to the partner only. It was hypothesized (d) that happy spouses would report being less often in 'negative' conflict situations than moderately unhappy spouses. This hypothesis was tested by calculating the relative frequency of conflict versus agreement situations. Overall, happy spouses reported being in conflict 24 percent of the time (husbands\* and wives\* reports were identical), whereas moderately unhappy spouses were in conflict 43 percent of the time (42 and 45 percent according to husbands<sup>1</sup> and wives<sup>1</sup> reports, respectively). A two-way analysis of variance with marital harmony and sex (within factor) as independent variables and arcsin transformed relative frequencies of conflict revealed a significant main effect of harmony ( $F(1,17) = 11.80; p = .003$ ). As predicted, happy spouses were significantly less frequently in conflict than moderately unhappy spouses. However, while relative frequency of negative affective

interactions was **significantly lower** in satisfied as **compared** to moderately dissatisfied marriages, the **absolute** time spouses were in conflict was about equal: happy spouses were in conflict approximately 1.70 hours daily; moderately **unhappy** spouses reported being in conflict 2.10 hours on the average.

#### Marital Happiness and Balance of Power

According to hypothesis (e), happy couples should report having **equal** power? that is, **feeling** equally **strong** as the partner, more frequently than moderately unhappy couples. This hypothesis **was** tested by **comparing** the frequencies of both spouses experiencing either (a) equal strength (= balance of power) or (b) higher strength of the husband or wife (= **imbalance** of power). The relative frequencies of each spouse's reports **of** experiencing balance of **strength** rather than imbalance were arcsin-transformed and analysed by a 2 (happy versus moderately unhappy relationship) by 2 (**sex**, within factor) by 2 (conflict versus **agreement**) analysis of variance. All three main effects were significant (marital harmony:  $F(1,17) = 5.58$ ;  $p = .030$ ; sex:  $F(1,17) = 12.05$ ;  $p = .003$ ; and conflict versus agreement situations:  $F(1,17) = 46.51$ ;  $p = .000$ ), indicating that in everyday life **situations** happy spouses experienced **balance** of power more frequently than **moderately** unhappy spouses. Husbands reported more often experiencing balance of power than wives, and in agreement situations, husbands and wives felt more often equally powerful than in conflict. **Also**, the two-way interaction effect marital harmony by



agreement versus conflict was significant ( $F(1,17) = 6.22; p = .023$ ) which indicates that happy spouses were not generally more frequently in balance than moderately **unhappy** spouses but only in agreement situations. Table 5 shows the **results**.

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Next, the question arises **concerning** which partner had more **power** when imbalance occurred. When happy spouses experienced **inbalance**, this was more frequently in favour of husband (58 and 60 percent of the cases **according** to husbands' and wives' reports? respectively; the **wives** had more power 42 and 40 percent of the cases). **When imbalance** occurred in **moderately** unhappy marriages, the husbands had more power 55 percent of the cases; the wives were **more powerful** 45 percent of the cases. **What is surprising** is that unhappy spouses' reports of the **husbands' power** differed considerably: while husbands underestimated their **power** (52 percent), wives overestimated it 163 percent).

The type of imbalance experienced by each spouse, **was** tested by **computing** the relative frequency of the **husband** being more powerful than the **wife** (experiences of **higher** strength of the husband were divided by the **sum** of experiences of imbalance of **power**). Each **spouse's** relative frequency score has been arcsin-transformed and analysed by a 2 (**happy** versus moderately unhappy marriage) by 2 (**sex**,

within factor) by 2 (conflict versus agreement) analysis of variance. No significant main, no two-way or three way-interaction ( $F(1,17) = 3.10; p = .096$ ) were observed.

#### Marital Happiness and Accuracy of Partner Perception

Perception of the Partner's Mood-State. accuracy of mood perception was computed by counting the frequency of fit (= 1) versus misfit (= 0) of a spouse's estimation of the other's mood and the mood indicated by the partner (see Fig. 2) The more often the estimated mood corresponded to the indicated mood the more accurately was the perception of the partner's emotional situation, The relative frequency of fit **was** arcsin transformed and analysed by a 2 (marital harmony) by 2 (sex) by 2 (agreement versus conflict situation) analysis of variance. **The** results (Table 6) indicate that in agreement situations both happy and moderately unhappy couples and both husbands and wives are better able to predict the other's emotional state than in conflict ( $F(1,17) = 69.37; p = .0001$ ). No other significant main effects and no interaction effects were found.

