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**Gordon, Carol Rubin**

**AN ANALYSIS OF THE RELATIONSHIP BETWEEN MARITAL SATISFACTION  
AND LOCUS OF CONTROL IN THE CONTEXT OF I/WE ORIENTATION**

*City University of New York*

Ph.D. 1987

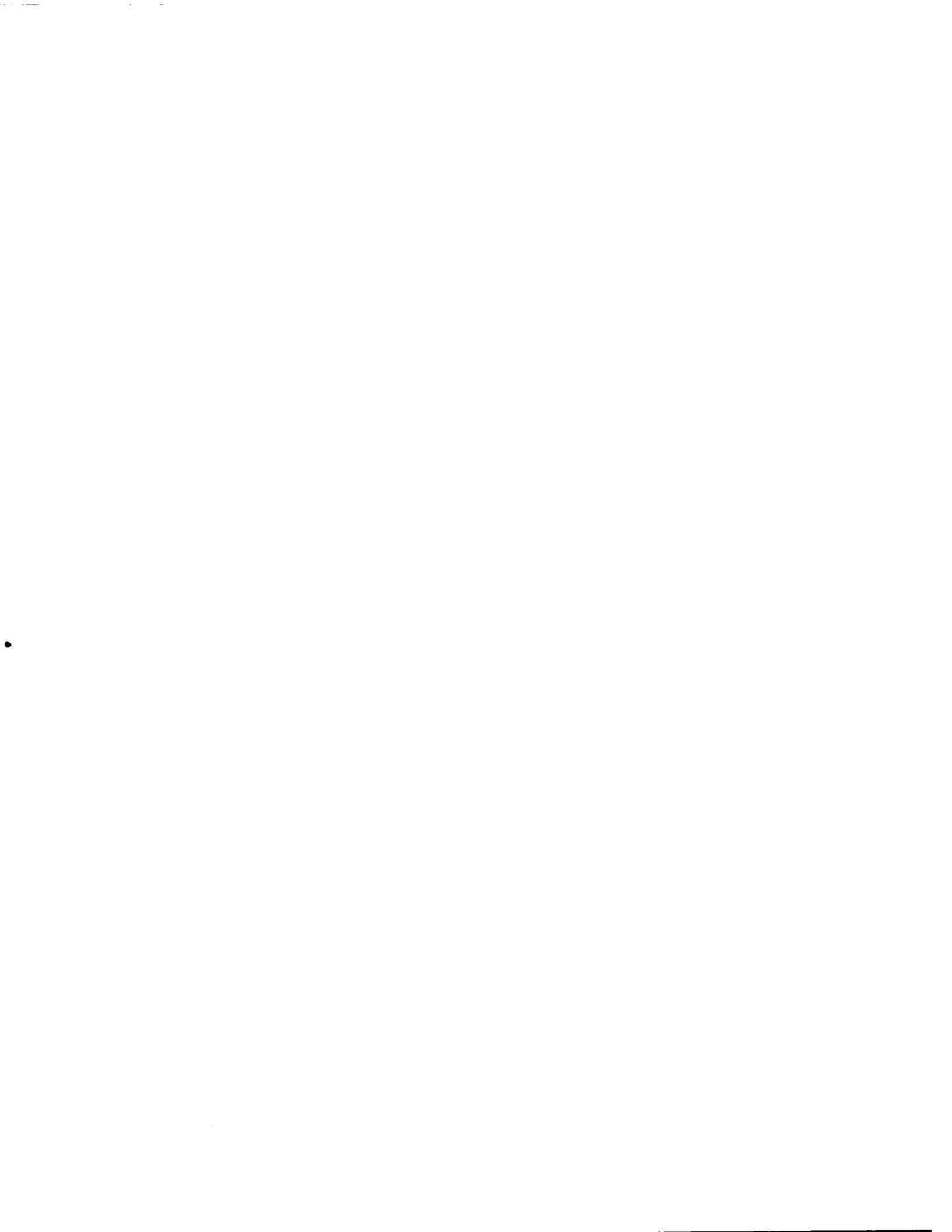
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MARITAL SATISFACTION AND LOCUS OF CONTROL  
IN THE CONTEXT OF I/WE ORIENTATION**

by

**CAROL RUBIN GORDON**

**A dissertation submitted to the Graduate Faculty in  
Psychology in partial fulfillment of the requirements  
for the degree of Doctor of Philosophy, The City  
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**Abstract**

**AN ANALYSIS OF THE RELATIONSHIP BETWEEN  
MARITAL SATISFACTION AND MARITAL LOCUS OF CONTROL  
IN THE CONTEXT OF I/WE ORIENTATION**

by

**Carol Rubin Gordon**

**Advisor: Professor Irwin Katz**

Two independent samples of married, middle class Americans (each N approximately 100) were recruited. Subjects completed questionnaires on marital locus of control in the context of I/we orientation, marital satisfaction and exchange orientation . Marital locus of control in the context of I/we orientation was measured by the Gordon Marital Locus of Control Scale (GMLOCS), which has two comparable, but conceptually distinct, parts: (1) "I" orientation and (2) "we"

orientation. I/we orientation was created in order to test the notion that people who think and talk about their marriage in terms of "we" and "our" are more satisfied than people whose cognitive set is "I" and "my". It was hypothesized that married people oriented towards we would be more likely to have a non-exchange orientation and be more satisfied in their marriages. In addition, it was hypothesized that people who are high on internal marital locus of control would be more satisfied than those who were external. The results partially supported the hypotheses. Significant positive correlations among marital satisfaction, non-exchange orientation and we-internal locus of control for positive processes emerged. Significant negative correlations were found among I and we external locus of control for positive and negative processes, marital satisfaction, and non-exchange orientation. No positive relationship between I-internal locus of control for positive or negative processes and marital satisfaction were found. The results, which were consistent across both samples, showed the following:

(1) marital satisfaction is positively related to a sense that "we" feel effective and take responsibility for creating positive things in our marriage; and (2) marital satisfaction is negatively related to a sense that "we" feel helpless about creating either the positive or negative things in our marriage. To be satisfied, the individual should pursue (1) and avoid (2). Implications for marital therapy and suggestions for future research were discussed.

Dedicated to the memory of my dear father, Robert Rubin  
January 19, 1918--February 4, 1986

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Most of the analysis of the data was completed at Tel Aviv University in Israel. Professors Daniel Bar Tal and Michal Shamir gave me encouragement and friendship as well as intellectual stimulation and analytical advice. Professor Ephriam Yaar helped with the analysis of the pilot data. Several secretaries helped with the typing and duplicating of the questionnaires.

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## 1. INTRODUCTION

The purpose of this study is to determine the nature of the relationship between locus of control and marital satisfaction. Accordingly, I will first discuss the concepts of locus of control and marital satisfaction, explain why I expect them to be related, then review the relevant literature.

### Locus of Control

Rotter defined his concept of locus of control in the following way: "When a reinforcement is perceived by the subject as following some action of his own but not being entirely contingent upon his action, then, in our culture, it is typically perceived as the result of luck, chance, fate, as under the control of powerful others, or as unpredictable because of the great complexity of the forces surrounding him. When the event is interpreted in this way by an individual, we have labeled this a belief in external control. If the person perceives that the event is contingent upon his own behavior or his own relatively permanent characteristics, we have termed this a belief in internal control" (Rotter, 1966).

Traditionally, locus of control has been viewed

and studied as a personality variable. Most of the early locus of control studies concentrated on determining the personality and behavioral characteristics of internals vs externals. In a comprehensive review of research done with the locus of control construct since Rotter's 1966 monograph, Phares (1976) cited evidence to show that the most basic characteristic of internals seemed to be their greater efforts and ability at coping with or attaining mastery over their environments. Specifically, he noted that internals seek out more information and are able to utilize that information more effectively in a given situation, are generally more knowledgeable about a situation, show more initiative and effort in controlling their environment, and can control their impulses better than externals. He stated that "when there are uncertainties in the situation, internals will be more likely to pay attention to potentially relevant cues than will externals" (p. 64). In addition he cited evidence to show that that internals are more able to influence others than are are externals. Indeed, "internals describe themselves as more active, striving, achieving, powerful,

independent, and effective" (p. 67). Joe (1971) reviewed a number of studies which show that externals (as compared to internals) are more anxious, aggressive, dogmatic, distrustful, suspicious, and lack self-confidence and insight.

Rotter, however, believed that much of this research was based on a misconception of the locus of control construct. He noted that "the concept deals both with situational parameters and individual differences, although the bulk of the studies have been concerned with the latter" (p. 56). In an attempt to clarify Rotter (1975) re-emphasized the "place of the construct within the framework of social learning theory" (p. 56). He explained that in social learning theory, expectancies, reinforcement values and psychological situations are the determiners of behavior. An expectancy is defined as the probability held by a particular individual that a particular reinforcement will occur as the result of a specific behavior on his part in a specific situation or situations. Specific expectancies arise from our experience in a specific situation and generalized expectancies develop from a broad range of specific

situations. Locus of control (as measured by Rotter's I-E Scale) is a generalized expectancy. Rotter pointed out that generalized expectancies have the advantage of being applicable to a great many situations, but the disadvantage of being limited to a low level of prediction. This point will become very important in the later discussion of why a marital specific locus of control scale was developed for this study.

#### Marital Satisfaction

As one might expect, due to its extremely complex nature, defining marital satisfaction as a concept is more problematical than defining locus of control. Indeed, a thorough search of the literature for such a definition reveals very little that is more than either an operational definition, such as a score on a "marital satisfaction" scale, or a list of variables that correlate with marital satisfaction. One of the earliest studies of marital satisfaction, for example, (Blood & Wolfe, 1960) computed marital satisfaction by weighting wives' reported satisfaction with standard of living, companionship, love, understanding, and affection by the comparative importance she attached to

each of them. While this is an interesting group of variables and the notion of weighting each of the variables by its value to the wife is a nice refinement, it is still just a list.

More recent studies have emphasized correlations of marital satisfaction with social psychological concepts such as the ability to receive nonverbal communications (Sabatelli et al., 1982), dogmatism (Mlott & Lira, 1977), self-disclosure (Davidson et al., 1983; Hendrick, 1981; Jorgensen & Caudy, 1980), self-esteem (Barnetter & Nietzel, 1979) and perception of spouse's attractiveness (Murstein & Christy, 1976). In addition while a number of researchers have shown that the perception of equity in one's marriage leads to greater marital satisfaction (Bowen & Orthner, 1983; Grey-Little & Burks, 1983; Murstein, 1977) others have found gender differences both in how males and females perceive their marriages and in the variables that lead to satisfaction (Luckey, 1960; Mlott & Lira, 1977; Murstein & Christy, 1976; Sabatelli & Dryer, 1982). Yet another line of research has attempted to show that marital satisfaction is greater in couples who are similar (rather than complementary or opposite) with

respect to needs and attitudes (Antill, 1983; Bowne & Orthner, 1983; Meyer & Pepper, 1977; Murstein, 1961; Newmark et al., 1977).

