Marital Satisfaction among Parents and its Relationship to Psychological Adjustment among Children

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Abstract

This study aimed at identifying the level of marital satisfaction among a sample of Saudi families and the level of psychological adjustment among the children, as well as identifying the significance of differences in the relationship between parents’ marital satisfaction and children’s psychological adjustment. The study followed the descriptive approach. The sample consisted of (300) mothers, fathers and children who were chosen from (75) Saudi families with a minimum of two children aged more than nine. Four subjects were chosen from each family; father, mother and two children. The study used two scales: the measure of psychological adjustment which consisted of the five subscales: physical adjustment, personal adjustment, family adjustment, social adjustment, and school adjustment and the marital satisfaction scale developed by (Hudson, 1993).

Results show that the level of marital satisfaction among Saudi families was acceptable (70.8), and only seven statements (28%) of the marital satisfaction scale got a degree of less than (70). The results show that the level of psychological adjustment among children was acceptable (84.8%) and that the highest levels of psychological adjustment is the family adjustment, school adjustment, social adjustment, and physical adjustment respectively. The results revealed that there is a statistically significant positive correlation between marital satisfaction among parents and psychological adjustment among children. The results also revealed that there are no statistically significant differences in the level of marital satisfaction ascribed to the variables of gender, age, number of family members and the date of marriage, while there are statistically significant differences in the level of marital satisfaction ascribed to the income in favor of the families with high incomes. The findings of the study indicated that there are no statistically significant differences in the level of psychological adjustment ascribed to the variables of gender, age and school grade, while there are statistically significant differences ascribed to the variables of the academic achievement in favor of excellent achievers, and the level of income in favor of families with high incomes.