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Insert Figure 2 about here

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Perception of the Partner's Attributions of Mood. In the diary, the participants indicated the sources of their own mood and estimated sources of the partner's mood. The sources or attributions of mood in the diary were classified into six mood clusters (participant himself or herself, partner, other people, one's belongings, external sources except persons, other). Then, the frequency of fit (= 1) and misfit (= 0), respectively, of indicated and estimated attributions was computed for each spouse (see Fig. 21 and arcsin-transformed. A three-way analysis of variance with marital harmony, sex, and agreement versus conflict as independent factors revealed no significant effects, As Table 6 shows, there is only a tendency indicating that predictions of sources of mood were more accurate in agreement than in conflict situations ( $F(1,17) = 3.25; p = .089$ ).

Perception of the Partner's Current Needs. Accuracy of need perception was computed like accuracy of attribution perception (see Fig. 2), The needs recorded in the diary were classified into the following six categories: basic physical needs (e. g., hunger, illness), contact (e. g., affiliation, love), power (e. g., self esteem, status), activity, experiences (e. g., achievement), higher-order needs (e. g., aesthetic values, religious values). Frequency of fit and misfit, respectively, of estimated needs and needs indicated by the partner himself or herself were computed for each spouse and arcsin-transformed. Again, the transformed relative frequency scores were analysed by a 2 by 2 by 2 analysis of variance which showed a significant main effect of marital harmony ( $F(1,17) = 6.90; p = .018$ ) but no other main effects and no interaction effects. Happy spouses

were better able to predict the other's needs both in conflict and in agreement situations than were moderately unhappy spouses (Table 6).

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Insert Table 6 about here  
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### Discussion

This study aimed to analyse closely related couples' everyday life experiences and associations with their marital harmony. To enter the intimate life of couples, a diary approach was chosen. Because of the novelty of the method and the limited number of couples which could be investigated, this study must be considered a descriptive rather than hypothesis testing study. Nevertheless, as the data show, the diary is a very useful rethoa for investigating marital life.

It was predicted that happy spouses would spend more time together; that is, they are together in everyday life situations more frequently than moderately unhappy couples. Staying together should be more rewarding to happy spouses, and also be more efficient for happy than for unhappy spouses. In general, these hypotheses have been confirmed by the data. Since the unhappy couples sample consisted of moderately unhappy rather than severely distressed couples, one can expect that

most of the differences found in this study would be considerably more accentuated if happy couples had been contrasted with couples considering their relationship severely problematic. It should also be reemphasized that the hypotheses tested in this study do not imply any causal relationship: happiness may be considered as dependent as well as independent variable.

#### Marital Happiness and Frequency of Day-to-Day interactions

Happy couples were found to be together more frequently than moderately unhappy couples. This result is in line with findings reviewed by Spanier & Lewis (1979), Burr (1973), and White (1983). As shown in Table 1, happy spouses were together more frequently than moderately unhappy spouses at their private home and less frequently in public places. When being together, happy spouses reported more frequently performing recreation activities than unhappy spouses. These results clearly indicate that happy couples not only were together more frequently than unhappy couples but they also met in more private situations. Thus, the more frequently spouses were together in intimate behavioral settings the more harmonious the relationship, and vice versa, the more harmonious the relationship the more often spouses were together in significant situations.

No differences between happy and moderately happy couples were, however, found in the type of social contacts\* Contrary to the prediction<sup>7</sup> happy spouses did not meet more frequently involving others, such as relatives and close friends than unhappy spouses. It

seems that happy couples were involved equally well in social networks as unhappy couples. There is, however, an interesting difference in the perception of other people by moderately distressed husbands and wives: while husbands considered most of the other people to be friends or relatives, those persons were acquaintances or strangers to the wives. Husbands' and wives' reports on the frequency of meeting other people are highly discordant. Meeting people to whom wives are less close than their husbands may lead to serious troubles. In fact, there is evidence that distressed spouses most often quarrel about those persons whom one spouse considers friends, while the other thinks of as acquaintances (e. g., Piel, 1983, reports that 40 percent of marital conflict issues are related to common acquaintances; 26 percent are related to child rearing problems? and 26 percent deal with Financial budgeting).