In a discussion of measures of marital satisfaction Spanier (1976) notes that this area of research is pragmatically rather than conceptually oriented. He also states that marital satisfaction and related concepts are vague and ambiguous, and the scales which have been devised to measure marital satisfaction lack a "clear conceptual plan behind the scale development" (p. 17). Recently, Doherty (1983) reiterated that "although obviously an important element in marriage, marital satisfaction has been a difficult construct to define and a challenging one to measure reliably and validly" (p.175). Part of this ambiguity is reflected in the fact that not only is the same label often used to describe different variables, the same scale may be used to operationalize different terms. For example, the Locke-Wallace (1959) Short Marital Adjustment Scale, which is probably the most widely used of all the marital satisfaction scales, has been used to operationalize the following terms: marital adjustment (Dean & Lucas, 1978; Meyer & Pepper,

1977; Murstein & Beck, 1972; Murstein & Christy, 1976; Murstein, Cerreto & Mac Donald, 1977); and marital satisfaction (Levenson & Gottman, 1983; Luckey, 1960; Newmark, Woody & Ziff, 1977; Rollins & Cannon, 1974; Tiggle et al., 1982; Weiss & Aved, 1978); marital complaints (Sabatelli, Buck & Dreyer, 1982; Sabatelli, 1986); and marital dissatisfaction (Doherty, 1981). Locke and Wallace define marital adjustment as the "accommodation of a husband and wife to each other at a given time" (1959, p.251). Spanier (1976), whose newer scale is also widely used, defines dyadic adjustment as "a process, the outcome of which is determined by the degree of: (1) troublesome dyadic differences; (2) interpersonal tensions and personal anxiety; (3) dyadic satisfaction; (4) dyadic cohesion; and (5) consensus on matters of importance to dyadic functioning" (p. 17). While neither of these definitions is conceptually satisfying, there is general agreement in the literature that the scales that are based on them have been shown to be reliable and valid measures of marital satisfaction (Locke & Wallace, 1959; Spanier, 1976). Spanier reports the not surprising finding that these two scales are highly correlated with each other.

Levenson and Gottman (1983) note that "every few years a new measure of marital satisfaction is proposed (e.g. Spanier, 1976), but it invariably correlates very highly with the older measures" (p.591). Indeed, simply asking a couple how satisfied they are seems to have a similar predictive ability.

In attempting to define marital satisfaction we should, perhaps, recall Rotter's criticism of the research on locus of control. Marital satisfaction, like locus of control "deals both with situational parameters and individual differences, although the bulk of the studies have been concerned with the" former.

While a conceptual definition of marital satisfaction may be elusive, in addition to being able to list many correlates we can say the following: (1) married people seem to know if they are or are not satisfied with their relationship; (2) marital satisfaction is both an important and challenging life goal and; (3) it is clear to married people that this goal is very difficult to achieve.

#### Locus of Control and Marital Satisfaction

The expectation that a relationship between locus of control and marital satisfaction exists stems primarily from the notion of marital satisfaction as a difficult goal to be achieved and the empirically established characteristics of internals and externals. Internals are more interested in and capable of coping with and attaining mastery over their life situations (Doherty, 1981,1983; Doherty & Ryder, 1979; Sabatelli, 1986) whereas externals experience more stress in social situations because they do not believe in their own ability to be effective in attaining their goals (Lefcourt, 1976). Based on this, the hypothesized relationship has been between internality and marital satisfaction. As Miller, Lefcourt and Ware (1981) note, however, "those studies that have considered the role of generalized locus of control orientation in marital satisfaction and marital stability have yielded weak and inconsistent results" (p.1). This may be partially due to the amount and quality of the work that has been done. In a recent, comprehensive review of the literature on locus of control and marital interaction, Doherty (1983), points out that "very little empirical work...has yet been conducted on locus of control and

marriage and even less systematic theory development" (p. 155).

In addition to the fact that few studies have examined the relationship between locus of control and marital satisfaction, those that have done so have approached the question from very different angles. Mlott and Lira (1977) studied two groups of married couples. One group was in marital therapy and was designated the "married unstable" group. The second group was not in therapy, was "rated by two experienced psychologists as evidencing marital stability" and was designated the "married stable" group (p. 143). Using the Rotter I-E Scale, their hypothesis that "individuals in unstable marriages are more externally controlled than those in stable marriages" was only partially confirmed (p. 142-143). They found no differences in locus of control between the stable and unstable groups and between wives and husbands in the stable group. Within the unstable group, however, they found a difference between wives and husbands with the wives being significantly more external. Attempting to replicate Mlott & Lira's findings, Doherty (1981) administered the Rotter I-E Scale, the Locke-Wallace

Short Marital Adjustment Test and the Ryder's Lovesickness Scale to 86 recently married couples. In order to replicate Mlott & Lira's findings they created two extreme groups by using only the top and bottom thirds of the distributions of the Locke Wallace and the Lovesickness scores. They found, as did Mlott & Lira that in the highly dissatisfied group, wives "tended to be more external than their husbands" (p.373). Doherty and Ryder (1979) administered both Rotter's I-E Scale and Interpersonal Trust scale to 86 couples married under one year and having no children. They found a significant correlation between internal locus of control and interpersonal trust.

A second approach, that of investigating married individuals, has been used by Doherty (1980), Miller (1981) and Winkler and Doherty (1982) . All three studies found a small but significant relationship between internal locus of control and marital satisfaction. Doherty, in a secondary analysis of a national probability sample of white adults found a correlation of .12 ( $p = .007$ ) between internality as measured by an abbreviated version of Rotter's I-E Scale and a short measure of marital satisfaction. Miller

(1980) administered a 44 item marriage specific locus of control scale, a one item marital satisfaction measure and a 17 item measure of intimacy in marriage to 230 married student couples. He found a correlation of .37 ( $p = .001$ ) between intimacy in marriage and internality and a correlation of .29 ( $p = .001$ ) with marital satisfaction. Winkler and Doherty administered the Spanier Dyadic Adjustment Scale and the Close Relationships I-E Scale to 34 American couples. They found a correlation of .33 ( $p = .058$ ) between internality and satisfaction. Other studies using married individuals have reported finding no significant relationship between locus of control and marital satisfaction (Doherty, 1981; McCabe, 1978; Sabatelli, 1982).

Yet a third approach--that of a longitudinal study--has been used by Constantine and Bahr (1981). Using data from a national probability sample that the National Longitudinal Survey of Labor Market Experience began collecting in 1966, young married men were followed for a 5 year period. No relationship between locus of control and marital stability (divorcing or remaining married at the end of the five years) was

found. Analyzing other data from the same sample, Doherty (1983) reports similar findings for comparisons between first-married individuals who remained married during the course of the study and those who did not. Constantine and Bahr use the term marital stability and Doherty uses the term marital instability for comparisons between exactly the same groups using exactly the same measure. The lack of a systematic approach in this field is, perhaps, highlighted by this example. Related to this inconsistency is the whole question of the relationship between marital stability and marital satisfaction. Marital satisfaction is often operationally defined through the use of two groups--one group that is in some form of marital therapy and is designated unsatisfied, and a matched group that is not in therapy and is designated satisfied. This method really begs the question of a definition of marital satisfaction, especially since it is not at all clear that simply because people remain married one can assume that they are satisfied.

In addition to the lack of a consistent approach another problem has been the use of Rotter's Locus of Control Scale, which measures generalized locus of

control. Current researchers in locus of control have taken Rotter's criticism into account. They have developed content-specific scales to measure specific expectancies; for example, expectancies of the elderly (Reid & Zeigler, 1981); and expectancies regarding health (Wallston & Wallston, 1981), weight (Wallston & Wallston 1981), and alcoholism (Donovan, D.M. & O'Leary, M.R.,1978). In the present study a marriage locus of control scale will be introduced in an attempt to produce clearer evidence of the nature of the link between locus of control and marital satisfaction .

An initial attempt to develop such a scale was made by Miller (1981). Doherty (1983) notes that the relationship between internality and marital satisfaction "is enhanced somewhat when measures of marital locus of control are employed" (p.171). Recently, Miller et al. (1986) found a significant and positive relationship between marital satisfaction and internality for marital locus of control at the same time finding no association between marital satisfaction and Rotter's generalized locus of control measure. The Miller scale, however, has many problems

including its low predictive ability and its low item-total correlations. A careful examination of the items in the scale revealed three areas of confusion which may account for these problems.

First, the Miller scale does not systematically deal with positive and negative expectancies (success/failure)--an important variable in the locus of control literature on achievement (Crandall, V.S., Katkovsky, W. & Crandall, V.J., 1965; Gregory, 1981; Mischel, et al., 1975), and an obviously important variable in marriage. Indeed, Miller finds that "persons who have a higher need for approval are more apt to assume responsibility for negative events in their marriages" (p.10).

Second, the Miller scale makes no clear distinction between specific content areas in marriage such as children and child rearing, sexual functioning, or in-law relationships, and more general process areas such as warmth, trust, communication and hostility. Because of this the level of abstractness differs from item to item. In addition, while it is clear that specific content areas are important to each marriage, one cannot know which areas are important for each

couple. This may make the scale more relevant for some than for others and thereby lower its generalizability.

Third, no clear distinction is made between questions in which the subject is "I" and the subject is "we". Doherty (1981) points out that "the central theoretical problem confronting personality and marriage research is that of dealing simultaneously with two levels of analysis--the individual and the dyad" (p.4). In the Miller scale some items use "I", some use "we" and some use both "I" and "we". There is no apparant systematic variation between these two levels nor does there seem to be any attempt to distinguish between them.

For all these reasons the Miller scale has not been used in this research. Rather, a scale that attempts to deal with these problems has been developed.

### The Gordon Marriage Locus of Control Scale

The Gordon Marriage Locus of Control Scale (GMLOCS) is based on Hanna Levenson's version of Rotter's original Internal/External Locus of Control Scale (Rotter, 1966). In Levenson's conceptualization three locus of control scales were developed-- Internality/Powerful Others/Chance (IPC) Scale (1972). It was Levenson's notion "that those who believe in powerful others (one external orientation) will behave and think differently from those who feel the world is unordered and unpredictable (a second external dimension [which Levenson labeled "chance"])). In the former case, a potential for control exists. The major implication of this formulation was that to be 'external' was not always undesirable, maladjusted or 'bad'". (Levenson, 1981, p.17). Levenson's definition of internality was much the same as Rotter's: "If the person perceives that [an] event is contingent upon his own behavior or his own relatively permanent characteristics we have termed this a belief in (or expectancy of) internal control." (Rotter, 1966). The

GMLOCS utilizes Levenson's framework within the context of marriage. It was decided, for example, that all the questions relate to marital processes such as trust, alienation, warmth, indifference, and communication. Half of the questions relate to positive and half to negative processes in marriage.

The GMLOCS also distinguishes between "I" marital locus of control and "we" marital locus of control. Clearly there are two grammatically correct ways in which one can think and talk about one's marriage--either in the first person singular (my marriage, my child, my house) or in the first person plural (our marriage, our house, our child). Some individuals choose the I form and some the we. It was thought that this choice might well be an unobtrusive measure of important differences in attitudes and feelings about one's marriage. On this basis, the two versions of GMLOCS--"I" and "We"--were developed. The two versions of the scale are combined into one with the I and we questions randomly distributed. Each question has two forms--one in the first person singular and one in the first person plural. For example, the question measuring I-internal locus of control is phrased, "When

there is a lack of communication in my marriage it is usually because I won't communicate." The parallel we-internal locus of control question is phrased, "When there is a lack of communication in our marriage it is usually because neither one of us wants to be communicative."

The original version of GMLOCS consisted of 100 questions divided into 10 subscales--each containing 10 questions (one question for each process area listed below). Each subscale represented one conceptual category. The questions in five of the subscales refer to positive processes in a marriage and the questions in the other 5 subscales refer to comparable negative processes. The subject was asked to indicate the extent to which each statement is an accurate expression of what takes place in his or her marriage by circling the appropriate number on a six point scale from strongly agree to strongly disagree.

