

I. Saukh

*Research supervisor: L.O. Kotlova,
Candidate of Psychological Sciences,
Associate Professor
Zhytomyr Ivan Franko State University
Language tutor: N.M. Andriychuk,
Candidate of Pedagogical Sciences,
Associate Professor*

THEORETICAL AND METHODOLOGICAL BASES OF THE STUDY OF PSYCHOLOGICAL FACTORS ON MARITAL SATISFACTION

Family is the most important social environment for each person. One of the main factors determining the direction of family development is marital satisfaction. Today, the problem of building a happy, harmonious and effective marital relationship is one of the common scientific problems. It is very important to know all the main factors that affect family relationships satisfaction. In fact, it can be observed that the features of the prevailing factors at different stages of married life aren't clearly marked.

The study of marital satisfaction was carried out by such scholars as Yu. E. Alyoshina, M. M. Obozov, N. N. Obozov and others. In particular, Yu.E. Alyoshina established a parabolic dependence of marital satisfaction on family experience. After 12-18 years of married life, the level of marital satisfaction is the lowest as spouses need autonomy and changes in basic needs for adaptation and spiritual relationships. After 18 years of married life, satisfaction is rising again [1].

According to literature data analysis, we can specify two groups of factors are which influence marital satisfaction at different stages of married life – internal and external. The first group includes satisfaction with a sexual partner, reaction to conflict situations, psychological compatibility and partners' values. In the case of the

second group, the following factors can be mentioned: family communication, the birth of the first child, the division of household chores and psychological support.

These factors determine the early stages of married life:

1. Sexual satisfaction. S.I. Golod and O.A. Dobrynina distinguished the factors of marital satisfaction specific to each gender within the first decade of married life. Thus, for women, it is domestic and spiritual adaptation, her husband and relatives compatibility and sexual relations, for men – the sexual expression of his wife [2].

2. Reactions to conflict situations. According to V.A. Sysenko, the level of marital satisfaction is determined by the coherence of family responsibilities. Conflicts often arise on the basis of unfair labor division, dissatisfaction with their own needs. There are many conflicts in young families which arise as a result of disagreements in the rules of family behavior that partners have inherited from their parents [1].

3. Psychological compatibility. B.G. Ananiev found a connection between psychological compatibility and marital satisfaction among married couples. This connection wasn't found among those who were married, therefore, it can be assumed that the partners are more satisfied with the process of starting a family if they have similar characters, but later it loses its significance [2].

4. Family communication, namely the social behaviour experience and setting formed in the parent's family. It is expected from a partner that he will follow the same behaviour that is observed in his/her family (in particular, positive moments) [1].

5. Birth of the first child. I.V. Grebinnikov drew attention to the fact that the maximum level of marital satisfaction is observed before the birth of children, and the minimum – in families with children of infant age [2].

6. Distribution of household chores. If one of the partners does more housework, he/she can rapidly become emotionally and physically exhausted, and this has a great influence on marital satisfaction.

At the later stages of married life (in particular, the stage of the 'empty nest'), there are quite different factors that are dominant:

1. Values. These are internal desires, attitudes to life, sense of respect, loyalty to a partner. According to studies conducted by J. Medling and M. McKerry, it was discovered that the similarity of values is positively related to the marital satisfaction with the experience of married life during 26-50 years [2].

2. Psychological support. This factor is important at all stages of the family, in fact, it is one of the main functions. The greatest psychological support of each other will affect the marital satisfaction in families with married life duration of more than 25 years. This is primarily due to the fact that at this time, children leave their parents, start their own families, and therefore, mutual support and understanding are very important for happy relationships [1].

So, we can state that all of analysed factors impact each family and can determine a certain level of marital satisfaction at different stages of married life. The greatest variety of married satisfaction factors is observed in the early stages of married life. This is primarily due to the fact that the couple starts to adapt to new social roles, responsibilities and begins to form their own style of interaction and behaviour in different life situations.

References

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