#### Marital Happiness and Well-beings in Day-to-Day Interactions

Hypothesis (b), stating that happy couples would be in a better mood when staying together than moderately unhappy couples, whereas no differences in well-being would be observable in situations with the partner absent, was not confirmed. Happy spouses felt significantly stronger and freer than unhappy spouses both in situations with the partner present and absent? and significantly better if the partner was the only person present (Tab. 4). This result could indicate that marital harmony not only affected emotional experiences in situations with the partner present, its 'long arm' also embraced everyday life situations with the partner absent.

Interestingly, presence or absence of the spouse affected husbands more than wives, independently of the quality of marriage. Husbands were in a better mood, felt stronger, and freer when the wife was present rather than absent. The wives' mood-state, feelings of strength, and freedom, on the other hand, were less dependent on the husbands' presence. At first sight, this result contradicts the common opinion about the relative independence of the husband from his wife and the dependence of the wife from her husband. In everyday life situations, the husband seems to need the wife more than the wife needs the husband to feel good. It could, however, be argued that this result is due to the fact that 'wife present' means usually leisure time for the husband, whereas 'husband present' does not necessarily mean leisure time for the wife (cf. Brandstaetter, 1983). In fact, as Table 1 shows, husbands reported more frequently recreating and less often working when their wife was present than do wives when they are together with the husband. Undoubtedly, even nowadays wives perform most of the household chores: when the husband returns home from the daily work recreation time begins for him, whereas the wife keeps on working in the kitchen.

#### Marital Happiness and Effectiveness of Interaction

Happy couples were not only expected to be more often together than were moderately distressed couples and to talk more often to each other but also to focus more frequently on central private topics in discussions. While the amount of communication amounted to 3 hours daily in happy marriages, moderately unhappy couples were talking to

each other about 2 hours each day. This hypothesis was not confirmed unequivocally. A detailed analysis of spouses' discussion topics revealed that there was no difference in the frequency with which happy and moderately unhappy spouses were focussing on relationship issues or their own job, but they differed significantly in the rate of self disclosure. Wives in happy marriages reported that they and their husbands disclosed themselves (that is, discussing the wife's or husband's individual problems) to each other 5 percent of the cases (equivalent to 20 minutes a day), while 6 percent of the cases (equivalent to 30 minutes a day) they addressed relationship problems, and 6 percent of the cases related to their jobs; for unhappy couples the respective percentages amounted to 2 percent (equivalent to 6 minutes a day), 5 percent, and 5 percent (equivalent to 17 minutes a day). No differences on well-beings associated to different discussion topics were found between the happy and moderately unhappy sample. What is surprising is first that personal topics in general were stressed rather seldomly by the couples (17 percent and 12 percent of the cases, respectively), and second, marital harmony had no effect on the frequency of discussing relationship and job topics. However, marital happiness affected the frequency with which spouses disclosed themselves to one another. Thus, marital harmony permits and requests openness: the spouses need to reveal their personal feelings. As suggested by Floyd & Roach (1977), Montgomery (1981), and Noller (1972), marital happiness involves the partners disclosing themselves, and vice versa, the amount of self disclosure significantly affects marital satisfaction.