#### Subscales

1. I-internal-positive
2. I-internal-negative
3. I-external-positive

4. I-external-negative
5. I-powerful other-positive
6. I-powerful other-negative
7. we-internal-positive
8. we-internal-negative
9. we-external-positive
10. we-external-negative

#### Process Areas

Positive	Negative
1. good communication	lack of communication
2. warmth and affection	hostility
3. good things	bad things
4. agreement	difference of opinion
5. openness	secrecy
6. trust	doubt
7. admiration	disapproval
8. closeness	distance
9. sharing	indifference
10. intimacy	alienation

The structure of the scale is such that in each

subscale labeled "positive" there is one question for each of the positive process areas. The same is true for the negative process areas.

The process areas were chosen from the literature on marriage. In the initial version of the scale an attempt was made to utilize every area that was mentioned. The one important area that was not used was dominance-submission. The reason dominance--submission was excluded is related to the meaning of "powerful other" in the context of marriage. Because it seems clear that in marriage one's spouse is the most significant powerful other, the decision was made that when powerful other was referred to it would always mean spouse. In the original conceptualization of GMLOCS, a perfectly balanced structure was planned. That is, there were to have been two scales ( an "I" in the first person singular and a "we" in the first person plural) with matching subscales and matching questions, etc. In the process of creating matching items for the powerful other subscales, however, it became clear that powerful other items for the we scale would make no sense if powerful other was defined as one's spouse--you can say "my spouse" but you cannot

say "our spouse" . A set of questions about dominance for any of the we scales would be equally senseless. The whole notion of dominance is of one person acting upon another person. Continuing this line of reasoning it became clear that inherent in the logic of the we scale were the concepts of sharing and equity--including equity of power. It is for these reasons that there are no we-powerful other scales. The variable of dominance, however, is partially accounted for in the concept of powerful other.

Initially it was thought that scores representing the three components of the GMLOCS--internal/external locus of control, I/we orientation, and positive/negative processes--would be produced by means of a difference score, subtracting one variable of the component from the other. In thinking about the meaning of the ten subscales, however, it became clear that because each represented a different pattern of interaction of these variables, in some cases the interaction seemed to alter the impact of the variables on each other. For example, when positive processes interact with we and internal there is a positive correlation with marital satisfaction but when negative

processes interact with we and internal there is no correlation with marital satisfaction. Additional evidence for this point can be found in the research using Crandall's Intellectual Achievement Responsibility Questionnaire which showed that the combination of internal-positive could have a different effect on children's achievement than the combination of internal-negative (Crandall, et al., 1965). The decision was made, therefore, to consider each subscale as a separate entity, producing its own score.

#### Meaning of of the Subscales

A high score on the I-internal-positive scale reflects the belief that "I am effective in the attainment of positive things in my marriage. I take responsibility for and believe that positive things in my marriage are under my control." This attitude is contrasted with a high score on the I-powerful other-positive scale which expresses the belief that it is my spouse who is effective in the attainment of positive things in my marriage, etc. A high score on the I-external-positive scale indicates that while there are good things in my marriage I don't really know why they

happen and I don't know how to make them happen.

A high score on the I-internal-negative scale acknowledges a sense of personal responsibility for negative processes such as hostility, alienation and indifference, that occur in my marriage whereas a high score on the I-powerful other-negative scale indicates that I blame my spouse for these things. A high score on the I-external-negative scale expresses a sense of personal helplessness--both a lack of ability to understand why these bad things occur and an inability to be able to do anything about them.

A high score on any of these six scales indicates that the respondent is attributing responsibility to only one person--the respondent. A high score on any of the other four scales indicates that the respondent attributes responsibility to both partners in the relationship and expresses the view that the creation of events in the marriage are shared. This being the case, while there can be feelings of helplessness, (as a high score on the we-external scales would indicate) there can be no notion of blaming oneself or one's spouse. A high score on the we-internal scales indicates a sense that whatever happens in our

marriage--for better or for worse--we both contribute. We have made our marriage together and we share the responsibility for creating the positive or the negative events in it. A high score on the we-external-positive scale indicates that while there are good things in our marriage neither one of us seems to know why they happen or is able to make them happen. A high score on the we-external-negative scale reflects the belief that neither one of us understands why bad things happen in our marriage and both of us are helpless to do anything about preventing them.

Theoretical considerations related to the "We" context

Theoretically, perhaps the most interesting facet of the GMLOCS is the development of the we variable. Murstein, MacDonald & Cerreto's (1977) work on exchange orientation and marital satisfaction lends theoretical support to this notion. They describe exchange orientation in the following way:

Individuals can be placed on a continuum according to the degree to which they believe equity of exchange should

characterize their relationships. At one end of the continuum is what will be called the high exchange-oriented individual. Such a person feels uncomfortable when someone does him a favor if he cannot repay it in some way. He may see love as a series of reciprocal exchanges and would feel badly if a person whom he loved did less for him than he believed he did for his beloved....What is important is that every positive or negative action by one individual should be met by a similarly weighted action by the recipient.

At the other end of the pole is the non-exchange oriented person who is not at all concerned with keeping a mental balance sheet on just what he had done for others and what they have done for him. For a nonexchange-oriented person, to love another is to forgive his transgressions and to accept him unconditionally (p. 543-544).

In their study of the effects of exchange orientation on marriage Murstein, et al. showed that exchange orientation is negatively associated with marital satisfaction and that when both partners in a marriage are exchange oriented, they will be "less happy in marriage than" any other combination. It seems reasonable to propose that one who "counts" the transactions in one's marriage (I do one thing for you and you do one thing for me) must think in terms of I and my. Thinking in terms of we--a unit--precludes counting. You can only think "we do something for us"--a thought that does not involve exchange. By extension, therefore, Murstein's work lends credence to the notion that a we orientation may be related to marital satisfaction.

Other theorists and researchers, such as Kelley and Thibaut (1978), Doherty (1983) and Peterson (1979) have dealt with issues that can be related to the notion of the we variable. While a detailed discussion of this work will be included in chapter 2, it can be summarized in the following way. Kelley and Thibaut discuss the

positive effects on a relationship of a choice made by a spouse that maximizes both spouse's outcomes together. Doherty hypothesizes that couples who can reach mutually satisfying solutions to problems will be more satisfied. Both of these choices can be characterized as we-internal-positive. Peterson, in analysing couple's patterns of verbal interaction showed that the couples who were the most satisfied had a pattern that could be labeled (in the terminology of the present study) we-internal-positive.

## 2. PILOT STUDY

The purpose of the pilot study was twofold: (1) to test the reliability and validity of the GMLOCS, and (2) based on the above discussion to develop and test a preliminary set of hypotheses on the relationship between marital satisfaction and the three components of the GMLOCS, (a) locus of control, (b) I/we orientation, and (c) positive/negative processes.

### Hypotheses and Their Theoretical Justifications

Hypothesis I. There will be a positive correlation between marital satisfaction and internal marital locus of control.

This hypothesis is based on the findings of Doherty (1980), Miller (1981) and Winkler and Doherty (1982), in which a positive correlation between marital satisfaction and internal locus of control was found. Since these studies did not distinguish between positive and negative processes, or I-we orientation neither does our

hypothesis.

Hypothesis II. There will be a negative correlation between marital satisfaction and external locus of control for negative processes.

In a longitudinal study reported by Doherty (1983) an indication that externality in husbands was associated with greater marital instability was reported. In addition, Doherty suggests that externality in marriage leads to ineffective problem solving (a negative marital process) which consequently has a negative effect on marital satisfaction. Hypothesis II is based on these studies.

Hypothesis IIIa. There will be a positive correlation between marital satisfaction and the I-powerful other-positive scale.

Hypothesis IIIb. There will be a negative correlation between marital satisfaction and the I-powerful other-negative scale.

The powerful other scales are intended to measure expectancies regarding dominance and power in the marriage. A high score on either the I-powerful other-positive scale or the I-powerful

other-negative scale implies that the individual believes that the spouse is in control. The individual's reaction to such a belief, however, is likely to be greatly mediated by whether the spouse's control is for positive processes or for negative processes. In the first case, the reaction could be one of gratitude or admiration. The spouse could also be seen as a "benevolent dictator" --a less complementary but still positive reaction. Depending upon one's dependency needs, this could be a positive situation. In the second case, however, the reaction is likely to be negative. A high score on the I-powerful other-negative scale is an indication that the individual blames the spouse for the bad things in the marriage. In addition it implies a sense of helplessness--an inability to prevent these bad things from occurring because the spouse is in control of them. Frustration and hostility as well as a sense of imbalance and inequity in the relationship are likely. Several studies have shown that there is a negative correlation between marital satisfaction and the

perception of inequity in the relationship.

Bowen & Orthner (1983), for example, drew a probability sample of 662 military spouses on nine United States and seven European bases to study the effects of sex-role congruency on marital satisfaction. Based on an 11 item scale measuring "traditional" (T) and "modern" (M) sex-role preferences, they divided their sample into four groups--TT, MM, TM, and MT (in each case the first letter refers to the husband's sex-role attitudes and the second letter to the wife's attitudes). They hypothesized that congruent sex-role would lead to greater marital satisfaction. Their hypothesis was only partially supported. They found that marriages with the least satisfaction were the TM type. There was, however, no difference between the MT marriages and those with congruent attitudes. They concluded that the perception of equity in the relationship is as important as actual equity for marital satisfaction. They noted that modern men "honor the rights of the wife to pursue independent interests and realize their joint responsibility

for household tasks" while traditional women "see their interests as subordinate to the interests of the family, the husband in particular". Although these attitudes are clearly incongruent, both the husband and the wife are likely to perceive the relationship as equitable or just because both believe that they would be supported by their spouse if their behavior was congruent with their spouse's attitude (p. 228). Other studies examining the relationship between equity and marital satisfaction have had similar results. Davidson, et al. (1983) found a positive correlation between marital adjustment and equity in amounts of affective self-disclosure. Grey-Little & Burks (1983) conclude that "the highest levels of satisfaction...are found among egalitarian in power couples."

Taking this analysis a step further, one might speculate that when there is equity in a relationship, there is probably a sense of gratitude towards one's spouse at being well treated. To the extent that the I-powerful other-positive subscale measures this sense, hypothesis

IIIa will be supported. Hypothesis IIIb is based on the sense of imbalance in the relationship which, according to these studies should correlate negatively with marital satisfaction.

Hypothesis IV. There will be a positive correlation between marital satisfaction and the we-internal-positive subscale.

Hypothesis V. There will be a negative correlation between marital satisfaction and the I-internal-positive subscale.

Kelley & Thibaut (1978) discuss several strategies one can have in one's approach to creating the interpersonal outcomes one desires. For example, one can make a choice that maximizes (1) either one's own or one's spouse's outcomes or (2) both one's own and one's spouse's outcomes together. This second category is called "max joint" and is a qualitatively different choice with a qualitatively different outcome than a mere average of the choices in the first category. Kelley and Thibaut state that using a "max other" criterion in which one chooses to maximize the other's outcomes is never more functional in terms

of satisfaction in the relationship than a "max joint" criterion. In other words, even pure altruism in a relationship is not more functional than a "general welfare" outlook in which general welfare includes one's own interests (p.174).

Relating this analysis to the GMLOCS three points can be made: (1) it seems safe to assume that one who thinks about his or her marriage in terms of "we" is more likely to make "max joint" choices, and, one who thinks about his or her marriage in terms of "I" is more likely to make "max other" choices; (2) the term "creating the interpersonal outcomes one desires" implies an internal locus of control for positive processes; (3) putting the first two points together one can conclude that a we-internal-positive attitude will lead to marital satisfaction whereas an I-internal-positive attitude may not.

Doherty's model of the relationship between locus of control and marital satisfaction, in which problem-solving effectiveness is seen as a mediator in the relationship follows Kelley & Thibaut's reasoning. He proposes that "to the

extent that couples view themselves as effective problem solvers (i.e., reaching mutually satisfying solutions), they will be more generally satisfied with their relationship. To the extent that locus of control influences problem solving, therefore, it indirectly influences marital satisfaction" (Lefcourt, p.181). A "mutually satisfying solution" implies the use of max joint criteria.

Recently Miller et al. (1986) found that "couples with positive relationships [utilize] constructive, supportive attempts at dealing directly with difficult issues" (p.168). This evidence supports both Doherty's model and the notion that a we-internal-positive attitude will lead to marital satisfaction.

Additional evidence for Hypothesis IV can be found in a study done by Peterson (1979) in which several patterns of verbal interaction of satisfied, average and dissatisfied couples were identified. Cycles of mutual enjoyment ('Let's enjoy ourselves'--'Yes let's') were most commonly reported by satisfied couples. Cycles of support

('I'm down'--'I'm on your side') were reported most frequently by average couples. Aggression-injury cycles ('I hate you'--'I'm hurt and wish to avoid you') were common among disturbed couples" (p.78). It is possible to relate these statements to the GMLOCS: "Let's enjoy ourselves"--"Yes let's" are statements that would be made by people with a we-internal-positive locus of control; "I'm down"--"I'm on your side" are statements that would be made by people with an I locus of control: the second statement reflects an I-internal-positive locus of control; the first statement is not clearly internal or external. The aggression-injury cycle reflects I-negative locus of control. Peterson's results provide indirect support for hypothesis IV.

Hypothesis VI. There will be a positive correlation between marital satisfaction and the we-internal subscales.

Hypothesis VII. There will be a negative correlation between marital satisfaction and the we-external subscales.

In a more recent analysis, Kelley et al.

(1983) state:

In part, the dyad is a creature of the external factors that condition and shape its internal processes. However, insofar as it acts to select and modify the conditions, the dyad is also partly a creator of its own causal environment. An important continuing issue for every dyad (as, indeed, for every individual) is the question of the degree to which it is to be master of its conditions rather than a victim of them. How manageable are the causal conditions and how much can they be modified by the dyad itself? This question takes on special importance in relation to the [Person 1 x Person 2] conditions, such as norms, interaction habits, and understandings, which to an important degree are products of the interaction itself. These conditions can play an important part in controlling and eliminating conflict between Person 1 and

Person 2, and it is in in this feature of the relationship that the question of modifiability of causal conditions becomes most significant. In almost every interpersonal conflict, the central causal question is whether the process is accounted for by immalleable conditions (e.g., incompatible backgrounds, stable personality traits, impossible economic circumstances) or by malleable conditions (e.g., poor communication conditions, inadequate interpersonal skills, changeable occupational roles). This important type of causal question can be answered only when the causal loops of the dyad and the effect of internal interaction processes on external conditions are well understood (p. 67).

The notion that the dyad helps to create "its own causal environment"--that "an important continuing issue for every dyad...is the question of the degree to which it is to be master of its conditions rather than a victim of them" implies

that dyads can be either internally oriented and in control or externally oriented and victim. In addition, Kelley seems to move closer to a more direct discussion of the positive consequences of a we-internal attitude on "controlling and eliminating conflict". Hypotheses VI and VII are based on this analysis.

#### Method

Subjects and Procedure. The subjects consisted of 35 married middle-class people--from newlyweds to people married 50 years. Subjects were mailed a package of questionnaires, a stamped, self-addressed envelope for returning the package and a letter explaining that all replies would be completely anonymous. All of the subjects were personally known to the experimenter through participation in a self-help marriage enrichment organization along with the experimenter. Response rate was 50%.

The package included the initial, 100 question version of the Gordon Marriage Locus of Control Scale, the Locke-Wallace Short Marital

Adjustment Test (1959) hereafter referred to as the MAT, the Gordon Marital Satisfaction Scale (1976) hereafter referred to as the GMS, and a questionnaire on background data.

### Results and Discussion

Reliability. Cronbach Alphas of the ten subscales ranged from .66 to .92. In addition, individual item alphas and item/total correlations were computed. Based on these reliability and item analyses the scale was reduced to 50 questions with ten subscales of 5 questions each. Two criteria were used: first any item with less than a .40 item/total correlation was eliminated. Twenty-five items fell into that category. Second, the items that reduced Cronbach Alphas were discarded. After this procedure was completed Cronbach Alphas and item/total correlations were recomputed for the 50 item scale. Cronbach Alphas for the shortened subscales ranged from .61 to .93. Table 1 shows the results of these tests. Item/total correlations for these subscales ranged from .43

to .93. Forty-four of the items had at least a .65 item/total correlation indicating good internal consistency.

Table 1

Cronbach Alphas for the Ten GMLOS Subscales

Scale	Alpha for	
	10 Items	5 Items
1. I-internal-positive	.86	.87
2. I-internal-negative	.83	.86
3. I-external-positive	.82	.82
4. I-external-negative	.80	.84
5. I-powerful other-positive	.66	.75
6. I-powerful other-negative	.86	.89
7. we-internal-positive	.79	.84
8. we-internal-negative	.68	.61
9. we-external-positive	.84	.87
10. we-external-negative	.92	.93

---

Note. N=35

In the new, shortened scale, while some items

from 19 of the original 20 process areas were retained, the symmetry of all the process areas being represented in each subscale could not be. Some of the process areas are represented by only 1 item while others have 2, 3, 4, and 5 items. In spite of these variations in process area content of the subscales, it was felt that the uniformly high reliabilities of the subscales provide evidence that subjects' responses to the subscale items are probably not very influenced by these differences.

Validity. Face validity was established by the following procedure: based on short descriptions of what each subscale was supposed to measure, five judges were asked to label each of the 100 questions according to subscale. One judge labeled 4 of the questions incorrectly the rest completed the task perfectly.

#### Tests of the Hypotheses

The correlations presented below are those of the 10 item GMLOCS subscales with the MAT. For the sake of clarity of presentation, the correlations for the 5 item subscales with both the MAT and the GMS are listed in Appendix A (p.104). The reader will note that all but one, the correlation with the I-powerful other-positive subscale, are similar to those with the 10 item subscales. Possible reasons for this discrepancy will be discussed below. In addition, because the correlation between the MAT and the GMS was high ( $r = .81$ ,  $p = .001$ ) and the correlations between the GMLOCS subscales and the GMS were very similar to those with the MAT, in this section only the

correlations with the standard marital satisfaction scale, the MAT, will be presented. Appendix B (p.105) lists the correlations of the 10 item GMLOCS subscales with the GMS.

Hypothesis I. There will be a positive correlation between marital satisfaction and internal marital locus of control.

The Pearson correlations to test Hypothesis I are presented in Table 2. Of the 4 subscales that included internal marital locus of control, only the we-internal-positive scale has a significant positive correlation with marital satisfaction. The I-internal- negative scale has a significant negative correlation with the MAT. The correlations with the remaining two subscales were nonsignificant.

Table 2

Pearson Correlations of Marital Satisfaction  
with Internal Marital Locus of Control

	MAT
I-internal-positive	-.10
I-internal negative	-.32*
We-internal-positive	.34*
We-internal-negative	-.14

---

\*p < .05, one-tailed

Note. N=35 for all correlations

Internal locus of control, when combined with a we orientation and positive processes, produces a positive correlation with marital satisfaction. This finding lends partial support to Hypothesis I. Internal locus of control combined with an I orientation and negative processes produces a negative correlation with marital satisfaction and negates Hypothesis I.

Hypothesis II. There will be a negative correlation between marital satisfaction and external locus of control for negative processes.

Significant negative correlations between marital satisfaction and both the I-external-negative and we-external-negative subscales were found. Table 3 summarizes these findings.

Table 3

Pearson Correlations of Marital Satisfaction  
with External Marital Locus of Control for  
Negative Processes

	MAT
I-external negative	-.38**
We-external-negative	-.59***

---

Note. N=35 for all correlations

\*\*p < .01, one-tailed    \*\*\*p < .001, one-tailed

Hypothesis II is clearly confirmed.

Hypotheses IIIa and IIIb

IIIa. There will be a positive correlation between marital satisfaction and the I-powerful other-positive scale.

IIIb. There will be a negative correlation

between marital satisfaction and the I-powerful other-negative scale.

While there were no significant correlations between the I-powerful other-positive subscale and marital satisfaction, a significant negative correlation between the I-powerful other-negative subscale and marital satisfaction was found confirming Hypothesis IIIb. Table 4 summarizes these correlations.

Table 4

Pearson Correlations of Marital Satisfaction  
with Powerful Other Marital Locus of Control  
for Positive and Negative Processes

	MAT
I-powerful other-positive	.23
I-powerful other-negative	-.48**

---

**Note.** N=35 for all correlations

\*\*p < .01, one-tailed

As was mentioned earlier, the I-powerful other-negative subscale indicates that I blame my spouse for the negative things in my marriage. It seems likely, therefore, that one who holds this belief feels anger and stress in their marriage. This interpretation seems to be supported by the correlations in Table 4. If this finding is replicated with a larger sample we will learn something about how the belief that I am the "innocent" one in the relationship and my spouse is the "guilty" one, contributes to my unhappiness.

The correlation of the I-powerful other-positive subscale with the MAT, while not reaching statistical significance, comes close ( $p=.09$ ). In addition the correlation of the 5 item I-powerful other-positive subscale with the MAT is significant and in the opposite direction ( $r=-.30$ ,  $p=.04$ ). Again, perhaps with a larger sample these findings will be clarified.

Hypothesis IV. There will be a positive

correlation between marital satisfaction and the we-internal-positive subscale.

Hypothesis V. There will be a negative correlation between marital satisfaction and the I-internal-positive subscale.

The Pearson correlations of marital satisfaction with the we-internal-positive subscale were significant and positive whereas those with the I-internal-positive were close to zero. These findings support Hypothesis IV but not Hypothesis V. Table 5 summarizes these correlations.

**Table 5**  
**Pearson Correlations of Marital Satisfaction**  
**With I and We Internal Marital Locus of**  
**Control for Positive Processes**

	MAT
We-internal-positive	.34*
I-internal-positive	.10

---

**Note.** N=35 for all correlations  
 \*p < .05, one-tailed

Hypothesis VI. There will be a positive correlation between marital satisfaction and the we-internal subscales.

Hypothesis VII. There will be a negative correlation between marital satisfaction and the we-external subscales.

Table 6 shows the rather dramatic contrast

between the significant positive correlations of marital satisfaction with the we-internal-positive subscale and the significant negative correlations between marital satisfaction and both we-external subscales.

Table 6  
Pearson Correlations of Marital Satisfaction with We Internal and External Marital Locus of Control for Positive and Negative Processes

	MAT
We-internal-positive	.34*
We-internal-negative	.14
We-external-positive	-.42**
We-external-negative	-.59***

---

Note. N=35 for all correlations

\*p < .05, one-tailed    \*\*p < .01, one-tailed

\*\*\*p < .001, one-tailed

In the face of such clear results regarding all but the we-internal negative subscale, the

lack of a significant positive relationship between marital satisfaction and the we-internal negative subscale indicates the importance of understanding how our three components interact and how that interaction effects marital satisfaction.

### Conclusions

Very clear results regarding the negative effects of externality and negative processes on marital satisfaction have been found. Internality was found to have a positive effect on marital satisfaction only in combination with positive processes in marriage and a we orientation. The study showed that the positive effects of internality on marital satisfaction were not strong enough to overcome the negative effects of an I orientation or negative marital processes. It is possible that the confusing results reported in the literature regarding internality and marital satisfaction are due to the fact that in previous studies these factors were not controlled. The same was true of positive processes--by themselves

they do not have the ability to produce a positive correlation with marital satisfaction.

While this study has provided some answers, other questions have been raised--especially regarding the stability of the relationships between marital satisfaction and the GMLOCS subscales. Clearly, replication of these findings with a larger sample is necessary.