## Marital Happiness and Frequency of Conflict

It was hypothesized that in everyday life situations happily married spouses were less frequently in **conflict** than moderately unhappy spouses. Conflict was conceived as an attribution process, namely as **any** situation experienced as an unpleasant event by a spouse and perceived as **being** caused by the other. This definition **implies** that bad feelings are caused by the partner's negative affect, withdrawal of positive **emotions**, or unsupportive **behavior**. Happily married **couples** reported **significantly** more frequently having pleasant interactions with each other than moderately **unhappy** couples, who claimed to be more often in conflict. This result is in **line** with **findings** of Baucom (1987), and Jacobson et al. (<sup>1985</sup>~~in press~~), indicating that spouses make **attributions** for **their partner's** behavior in a manner **which** is consistent with the spouses' overall **marital** happiness. That **is**, non-distressed spouses blame their partner less frequently for negative feelings than **distressed** spouses. At a first glance these results contradict the **findings** reported by Argyle (1936) and the suggestions made by Scanzoni (1979) and Braiker & Kelley (1979), indicating: a **positive**<sup>or no significant</sup> **correlation** between satisfaction and conflict. It should, **however**, be emphasized that in the present study the relative frequency of conflict was assessed. The absolute time spouses were in conflict was not **significantly** different. While happy spouses were in conflict 1.70 hours a day on the average, moderately unhappy **spouses** reported being in conflict about 2.10 hours. However, the time of **agreement** amounted to 5.30 hours in happy marriages, whereas spouses in unhappy **marriages** reported 2.90 hours. This difference

probably indicates that happy spouses had significantly more time than moderately unhappy spouses to work through conflicts, to come to mutually acceptable solutions, and thus to deepen their commitment.

#### Marital Happiness and Balance of Power

Marital happiness has frequently been found associated with an egalitarian rather than patriarchal or matriarchal power structure (e.g., Safilios-Rothschild, 1976; Corrales, 1975; Gray-Little & Burks, 1983). Thus, in everyday life situations happy spouses were expected to report egalitarian power more frequently than moderately unhappy couples. This hypothesis (d) was not unequivocally confirmed by the diary data, happy couples were frequently reported balance of power rather than imbalance as compared to moderately unhappy couples in agreement situations only. If conflict occurred both happy and unhappy couples reported imbalance equally frequently. Thus, the less often spouses were in conflict the more frequently they experienced imbalance of power the more distressing the relationship, and vice versa? the more satisfying the marriage tie more likely an egalitarian power structure developed in everyday life interactions.

In previous studies imbalance of power was found to be more frequently in favour of the husband rather than the wife. This was especially true for happy marriages (McDonald, 1980; Gray-Little & Burks, 1983). In the present study, happy and moderately unhappy couples showed no differences in the frequency of the husband or wife having the say.

Finally, husbands reported balance of power more often than wives. This discordance is probably due to the spouses' **underestimation** of their own power and overestimation of the other's. Since imbalance occurred more often in favour of **the** husband than **wife**, this bias was **likely** to occur and needs no **further** explanation.

#### Marital Happiness and Accuracy of Partner Perception

The spouses' **willingness** to cope with conflict is a necessary but not a sufficient **prerequisite** of a marriage in harmony. To be able to cope with conflict in a jointly satisfying **way**, the spouses need to understand each other's problems. Happy couples were predicted **(f)** to understand each other's emotional and motivational state more accurately than moderately **unhappy** spouses. This hypothesis was supported for spouses' perception of the partner's needs only. This result shows that marital happiness is related to the spouses' ability to perceive each **other's** emotional state accurately.

**However**, happy couples were not better able to perceive the other's mood state more accurately than moderately unhappy **couples**, neither **were** they better able to detect **the** sources of the other's mood. Estimating the other's mood was probably a rather easy task since only the direction of mood (**positive, indifferent, negative**) **was** to be indicated. Thus, both **happy** and moderately unhappy spouses had no major difficulties in succeeding in this task. To be able to influence the other's emotional state, knowing the other's mood is not enough. It is necessary to be able to correctly decode the actual needs of the

partner. This, however, was a crucial problem in unhappy marriages. While happy spouses were willing and able to perceive accurately the other's motivational state, moderately unhappy spouses frequently failed to do so. The latter's misperception or misinterpretation of the partner's needs may be a significant deficiency, both leading to conflict and inhibiting mutually satisfying conflict resolution.