### 3. HYPOTHESES OF MAIN STUDY

The purpose of the main study was to examine the relationships among marital satisfaction, locus of control in marriage as measured by the Gordon Marriage Locus of Control Scale (GMLOCS), and exchange orientation. Hypotheses for the study were based upon the theoretical considerations presented in Chapters 1 and 2, taken in conjunction with the results of the pilot study.

#### Hypotheses and Theoretical Considerations

In this section we will first outline the theoretical considerations and empirical findings on which the hypotheses are based. The hypotheses will then follow.

A. As has been noted in Chapter 1, discussions in the literature of the relationship between locus of control and marital satisfaction stress the belief that internal locus of control

should be positively correlated with marital satisfaction whereas external locus of control is likely to be negatively correlated with marital satisfaction. Several researchers have felt it likely that a marriage specific locus of control scale would enhance this relationship. Accordingly, the Gordon Marriage Locus of Control Scale (GMLOCS) was developed and, as described in the first two chapters, was used to test hypotheses regarding the relationship between marital satisfaction and marital locus of control. Other hypotheses regarding the relationships between marital satisfaction and positive and negative processes in marriage and I/we orientation were tested as well. The results of this pilot study were provocative, although due to the small sample size, must be regarded tentatively.

The use of the GMLOCS makes it possible to hypothesize that in only one context--that of a we orientation and positive processes--will internality have a positive correlation with marital satisfaction. This hypothesis was

supported by the pilot data. Also, work by Doherty (1983) on couple's problem-solving effectiveness as a mediator in the relationship between internality and marital satisfaction and Peterson's (1979) work on patterns of verbal interaction of satisfied and non-satisfied couples, both of which are discussed in Chapter 1, provide indirect empirical support for the existence of a positive relationship between marital satisfaction and the we-internal-positive orientation. In addition, Kelley and Thibaut's (1978) work, discussed in Chapter 2, on the positive effects of choosing a decision making strategy that maximizes both one's own and one's spouse's outcomes (as opposed to choosing a strategy based on either one's own or one's spouses's outcomes) lends theoretical support to this finding.

B. The pilot data also suggest that in the context of an I orientation, both for positive and negative processes, the hypothesized relationship in the literature between marital satisfaction and internality does not exist.

C. The question of the nature of the relationship between marital satisfaction and externality, while presumed to be a negative one, has produced even weaker results than the research on marital satisfaction and internality (Doherty, 1981; Mlott & Lira, 1977). The pilot study results, however, suggest that there may be a consistent negative correlation between marital satisfaction and externality. Regardless of whether externality interacted with an I or a we orientation or with positive or negative processes in marriage, there was a negative correlation with marital satisfaction.

D. The pilot data suggest consistent negative correlations between marital satisfaction and the GMLOCS subscales that include negative marital processes. Four out of the five subscales with negative processes had a negative correlation with marital satisfaction. In addition, the size of the correlation seemed to depend on the type of attributions of responsibility made by subjects regarding the negative processes with the strongest correlation being between marital

satisfaction and the we-external-negative subscale. This may indicate that the belief that both of us are helpless to do anything about the negative things in our marriage leads to a situation of great unhappiness and hopelessness.

E. The case with positive processes is less compelling. The findings from the pilot study indicated that the ability of positive processes to enhance marital satisfaction seems to be more limited than the ability of negative processes to detract from marital satisfaction. Of the five subscales with positive processes only one, the we-internal-positive, had a significant and positive correlation with marital satisfaction. The correlation between marital satisfaction and the I-powerful other-positive subscale was positive and approached significance. The correlation between marital satisfaction and the I-internal-positive subscale was close to zero, while both the we and I external positive subscales had moderately high negative correlations with marital satisfaction.

### Hypotheses

Hypothesis I follows from A and E and states that marital satisfaction will be positively correlated with the we-internal-positive subscale.

Hypothesis II follows from C and states that marital satisfaction will be negatively correlated with the GMLOCS external subscales--the I-external positive, I-external-negative, we-external-positive and we-external-negative subscales.

Hypothesis III is based on A, B and D and states that marital satisfaction will be negatively correlated with the I-internal-negative and the we-internal-negative subscales.

Hypothesis IV is based on E and states that marital satisfaction will be positively correlated with the I-powerful other-positive subscale.

Hypothesis V is based on D and states that marital satisfaction will be negatively correlated with the I-powerful other-negative subscale.

### GMLOCS, Marital Satisfaction, and Exchange Orientation

Based on the work of Kelley, et al.(1983),

Kelley & Thibaut (1978), Doherty (1983), and Murstein et al.(1977), and Murstein and MacDonald (1983) discussed in Chapter 1 as well as the positive correlation between marital satisfaction and the we-internal-positive subscale found in the pilot study, the following hypothesis is proposed:

Hypothesis VI. states that exchange orientation will be negatively correlated with the we-internal-positive subscale.

Hypothesis VII. is based on the notion that an I orientation (i.e., thinking about your relationship in terms of I and my) should enhance the likelihood of having an exchange orientation and states that there will be a positive correlation between exchange orientation and the I marital locus of control subscales.

#### 4. METHOD OF MAIN STUDY

##### Subjects and Procedure

All together 197 married individuals filled out the questionnaire package. All the subjects were white, middle-class Americans. Approximately half the sample ( $N=101$ ) was a snowball sample of people from the eastern seaboard of the United States. Several types of recruitment methods were used: (1) Packages of 10 to 20 questionnaire sets were mailed to people in several cities who volunteered to recruit subjects. (2) Members of a swimclub were asked to fill out the questionnaires. (3) Academicians at a conference were asked both to complete the questionnaires and to recruit others. In each case the starting person was personally associated with the researcher but the other subjects, members of the starters networks, were not. In this way many different networks and a wide range of people participated.

The other half of the sample ( $N=96$ ) was recruited at a shopping mall in upstate New York

on one day, a week after the \$42,000,000 lottery had been won. Signs were posted around the mall that read, "Married? Get free lottery ticket. Apply at the Mall Center". Subjects approached the experimenter wanting to know, "What's the gimmick?" They were told that all they had to do was fill out the questionnaire, on the spot, and they would be given a lottery ticket (worth \$1). Many didn't ask how much time it would take to complete (30-40 minutes was the answer) or even what the topic of the questionnaire was. Apparently many people had come to the air-conditioned mall on a sweltering Saturday for recreation rather than consumption. Some stood balancing babies for 40 minutes while they completed the questionnaires. People approached and asked if widowed or divorced individuals were eligible and were visibly upset that the answer was no. Some complained that it wasn't fair to exclude them just because they weren't currently married. At times there were as many as 15 people standing around the gazebo in the center of the mall filling out the questionnaires. Within five

hours 96 questionnaires had been completed.

Because two different methods of recruitment were used the decision was made to formalize this fact by creating two separate samples. One of the major problems in this research area is replication. By treating the samples separately an opportunity for instant replication was created.

Snowball Sample. The subjects in the Snowball sample ranged in age from 22 to 75 years with a median age of 40. There were 53 women and 48 men who were married for 1 to 47 years with a median of 11 years. With regard to extent of religious observation 17% described themselves as not at all observant, 52% as somewhat observant, 28% as a great deal and 3% as strictly observant.

Mall Sample. The subjects in the Mall sample were similar with respect to range of age and number of years married, male/female ratio, socioeconomic status, and degree of religious observation. Ages in this sample ranged from 21 to 82 with a median of 40. There were 58 women and 36 men who were married 1 to 59 years with a

median of 14 years. Self ratings of extent of religious observation revealed that 12% rated themselves as not at all observant, 54% as somewhat observant, 25% as a great deal and 9% as strictly observant.

Questionnaires. All subjects in both samples completed identical sets of questionnaires. The package included the 50 item GMLOCS, the Locke-Wallace Short Marital Satisfaction Test (MAT) (1959), the Gordon Marital Satisfaction Scale (GMS) (1976), Murstein's Exchange Orientation Scale (1977), and a questionnaire on background data.

## 5. RESULTS OF MAIN STUDY

### Reliability

Cronbach Alphas for the ten subscales ranged from .44 to .80 in the Mall sample and .55 to .75 in the Snowball sample. The alphas for the combined samples ranged from .57 to .75. Table 7 summarizes these results. Corrected item/total correlations in the Mall sample ranged from .13 to .70 with 85% of the correlations being above .30. Corrected item/total correlations in the Snowball sample ranged from .18 to .62 with 82% of the correlations being above .30. Corrected item/totals for the combined samples ranged from .20 to .65 with 90% of the correlations being above .30. These results indicate moderate reliability (see Appendix C, p.106 for item/total correlations).

Table 7

Cronbach Alphas for the Ten GMLOCS Subscales

	Mall	Snowball		
	<u>N</u>	Alpha	<u>N</u>	Alpha
I-internal-positive	92	.54	92	.68
I-internal- negative	92	.63	96	.55
I-external-positive	94	.65	95	.62
I-external-negative	94	.64	92	.59
I-powerful other-positive	93	.47	95	.64
I-powerful other-negative	93	.70	96	.75
we-internal-positive	93	.80	98	.67
we-internal-negative	94	.59	88	.63
we-external-positive	91	.44	94	.63
we-external-negative	93	.77	94	.67

Intercorrelations of the GMLOCS subscales were moderate to low. Because the subscales overlap somewhat, moderate to low correlations among them were to be expected. For example, there were high intercorrelations, consistent across both samples, between the I and we-external-positive and we-external-negative subscales. On the other hand, for example, there

were nonsignificant correlations, consistent across both samples, between the I-internal-positive and the we-internal negative, the I-external-positive and we-internal negative and positive, the I-external-negative and the I-powerful other-positive. In addition, as would be expected, there was a negative correlation, consistent across both samples, between the we-internal-positive subscale and both the we-external subscales. Clearly, the pattern of the intercorrelations suggests that combining the subscales into one large scale would not be beneficial. Appendix D (p.115) shows the intercorrelation matrix for the two samples and Appendix E (p.116) shows the intercorrelations for the combined sample.

Differences between the two samples.

The two samples were similar with regard to age, years of marriage, socioeconomic status, male/female ratio and extent of religious observation (t-tests revealed no differences). Between the two samples there were no significant differences in gender as well. Within the

Snowball sample, however, there were small but significant differences between men and women on the I-internal-negative and I-powerful other-negative subscales with women both taking less responsibility for negative things in the marriage  $t(97)=2.97$ ,  $p=.004$ , two-tailed and blaming men (more than men blamed them) for negative things in the marriage  $t(97)=2.15$ ,  $p=.034$ , two-tailed. Within the Mall sample women characterized themselves as slightly but significantly more observant religiously than men  $t(91)=2.32$ ,  $p=.024$ , two-tailed.

Two characteristics, religion and amount of schooling, distinguished the two samples. Based on the experimenter's personal acquaintance with most of the Snowball sample as well as knowledge of the community from which the Mall sample was drawn, it was the impression that the Mall sample was mostly Christian whereas most of the Snowball sample was Jewish. The differences in amount of education were significant. The means for the Snowball ( $N=101$ ) and the Mall ( $N=96$ ) samples respectively were 4.87 and 1.48,  $t(198)=2.67$ ,

$p=.009$ , two-tailed. The subjects in the Snowball were more highly educated with 26% having a college degree and an additional 45% having some graduate education. Only 7.5% had only a high school education. Of the subjects in the Mall sample, 43% had only a high school degree, 14% had a college degree and 13% had graduate education. Because of these differences a series of partial correlations between marital satisfaction and each of the GMLOCS subscales, controlling for education, were computed. Comparisons of these correlations with the zero order Pearson correlations revealed no evidence that amount of education affected the relationship between marital satisfaction and the GMLOCS subscales. Table 8 lists these correlations.

Table 8

Comparison of Zero Order and Partial Correlations  
between Marital Satisfaction and the GMLOCS  
Subscales (Controlling for Education in the  
Partial Correlation)

	Mall		Snowball	
	Zero Order (N=96)	Partial (df=87)	Zero Order (N=101)	Partial (df=87)
I-internal-positive	-.03	-.04	-.23**	-.21*
I-internal-negative	-.17*	-.18*	-.16*	-.22*
I-external-positive	-.19*	-.15	-.32***	-.32***
I-external-negative	-.33***	-.33***	-.35***	-.36***
I-powerful other-positive	.25**	.24**	-.31***	-.21*
I-powerful other-negative	-.38***	-.42***	-.49***	-.41***
we-internal-positive	.44***	.42***	.18*	.24*
we-internal-negative	-.09	-.08	-.19*	-.17*
we-external-positive	-.47***	-.46***	-.40***	-.39***
we-external-negative	-.56***	-.56***	-.53***	-.57***

\*p < .05, one-tailed    \*\*p < .01, one-tailed  
\*\*\*p < .001, one-tailed

In addition to these differences the Snowball sample reported significantly higher scores on the MAT. The means for the Snowball (N=97) and the Mall (N= 95) samples respectively were 109.59 and

98.49,  $t(192)=2.25$ ,  $p=.01$ , two-tailed. All subjects were assured of complete anonymity. However, because many of the subjects of the Snowball sample knew the experimenter whereas none of the subjects of the Mall sample did, the difference in marital satisfaction may, in part, be the result of social desirability. It should also be noted, however, that while the test of the difference between the means was significant, both sample means fell well within the middle third of the MAT distribution with 40% of the scores falling below 99 and 52% of the scores being above 110. There were no significant differences between the sample means for the GMS.

An important issue in the literature on marriage has been the effect of length of marriage on marital satisfaction. The conclusion of researchers in this area has been that marital satisfaction over the family life cycle follows a U shaped curve with high satisfaction at the beginning, a decline in the middle years and a rise in the later stages (Rollins & Feldman, 1970; Rollins & Cannon, 1974). It was decided,

therefore, to examine the effects of length of marriage on the relationships between marital satisfaction and the GMLOCS subscales. Comparisons of the zero order correlations between marital satisfaction and each GMLOCS subscale and partial correlations controlling for length of marriage, revealed no significant differences between the correlations for either sample.

#### Tests of the Hypotheses

The correlation between the MAT and the GMS was high ( $r = .84$ ,  $p = .0001$ , one-tailed for the Mall sample,  $r = .53$ ,  $p = .0001$ , one-tailed for the Snowball sample and  $r = .70$ ,  $p = .0001$ , one-tailed for the combined samples) and (as in the pilot study) the correlations between the GMLOCS subscales and the GMS were very similar to those with the MAT. In this section only the correlations with the standard marital satisfaction scale, the MAT will be presented. Appendix F (p.118) lists the correlations of the GMLOCS subscales with the GMS. The Chronbach alpha for the GMS was high

(alpha=.92). Appendix G (p.119) lists the means and standard deviations of the GMLOCS subscales by sample.

Hypothesis I states that marital satisfaction will be positively correlated with the we-internal-positive subscale.

Table 9

Pearson Correlations of Marital Satisfaction With the We-Internal-Positive Subscale

	Marital Satisfaction	
	Snowball (N=101)	Mall (N=96)
we-internal-positive	.18*	.44***

---

\*p< .05, one-tailed \*\*p< .01, one-tailed

\*\*\*p< .001, one-tailed

We can see from Table 9 that hypothesis I is confirmed. The we-internal-positive subscale is positively correlated with marital satisfaction in both samples. Because the difference between the two correlations seemed to be large, however, the  $r$ 's were converted to  $z$  scores and the significance of the difference between the  $z$ 's was tested. The difference was significant ( $p=.04$ ), suggesting that the  $r$ 's are from different population correlations. (A test of the differences between the correlations of the we-internal-positive subscale with the GMS for the two samples was not significant).

Hypothesis II states that marital satisfaction will be negatively correlated with the external GMLOCS subscales -- the I-external-positive, I-external-negative, we-external-positive and we-external-negative subscales.

Table 10

Pearson Correlations of Marital Satisfaction With  
the GMLOCS External Subscales

	Marital Satisfaction	
	Snowball (N=101)	Mall (N=96)
I-external-positive	-.32**	-.19*
I-external-negative	-.37**	-.33**
we-external-positive	-.38**	-.47**
we-external-negative	-.53**	-.56**

---

\*p< .05, one-tailed \*\*p< .01, one-tailed

\*\*\*p< .001, one-tailed

We can see in Table 10 that marital satisfaction is negatively correlated with the I-external-positive, I-external-negative, we-external-positive and we-external-negative subscales. Hypothesis II is confirmed in both samples. Since all but one of the sets of correlations were extremely similar, only one test

for differences between the correlations (for the I-external-positive subscale was computed. The result was not significant ( $p = .42$ ).

Hypothesis III states that marital satisfaction will be negatively correlated with the I-internal- negative and we-internal negative subscales. Table 11 summarizes these results.

Table 11

Pearson Correlations of Marital Satisfaction With the GMLOCS Internal-Negative Subscales

	Marital Satisfaction	
	Snowball	Mall
	(N=101)	(N=96)
I-internal- negative	-.16*	-.17*
we-internal negative	-.19*	-.09

---

\* $p < .05$ , one-tailed    \*\* $p < .01$ , one-tailed

\*\*\* $p < .001$ , one-tailed

While the correlations in Table 11 are low, Hypothesis III is confirmed for all but the

correlations between marital satisfaction and the we-internal negative subscale in the Mall sample.

Hypothesis IV states that marital satisfaction will be positively correlated with the I-powerful other-positive subscale.

Hypothesis V states that marital satisfaction will be negatively correlated with the I-powerful other-negative subscale.

Table 12

Pearson Correlations of Marital Satisfaction With the I-Powerful Other Subscales

	Marital Satisfaction	
	Snowball (N=101)	Mall (N=96)
I-powerful other-positive	-.30**	.25**
I-powerful other-negative	-.49***	-.38***

---

\*p < .05, one-tailed    \*\*p < .01, one-tailed

\*\*\*p < .001, one-tailed

The results of the pilot study showed a negative correlation between marital satisfaction and the I-powerful other-negative subscale and a trend towards a positive correlation between marital satisfaction and the I-powerful other-positive subscale. The hope that a larger sample would clarify these results has not been fulfilled--the results in this study are basically the same as those in the pilot. We can see in Table 12 that while there is a high and consistent negative correlation between marital satisfaction and the I-powerful other-negative subscale in both samples, confirming hypothesis V, the results regarding the relationship between marital satisfaction and the I-powerful other-positive subscale are inconsistent. In the Snowball sample we see a negative correlation between the I-powerful other-positive subscale and marital satisfaction, whereas in the Mall sample for the same comparison, we have a positive correlation. The test for differences between these correlations was, of course, significant ( $p=$

.0001). Possibly the low reliability of the I-powerful other-positive subscale (alpha= .64 for the Snowball sample and alpha= .47 the the Mall sample) contributes to this inconsistency.

Hypothesis VI states that exchange orientation will be negatively correlated with the we-internal-positive subscale.

Hypothesis VII states that exchange orientation will be positively correlated with the I marital locus of control subscales.

Table 13

Pearson Correlations of GMLOCS Subscales and  
Marital Satisfaction with Exchange Orientation

	Snowball (N=101)	Mall (N=96)
I-internal-positive	.25**	.35***
I-internal- negative	.14	.24**
I-external-positive	.35**	.34***
I-external-negative	.24**	.46***
I-powerful other-positive	.19*	0
I-powerful other-negative	.22**	.46***
we-internal-positive	.18*	-.36***
we-internal negative	.14	0
we-external-positive	.35**	.58***
we-external-negative	.51***	.48***
MAT	-.30***	-.50***

---

\*p< .05, one-tailed \*\*p< .01, one-tailed

\*\*\*p< .001, one-tailed

As we can see in Table 13, with the exception of the I-powerful other-positive subscale in the

Mall sample--the same subscale that produced a correlation with marital satisfaction contrary to Hypothesis III--Hypotheses VI and VII are confirmed in both samples. While the correlation of the I-internal- negative subscale with exchange orientation in the Snowball sample does not attain significance, it does come close ( $p = .08$ ). Table 13 also shows significant correlations between marital satisfaction and exchange orientation, confirming Murstein's findings.

## 6. DISCUSSION

### Marital Satisfaction and Locus of Control

In the literature, discussions of the relationship between locus of control and marital satisfaction stress the intuitive sense of the researchers that internal locus of control should enhance marital satisfaction whereas external locus of control is likely to be a liability. This sense is based on the assumption that because internals take responsibility for and believe they are in control of desired life outcomes, they would be more able to learn the skills needed to create the kind of marriage they want and to feel satisfied in this achievement. As has been noted, however, statistical support for this notion has been weak and inconsistent partially because of the lack of a proper instrument with which to measure marital locus of control. The use of the GMLOCS in the two studies currently reported has both enhanced and complicated the hypothesized relationships .

The intuition that an internal locus of control should enhance marital satisfaction is supported only by the relationship between marital satisfaction and the we-internal-positive subscale. It is, in fact, the only subscale out of the ten that has a positive and significant correlation with marital satisfaction. One internal locus of control subscale, the I-internal-negative, has a negative correlation with marital satisfaction while the remaining two internal subscales, I-internal-positive and we-internal negative have correlations with marital satisfaction that are close to zero. Internality alone is not enough to enhance marital satisfaction. Because the GMLOCS systematically varies the possible combinations of positive/negative and I/we orientation we have built-in controls and can see that only when internality is in the context of a we orientation and positive processes does it produce the hypothesized effect on marital satisfaction. Any other combination produces either no effect or a negative effect on marital satisfaction.

The results regarding the relationship between marital satisfaction and external locus of control are very clearcut--externality is a powerful and consistent negative factor regarding marital satisfaction. All four subscales for external locus of control have negative correlations with marital satisfaction. Whether it is combined with I or we or positive or negative processes, external locus of control has a negative correlation with marital satisfaction. Again, these results replicate in all three samples currently reported.

Marital satisfaction and positive or negative processes

The results regarding positive/negative processes are similar to those with locus of control in that the relationships between marital satisfaction and the subscales that include negative processes, are strong and clear whereas the case with positive process subscales is less compelling. The intuitively satisfying finding is that subscales with negative processes have

strong, negative correlations with marital satisfaction. In all three samples, four out of five subscales with negative processes have significant and negative correlations with marital satisfaction. This result is, however, less interesting than the finding that the extent of marital dissatisfaction depends on the type of attributions of responsibility one makes regarding the negative processes. I feel more dissatisfied if I blame my spouse for the negative things in my marriage (I-powerful other-negative) than if I take responsibility for them (I-internal-negative). Comparisons of the correlations between marital satisfaction and these two subscales were significant in the Snowball sample ( $p = .01$ ) and approached significance in the Mall sample ( $p = .12$ ). . Perhaps blaming one's spouse adds a component of anger and hostility that intensifies the dissatisfaction. The belief that both of us are helpless to do anything about the negative things in our marriage is another powerful factor in marital dissatisfaction. While a high score on the I-external-negative subscale

indicates that I feel helpless--I cannot do anything to prevent bad things from happening in my marriage, it also implies the possibility or the hope that my spouse can do something. A high score on the we-external-negative subscale, on the other hand, means that both of us are helpless to do anything about bad things--a situation of far greater unhappiness and hopelessness. Comparisons of the correlations between marital satisfaction and these two subscales were significant in both samples ( $p = .04$ ).