One would also expect that especially in conflict situations happy spouses are better able to understand the partner's emotional state than moderately unhappy spouses. This prediction was not verified by the data. In conflict, both happy and moderately unhappy couples' accuracy of partner perception decreased considerably. Happy and moderately distressed couples frequently failed to perceive the other's mood state accurately. Moreover, the probability of detecting the sources of the other's mood decreased. This result could indicate that happy and unhappy couples are equally unable to change the situation where the other feels bad. Lack of understanding of the partner's unpleasant experiences, both in happy and unhappy couples, can be an explanation for the observation that spouses frequently are not able to provide the other with the necessary emotional support in critical life situations, such as unemployment (e. g., Komarovsky, 1940; Schindler, 1979).

In conclusion, perceiving the partner's emotional reactions accurately is a highly important prerequisite to marital harmony. As the data show, happy spouses were better able than moderately unhappy spouses to detect the partner's emotional state and sources of mood in

agreement situations only. In conflict, spouses were **highly** insensitive to the **other's** emotional state. **Assuming** a circular effect, we may conclude that **being** unaware or unable to accurately perceive the other's situation is likely to provoke conflicts. The inability to put oneself in the **partner's place**, to construct accurately his or her **reality**, and to empathize **with him/her** may cause negative emotions **which** are attributed to the partner internally, **self** closure rather than disclosure and **openness**, and **misperception of** the actual power distribution. **Consequently, being together**, more and more **will** exert a punishing effect on moderately unhappy spouses; this also **implies** that the time spent together will decrease and the relationship will probably further deteriorate.

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Tab. 1: Relative frequency of Day-to-Day Interactions with the Spouse in Various Places<sup>1</sup> During Performance of Various Activities, and when Joining other People, as Perceived by Husbands and Wives

	Happy Couples (n = 10)		Moderately Unhappy Couples (n = 11)	
	Husband	Wife	Husband	Wife
<b>Places</b>				
At home	.74(47.00)+	.60(54.20)+	.58(42.27)-	.47(47.27)-
Outside the home	.22(57.80)	.27(48.10)	.16(49.73)	.20(46.36)
<b>Activities</b>				
Recreation	.62(51.30)+	.56(52.30)+	.48(44.09)-	.39(42.45)-
Work	.26(42.90)	.35(37.20)	.18(37.00)	.24(39.27)
Other activities	.51( 9.50)	.52(11.50)	.46( 9.55)	.34(10.64)
<b>Other persons present</b>				
Nobody	- (20.25)	- (15.90)	- (18.09)	- (23.70)
Partner	1.00(45.00)	1.00(38.20)	1.00(31.18)	1.00(24.36)
Relatives	.39( 6.30)	.21(12.30)	.60( 4.00)	.29( 7.50)
Friends	.42( 3.00)	.41( 6.13)	.46( 7.36)	.26( 8.11)
Other persons	.06(30.50)	.08(20.30)	.00(25.73)	.23(20.45)

Note. Relative frequencies indicate the frequencies of being with the spouse in various settings. Numbers in parentheses indicate the absolute frequencies of being with or without the spouse in various places, when performing various activities, and joining other people. Symbols '+' and '-' indicate significant differences between happy and moderately unhappy spouses.

Tab. 2: Average Mood, Strength? and Freedom in Day-to-Day Settings by Marital Happiness, by Presence versus Absence of the Spouse, and by Sex (Means and Standard Deviations)

	Happy Couples (n = 10)	Unhappy Couples (n = 11)
Mood (1 = bad mood, 3 = good mood)		
Partner absent		
Husband	2.42 (.369)	2.31 (.277)
Wife	2.47 (.295)	2.42 (.227)
Partner present		
Husband	2.68 (.242)	2.50 (.215)
Wife	2.55 (.253)	2.41 (.234)
Strength (1 = weak, 7 = strong)		
Partner absent		
Husband	5.51 (.687)	4.73 (.727)
Wife	5.00 (.988)	4.69 (1.143)
Partner present		
Husband	5.96 (.483)	5.12 (.543)
Wife	5.24 (.961)	4.69 (1.182)
Freedom (1 = unfree, 5 = free)		

↳  
geen SD's geen  
van de verschillen  
significant

gemiddelde voor  
mannen en vrouwen  
verschillen, ongeveer  
evenverreid per het  
(het geeft ons om  
het gemiddelde over  
de hele periode)

-----  
Partner absent

Husband 3.78( .655) 3.25( .578)

Jife 3.70( .485) 3.50( .732)

## Partner present

Husbana 4.39( .505) 3.72( .555)

Wife 4.10( .501) 3.61( .568)

Tab. 3: Analyses of Variance for Mood, Strength, and Freedom

	Mood		Strength		Freedom	
	F	P	F	P	F	P
Happiness (HI	1.59	.223	4.38	.050	5.01	.037
Presence of Partner (P)	15.44	.001	15.26	.001	53.32	.000
H by P	1.63	.217	.88	.359	1.59	.223
Sex (S)	.08	.776	3.34	.080	.34	.565
S by H	.20	.661	.59	.451	1.53	.232
S by P	6.96	.016	7.45	.013	5.60	.029
S by H by P	.06	.812	.83	.375	.43	.518

(df = 1,191



**Tab. 1: Well-being in Day-to-Day Interactions with the Spouse absent or present, in Various Places, During Performance of Various Activities, and when Joining other People**

	Happy Couples (n = 10)		Moderately Unhappy Couples (n = 11)	
	Husband	Wife	Husband	Wife
Partner absent				
Places				
At <b>Home</b>	2.56	2.45	2.36	2.32
Outside <i>the</i> hone	2.43	2.52	2.40	2.55
Activities				
Recreation	2.54	2.64	2.51	2.66
Work	2.35	2.40	2.24	2.31
Other activities	2.39	2.13	2.20	2.38
Other persons present				
Nobody	2.40	2.55	2.22	2.32
Partner	-	-	-	-
Relatives	2.50	2.56	2.51	2.62
Friends	2.83	2.76	2.55	2.82
Other persons	2.43	2.40	2.37	2.41

.....

Partner present

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## Places

At Home	2.67+	2.50+	2.48-	2.34-
Outside the home	2.69	2.66	2.51	2.48

## Activities

Recreation	2.78+	2.66	2.56-	2.57
Work	2.48	2.39	2.69	2.32
Other activities	2.49+	2.53+	1.75-	2.07-

## Other persons present

Nobody	-	-	-	-
Partner	2.68+	2.56+	2.50-	2.39-
Relatives	3.00	2.64	3.00	2.09
Friends	3.00	2.67	2.80	2.86
Other persons	2.25	1.75	-	2.56

Tab. 5: Frequency of Balance of Power by Marital Happiness  
and conflict versus Agreement Situations (Arcsin Transformed  
Relative Frequencies and Standard Deviations)

	Happy Couples (n = 9)	Unhappy couples (n = 10)
-----		
Agreement Situation		
Husband	.80(.305)	.56(.222)
wife	.74(.228)	.46(.184)
Conflict Situation		
Husband	.37(.128)	.37(.124)
Wife	.29(.160)	.22(.117)

Tab. 5: Accuracy of Predictions of Partner's Mood, Mood Attributions and Current Needs by Marital Happiness? Sex, and Conflict vs Agreement Situation (Means and Standard Deviations)

	Happy Couples In = 10)	Unhappy Couples (n = 9)
-----		
Mood		
.....		
Agreement Situation		
Husband	.88( .247)	.77( .222)
Wife	.86( .248)	.80( .263)
Conflict Situation		
Husband	.44( .234)	.48( .095)
Wife	.42( .210)	.55( .182)
-----		
Attributions		
.....		
Agreement Situation		
Husband	.62( .383)	.63( .277)
Wife	.79( .365)	.53( .269)
Conflict Situation		
Husband	.64( .229)	.51( .222)
Wife	.57( .254)	.50( .120)
-----		
Current needs		

-----  
Agreement Situation

Husband .80( .300) .49( .143)

Wife .76( .264) .55( .228)