The ability of positive processes to enhance marital satisfaction seems to be more limited than the ability of negative processes to detract from marital satisfaction. Of the five subscales with positive processes only one, the we-internal-positive, has a significant and positive correlation with marital satisfaction. As has been noted above, this subscale is the only one out of ten that has a significant and positive correlation with marital satisfaction. One other, the I-powerful other-positive, has a positive correlation with marital satisfaction in the Mall

sample but a negative correlation in the Snowball sample. This inconsistency may be partially accounted for by the low reliability scores of the scale indicating the need for refinement of this subscale.

The correlation of marital satisfaction with the I-internal-positive subscale is close to zero, while both the we and I external positive subscales have fairly strong negative correlations with marital satisfaction. One possible interpretation of these results is that external marital locus of control has a greater influence on marital satisfaction than do positive processes. That is, the effect of positive processes on marital satisfaction is not strong enough to overcome the negative effects of externality.

The results regarding the relationship between marital satisfaction and the subscales with positive and negative processes are replicated in the Mall and Snowball samples as well as in the pilot.

### Marital satisfaction and I/we orientation

The final GMLOCS component to be discussed is I/we orientation and once again, the results are complicated. If we eliminate the powerful other subscales and consider only those which are directly comparable, it seems clear that measuring marital satisfaction is most effectively done in the context of a we orientation. In all three samples a distinction between satisfied and not satisfied is produced by the interaction of we with locus of control--both the highest positive and the highest negative correlations with marital satisfaction are with the we subscales regardless of positive or negative processes. The correlations between marital satisfaction and all the I subscales are negative.

In order to show this effect more clearly the four we subscales were combined and the four comparable I subscales were combined in the following way. For I subscales and for we subscales respectively the internal positive and negative subscales were added together as were the external positive and negative subscales. A

difference score was computed for each pronoun orientation in which the combined external was subtracted from the combined internal subscales resulting in an I-marital locus of control score  $[(IIP+ IIN)-(IEP+IEN)]$  and a we-marital locus of control score  $[(WEIP+WEIN)-(WEEP+WEEN)]$ . Pearson correlations between marital satisfaction and I-marital locus of control and we-marital locus of control were computed. Table 14 shows these correlations.

Table 14

Pearson Correlations of Marital Satisfaction with I-Marital Locus of Control and We-Marital Locus of Control

	Snowball (N=101)	Mall (N=96)
I-marital locus of control	.16*	.20*
we-marital locus of control	.37***	.54***

---

\*p< .05, one-tailed    \*\*p< .01, one-tailed

\*\*\*p< .001, one-tailed

Table 14 shows that while I-marital locus of control accounts for less than 4% of the variance of marital satisfaction, we-marital locus of control accounts for 14% and 29% of the variance. In spite of the fact that by computing these difference scores information was lost, and that in fact, the correlations of marital satisfaction with the we-external-negative subscale alone are higher (although not significantly so) than those with the we-marital locus of control scores, these findings are clear in their implication that a questionnaire that measures locus of control in a dyadic context should be phrased in terms of the relationship it is attempting to measure.

GMLOCS, Exchange Orientation and Marital Satisfaction

Neither the expectation that the difference between orienting to I or we would be an unobtrusive measure of marital satisfaction nor the thought that it would distinguish between exchange/non exchange orientation was supported. It is only in combination with locus of control

and positive or negative processes that clear relationships emerge. Non-exchange orientation (defined by Murstein as disagreement with exchange oriented questions) and the we-internal-positive subscale are the only two variables that have a consistent positive correlation with each other and with marital satisfaction.

The positive relationships between exchange orientation and the other GMLOCS subscales can perhaps be explained by a close analysis of the questions in the Exchange Orientation Scale. First of all, most of the questions relate to negative feelings and processes such as resentment, lack of gratitude by the spouse, holding a grudge, neglect, restrictive power, etc. In addition, many of the questions relate to externality in that there is little sense that one has the ability to change or take responsibility for these problems. One wonders whether phrasing the questions in terms of non-exchange rather than exchange would lead to a strong positive relationship between marital satisfaction, we-internal-positive subscale and non-exchange

orientation.

### Marital Satisfaction and Marital Locus of Control

Another issue to be discussed is that of the overall relationship between marital satisfaction and marital locus of control. In an attempt to determine the best predictor of marital satisfaction using the GMLOCS a heirarchical regression for each of the samples was done. The results showed that inclusion of all ten GMLOCS subscales accounted for 44% of the variance of marital satisfaction in both samples. Appendices H (p.119) and J (p.120) summarize these analyses for the Mall and Snowball samples respectively. We can see, however, that inclusion of the four we subscales and the two powerful other subscales accounts for 43% of the variance of marital satisfaction in both samples.

### Implications of the Study and Directions for Further Research

One implication of the study, a

methodological one, emerges from the distinction that was drawn between I and we orientation: It seem likely that the most accurate way to measure locus of control in marriage is to orient the respondent towards marriage by placing the items in the appropriate context. As was noted earlier, Rotter maintained that situation and context were important elements in the accuracy of locus of control predictions. The results of this study seem to bear out Rotter's theory by showing that the we subscales of the Gordon Marital Locus of Control Scale, in which the items both relate to marital processes and are phrased in terms of the marital relationship (i.e. we and our), is more effective in predicting marital satisfaction than either a general scale, such as Rotters's, or one in which the items are phrased in terms of I and my.

While the study currently reported represents a promising beginning, the GMLOCS itself needs to be revised. In the first place the reliability of several of the subscales is too low. This is probably due to the fact that there are only 5

items in each subscale--making it very difficult to achieve adequate reliability. In addition, some of the items are unclear and awkwardly worded. One of the first steps in revision ought to be the lengthening of the subscales--probably back to the original length of 10 items each--and the rewriting of poor items.

Convergent and discriminant validity should be established. Positive correlations between Levenson's Internal, Powerful Other and Chance (IPC) scales and the appropriate GMLOCS subscale would provide some measure of convergent validity. In addition the GMLOCS might be correlated with measures of marital intimacy and life satisfaction. In those cases convergent validity would be shown by positive correlations of these scales with the we-internal-positive subscale and negative correlations with the other subscales.

Comparisons of correlations between marital satisfaction and the GMLOCS and IPC scales, respectively, would provide some evidence of discriminant validity if, for example, the correlation of marital satisfaction with the we-

internal-positive subscale was significantly larger than that of the correlation between marital satisfaction and Levenson's internal scale. In that case the GMLOCS would be shown to measure something different than general locus of control

The issue of the effect of social desirability on responses to the subscales must also be dealt with. Of all the subscales, the we-internal-positive could be most susceptible to these effects since the questions in that subscale probably represent the most desirable way of presenting one's marriage. Indeed the fact that the distribution of responses to this scale were skewed towards agreement with the items may be the result of social desirability. It is especially important to partial out the effects of social desirability in the correlation between the we-internal-positive subscale and marital satisfaction since it is only that subscale that seems to have a positive correlation with marital satisfaction. If the partialled correlations turn out to be significantly lower than the zero order

correlations it will be necessary to revise the subscale. It is also possible, however, that social desirability is actually lowering the correlation by producing a ceiling effect in locus of control scores, thereby restricting the range.

The very high correlations of at least some of the GMLOCS subscales with marital satisfaction raises the question of how conceptually distinct marital satisfaction and marital locus of control are. Would it be possible, for example, to use some of these subscales as an alternate measure of marital satisfaction? The answer is a clear no. While marital satisfaction and marital locus of control are not conceptually orthogonal, they are not the same thing. A glance at the two measures of marital satisfaction used in this study--in themselves quite different from each other--provides evidence for this point. The 30 items on the Gordon Marital Satisfaction Scale asks simple questions in pairs: "Do you have fun with your spouse?" and "Does your spouse have fun with you?"; "Do you need your spouse?" and "Does your spouse need you?" The 15 items of the Locke-

Wallace scale ask a range of different types of questions. The first eight questions may possibly be conceptually related to the notion of we-internal-positive in that they ask for the extent of agreement between you and your spouse on such matters as handling family finances, matters of recreation, demonstrations of affection, sex relations, etc. The other questions refer to such things as who gives in during disagreements, how many outside interests are engaged in together, fantasies about wishing you had never married and possibly having married someone else, etc. Using only the second part of the Locke-Wallace as a measure of marital satisfaction and correlating it with the GMLOCS subscales would help to eliminate the possibility that conceptual similarity rather than a relationship between distinctive variables was producing the correlations between the MAT and the GMLOCS subscales. On the other hand, the high correlation between the Gordon and Locke-Wallace measures of marital satisfaction--in spite of the fact that their respective items are so different, and the similarity of the correlations between the

GMLOCS subscales and each of the marital satisfaction scales, also seem to produce a satisfactory answer to the question of conceptual similarity.

An important limitation of this study is that the participants were individuals rather than marital dyads. The point has been made here many times that the best way to study marriage is to place it in the appropriate context, that of the dyad. Whenever possible, future research should consider married couples rather than married individuals. Couple research in the literature has shown that where the wife is more external than the husband and the husband is more internal than the wife (for general locus of control) there is more dissatisfaction than in other combinations. Whether this finding will hold up when measured by the we internal and external subscales of the GMLOCS is hard to predict. No consistent male/female differences were found in the present study. But since there were no couples there could be no measures of male/female differences within couples. Determining the

"best" (from the standpoint of marital satisfaction) configuration of marital locus of control scores within couples would have practical and theoretical importance. It would seem likely that if one spouse had high satisfaction and a high we-internal-positive score the other spouse would also be high on those two measures--unless one of them was out of touch with reality. But this must be tested. It is also possible that one configuration might be "best" for one couple while another configuration might produce greater satisfaction for a couple with different individual and couple needs. Another question that must be dealt with is whether being low on we-external is sufficient for satisfaction or whether it is also necessary to be high on we-internal-positive. What is the effect on satisfaction, for example, of one member of the dyad being low on both we-internal-positive and we-external and the other being high on we-internal-positive and low on we-external?

The implications of this study for marital therapy and/or training programs to improve or

enrich marriages should be explored. It should be possible to create a program that would teach people how to develop a we-internal-positive approach and how to be aware of and avoid the sense of helplessness in a relationship that appears to be so inimical to satisfaction in marriage. Administering the GMLOCS and marital satisfaction scales before and after participation in such a program, and predicting that as a result of training marital satisfaction and we-internal-positive scores would increase and we-external scores would decrease, would be a way to test the practical efficacy of these ideas.

#### Summary

Several findings are replicated in the three samples: (1) Clear, negative relationships between marital satisfaction and all the external marital locus of control subscales which vary in strength according to how they are combined with I/we orientation or positive/negative processes; (2) Subscales with negative processes generally have a negative correlation with marital satisfaction. This effect can be tempered somewhat by the

combination of a we orientation and internality; (3) The results regarding positive processes were mixed. Two of the positive subscales--the we and I-external-positive--had consistent negative correlations with marital satisfaction whereas the I-internal-positive and I-powerful other-positive subscales had inconsistent results; (4) The we marital locus of control subscales distinguished between marital satisfaction and lack of marital satisfaction whereas the I subscales did not; (4) Only the we-internal-positive subscale was positively correlated with marital satisfaction in both samples.

This study has shown that the belief that both partners in the relationship are effective in creating positive things in the marriage is consistently correlated with marital satisfaction. Avoiding the belief that both partners are helpless and ineffective in the relationship as well as avoiding blaming one's spouse for negative things is also consistently correlated with marital satisfaction. These findings have been shown in a rather dramatic fashion due to the fact

that they replicated in two independently drawn samples.