## Conflict Situation

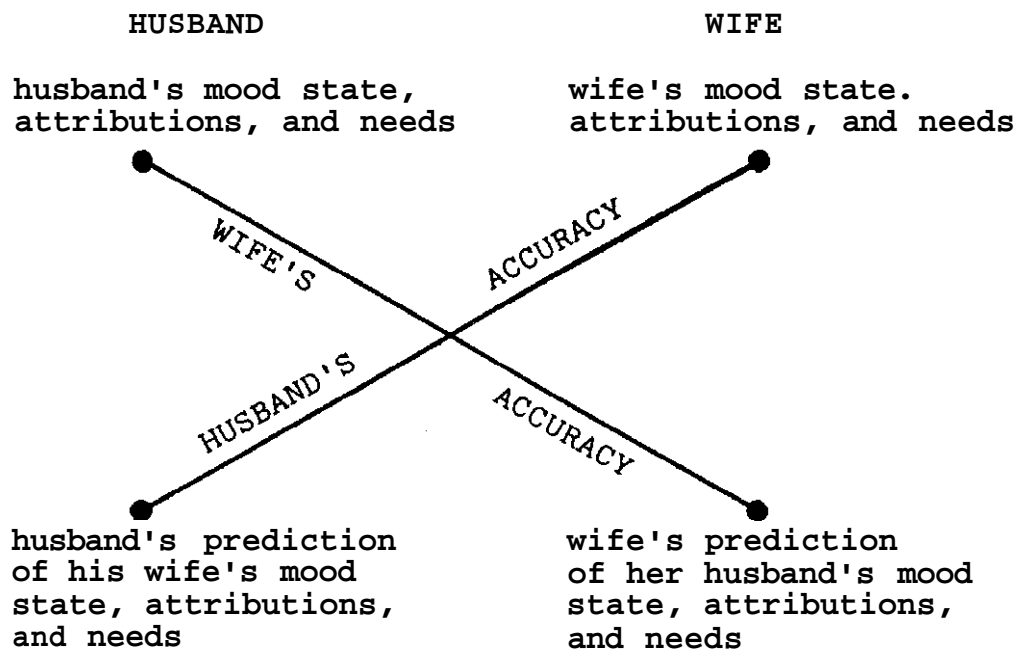
Husband .86( .233) .58( .222)

Wife .61( .228) .47( .161)

Figure Capture

Fig. 1: The Couple Interaction Diary

Fig. 2: Spouse's Accuracy of Prediction of the Partner's Mood-State\*  
Attributions of Mood, and Current Needs



#

DATE
.....

HOUR
SCHEDULED
.....
REAL
.....,

TYPE OF RECORDING	
PUNCTUALLY	0
WITH DELAY	0
MEMORIZED	0

1. HOW IS MY MOOD AT THE MOMENT?



2. WHICH ADJECTIVES DESCRIBE MY MOOD BEST?

\_\_\_\_\_

3. WHY DO I FEEL AS INDICATED?

\_\_\_\_\_  
\_\_\_\_\_

4. WHERE AM I? \_\_\_\_\_

5. WHAT AM I DOING? \_\_\_\_\_

6. WHO ELSE IS PRESENT? \_\_\_\_\_

7. IF I AM TALKING TO SOMEBODY, WHAT ARE WE TALKING ABOUT? \_\_\_\_\_  
\_\_\_\_\_

8. HOW STRONG/WEAK DO I FEEL AT THE MOMENT?

WEAK ○○○○○○○○ STRONG

9. HOW FREE/UNFREE DO I FEEL AT THE MOMENT?

UNFREE ◇◇◇◇◇ FREE

**TO BE COMPLETED IF THE PARTNER IS PRESENT ONLY**

10. HOW IS THE MOOD OF MY PARTNER AT THE MOMENT?



11. WHY DOES MY PARTNER FEEL AS INDICATED?

\_\_\_\_\_  
\_\_\_\_\_

12. AT THE MOMENT I FEEL TO BE

0 STRONGER THAN MY PARTNER  
0 EQUALLY STRONG AS MY PARTNER  
0 WEAKER THAN MY PARTNER

13. HOW MUCH DOES MY PARTNER LOVE ME AT THE MOMENT?



14. AT THE MOMENT I LOVE MY PARTNER

0 MORE THAN HE/SHE LOVES ME  
0 EQUALLY AS HE/SHE LOVES ME  
0 LESS THAN HE/SHE LOVES ME