Most married people will have no problem understanding the final conclusion of this study that, while it is possible to feel satisfied in one's marriage, there are many factors that we have to overcome in order to achieve that goal.

## Appendix A

Correlations of the 5 Item GMLOCS  
Subscales with the MAT and GMS (Pilot Study)

	MAT	GMS
I-internal-positive	-.13	.06
I-internal-negative	-.34*	-.14
I-external positive	-.44**	-.27*
I-external-negative	-.45**	-.27*
I-powerful other-positive	-.30*	-.07
I-powerful other-negative	-.50***	-.34*
We-internal-positive	.27*	.51**
We-internal negative	.05	.02
We-external-positive	-.44**	-.26
We-external-negative	-.64***	-.49**

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**Note.** N= 35 for all correlations

\*p< .05, one-tailed    \*\*p< .01, one-tailed

\*\*\*p< .001, one-tailed

**Appendix B**  
**Correlations of the 10 Item GMLOCS**  
**Subscales with the GMS (Pilot Study)**

	<b>GMS</b>
I-internal-positive	.06
I-internal- negative	-.14
I-external-positive	-.27*
I-external-negative	-.15
I-powerful other-positive	.02
I-powerful other-negative	-.31*
we-internal-positive	.60**
we-internal-negative	.15
we-external-positive	-.19
we-external-negative	-.41**

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**Note.** N= 35 for all correlations

\*p< .05, one-tailed    \*\*p< .01, one-tailed

## Appendix C

## Item/Total Correlations of the GMLOCS by Subscale

Scale Alpha for Combined Samples		Corrected Item/Total Correlations	
		Mall N=92	Snowball 98
.64	I-internal-positive		
	3. When there is a trusting atmosphere in my marriage it is created by me.	.39	.50
	8. Openness in my marriage is a result of my efforts.	.33	.25
	35. When there is good communication in my marriage it is because I have worked at it.	.31	.55
	38. When there is intimacy in my marriage I have created it.	.27	.49
	41. When I feel close to my spouse it's usually because I want to..	.24	.41
.60	I-internal-negative	<u>N=92</u>	96

11. Sometimes, when I feel that there's alienation in my marriage, I can see that it's a result of my behavior.	.32	.21
15. When there is hostility in my marriage I have usually initiated it.	.40	.32
17. When there is secrecy in my marriage it is created by me.	.42	.37
29. When there is a lack of communication in my marriage it is because I won't communicate.	.35	.38
45. When there is indifference in my marriage it has been created by me.	.35	.29
.66 I-external-positive N=94		95
23. When I feel close to my spouse it just seems to have happened by itself.	.38	.43

27. When there are good things in my marriage they just seem to have happened by chance. .46	.48
32. When there is good communication in my marriage it's a matter of pure luck. .35	.38
39. In my marriage ,when a discussion ends in agreement, I was just lucky. .26	.18
46. When warmth and affection are expressed in my marriage it just seems to have happened..50	.44
.62 I-external-negative N=94	92
1. When a discussion winds up with a difference of opinion I don't understand why it happened. .32	.30
2. Sometimes, when I feel that there's alienation in my marriage, it doesn't seem to	

	be under my control.	.45	.39
5.	Sometimes, when I feel indifferent in my marriage, I can't seem to control it.	.45	.39
9.	I don't know why an atmosphere of doubt sometimes exists in my marriage.	.47	.24
26.	When there is hostility in my marriage I have no control over its initiation.	.38	.28
.57	I-powerful other-positive <u>N=93</u>		95
22.	When my spouse admires something that he-she did, I usually follow suit.	.17	.19
34	When I feel close to my spouse it's usually because my spouse wants me close.	.37	.47
36	When things are good in my marriage it's usually because of something my spouse said or did..	.40	.59
40.	When there is an atmosphere of		

trust in my marriage my spouse has created it.	.29	.32
43. In my marriage, when a discussion ends in agreement, my spouse is usually responsible for it.	.17	.41
.73 I-powerful other-negative N=93		96
4. It is my spouse's fault when there is an atmosphere of doubt in my marriage.	.49	.61
7. When there are feelings of alienation in my marriage they are usually caused by my spouse.	.64	.62
14. When there is emotional-distance between me and my spouse, it's usually because my spouse wants it that way.	.38	.43
16. In my marriage, when a discussion ends up with a difference of opinion, it's usually because my spouse won't give in.	.37	.41
44. When there is indifference in my marriage it has been created by my		

spouse.	.44	.56
.75 we-internal-positive	N=93	98
12. When there are expressions of warmth and affection in our marriage, we have both contributed.	.44	.26
21. When things are good in our marriage we've both contributed to making it that way.	.70	.54
24. When there is a trusting atmosphere in our marriage it is created by both of us.	.56	.56
30. When we feel close to each other it's usually because we both want to be close.	.58	.37
31. When there is good communication in our marriage it is because we've both worked at it.	.65	.40
.61 we-internal-negative	N=94	88
6. When there is a lack of		

	communication in our marriage it is usually because neither one of us wants to be communicative.	.30	.42
10.	When there is secrecy in our marriage it is created by both of us.	.37	.27
25.	When there is indifference in our marriage it is created by both of us.	.32	.39
42.	When there is an atmosphere of doubt in our marriage we have both contributed to it.	.43	.36
48.	When there is emotional-distance in our marriage it's usually because we both want it that way.	.32	.46
.57	we-external-positive	N=91	94
19.	we don't seem to be able to control the extent to which we share thoughts and feelings with each other.	.13	.37
28.	When there is good communication in our marriage it's not related to anything we do.	.31	.42
33.	The level of intimacy in our marriage		

fluctuates without our doing anything to influence it.	.16	.43
37. When things are good in our marriage we wish we understood why.	.35	.30
47. In our marriage , when a discussion ends in agreement, we're never sure why it worked out that way.	.23	.44
.73 we-external-negative	N=93	94
13. Sometimes, when there is indifference in our marriage, it seems to be out of our control.	.46	.20
18. In our marriage, when a discussion ends with a difference of opinion, there doesn't seem to be anything we can do about it.	.56	.43
20. When there is an atmosphere of doubt in our marriage we don't seem to have control over changing it.	.65	.43
49. When things are bad in our marriage we can't seem to break out of it.	.53	.56
50. When there is emotional-distance		

in our marriage we don't seem to  
be able to do anything about it. .51 .57

## Appendix D

## Intercorrelations of GMLOCS Subscales for Both Samples

	IIN	IEP	IEN	IPOP	IPON	WEIP	WEIN	WEEP	WEEN
IIP(M)	.12	.25**	.31***	.39***	.45***	.16*	.01	.21*	.25**
(S)	.26**	.30***	.24**	.59***	.39***	.17*	.07	.18*	.18*
IIN(M)		.12	.21**	.11	.23**	-.20*	.27**	.22*	.25**
(S)		.17*	.28**	.18*	0	.02	.10	.13	.21*
IEP(M)			.22**	.11	.16	-.06	-.14	.64***	.29**
(S)			.38***	.29**	.31***	-.11	.01	.62***	.47**
IEN(M)				-.09	.56***	-.22*	.18*	.53***	.29**
(S)				.14	.44***	.02	.24**	.38***	.57***
IPOP(M)					.07	.26**	-.08	.06	-.10
(S)					.33***	.21*	.05	.25**	.08
IPON(M)						.30***	.19*	.49**	.56***
(S)						.06	.20*	.31**	.41***
WEIP(M)							.14	.23**	-.50***
(S)							.34***	-.20**	.21*
WEIN(M)								0	.18*
(S)								.07	.05
WEEP(M)									.55***
(S)									.58**

\*p < .05, one-tailed    \*\*p < .01, one-tailed    \*\*\*p < .001, one-tailed  
 Note. M= Mall sample (N=96)    S=Snowball sample (N= 101)

## Appendix E

Intercorrelations of GMLOCS Subscales for the Combined  
Samples

	IIN	IEP	IEN	IPOP	IPON	WEIP	WEIN	WEEP	WEEN
IIP	.18**	.31***	.28***	.52***	.42***	.13*	.01	.31***	.18**
IIN		.13*	.24***	.14*	.12*	-.11	.21***	.16**	.23**
IEP			.30***	.22***	.24***	-.10	-.10	.65***	.38***
IEN				.04	.51***	-.12*	.19**	.46***	.55***
IPOP					.21***	.21**	-.04	.21**	.00
IPON						-.20**	.18**	.40***	.49***
WEIP							.23***	-.24***	-.39***
WEIN								-.02	.13*
WEEP									.56**

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\*p < .05, one-tailed    \*\*p < .01, one-tailed    \*\*\*p < .001,  
one-tailed    Note. N = 197 for all correlations

## Appendix F

Correlations of the GMLOCS Subscales with the GMS and  
MAT

	Mall Sample (N=96)		Snowball Sample (N= 101)	
	GMS	MAT	GMS	MAT
I-internal-positive	-.06	-.03	-.19*	-.23*
I-internal- negative	-.09	-.17*	-.24***	-.16*
I-external-positive	-.15	-.19*	-.28**	-.31***
I-external-negative	-.25**	-.33***	-.39***	-.36***
I-powerful other-positive	.19*	.25**	-.16	-.30***
I-powerful other-negative	-.36***	-.38***	-.27**	-.49***
we-internal-positive	.44***	.44***	.24**	.18*
we-internal-negative	-.11	-.09	-.14	-.19*
we-external-positive	-.43***	-.47***	-.35***	-.40***
we-external-negative	-.49***	-.56***	-.57***	-.53***

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\*p< .05, one-tailed    \*\*p< .01, one-tailed

\*\*\*p< .001, one-tailed

**Appendix G**  
**Means and Standard Deviations (SD) of**  
**GMLOCS Subscales by Sample**

	Mall (N=96)		Snowball (N= 101)	
	Mean	SD	Mean	SD
I-internal-positive	2.99	0.88	3.39	1.03
I-internal- negative	3.87	0.98	3.78	0.93
I-external-positive	3.94	1.09	4.43	0.98
I-external-negative	3.82	1.03	4.03	0.99
I-powerful other-positive	3.06	0.91	3.46	0.97
I-powerful other-negative	4.10	1.34	4.21	1.07
we-internal-positive	1.95	1.07	1.72	0.75
we-internal-negative	3.46	1.10	3.20	0.96
we-external-positive	4.06	0.95	4.60	0.93
we-external-negative	4.34	1.19	4.53	1.03

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**Note.** Low scores mean high agreement

Appendix H  
 Heirarchical Regression of Marital Satisfaction  
 With the GMLOCS Subscales--Mall Sample

	<u>df</u>	Multiple <u>r</u>	<u>r</u> Square
we-external-negative	1	.56	.32
we-external-positive	2	.59	.34
we-internal-positive	3	.62	.39
we-internal-negative	4	.63	.39
I-powerful other-negative	5	.63	.39
I-powerful other-positive	6	.65	.43
I-internal-positive	7	.65	.43
I-internal-negative	8	.65	.43
I-external-positive	9	.66	.43
I-external-negative	10	.66	.44

Appendix J  
 Heirarchical Regression of Marital Satisfaction  
 With the GMLOCS--Snowball Sample

	<u>df</u>	Multiple <u>r</u>	<u>r</u> Square
we-external-negative	1	.53	.28
we-external-positive	2	.54	.29
we-internal-positive	3	.54	.29
we-internal-negative	4	.57	.32
I-powerful other-negative	5	.63	.39
I-powerful other-positive	6	.66	.43
I-internal-positive	7	.66	.43
I-internal-negative	8	.66	.44
I-external-positive	9	.66	.44
I-external-negative	10	.66	.44

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