

## **Assessing the Impact of Coping Mechanisms on Marital Quality in Dual Career Couples: An Empirical Study in Peshawar, Pakistan**

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### **Abstract**

This study was carried out to underscore the impact of coping mechanisms on the marital quality of dual career couples in Peshawar, Khyber Pakhtunkhwa of Pakistan. Coping mechanism was selected as independent variable and marital quality was selected as dependent variable of our study. Further, coping mechanism was explored through three constituent variables including problem-based coping, emotion-based coping and negotiation-based coping while the constituent variables of marital quality were marital satisfaction, communication, togetherness and marital disagreement. Data was collected through three-point Likert type scale from 388 purposively selected respondents in the six selected universities and three hospitals in Peshawar city of Khyber Pakhtunkhwa. The collected data was analyzed through means and standard deviation to ascertain the level and degree of marital quality and the adopted coping mechanisms of dual career couples. Regression and correlational analysis were conducted to explore relationships between the selected variables. It was found that problem focused, emotion focused, and negotiation-based coping were positively and significantly related with marital satisfaction, marital communication and marital togetherness while negatively related with marital disagreement. It was concluded from this study that quality problem solving skills, positive emotional responses, and friendly communication enhances marital satisfaction, marital interaction and overall marital quality of dual career couples in Pakistan.

**Keywords:** Satisfaction; Communication; Togetherness; Coping; Problem; Disagreement

### **Introduction and Background**

In the last few decades, trends in higher education and women participation in the paid labour market has transformed marriage and family

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patterns across the globe. Consequently, the traditional family structure with male as a breadwinner and female as a caregiver has transformed into an egalitarian family model; dual career families. The term dual career couples were initially coined by Rapoport and Rapoport (1969) who described that a marital pattern in which both spouses having a high-powered occupational career. Being a new partnership constellation, dual career couples have strong identification, attachment, commitment and a high career aspiration along with marital obligations (Lucchini, Saraceno, & Schizzerotto, 2007; Haddock et al., 2001). Researchers have used alternative terms to describe dual career couple as “two-paycheck families”, dual earner couples “dual earner families” and “two-career individuals” “dual-worker families”. However, dual career couples is slightly different from these family patterns because dual career couples is a family pattern in which both spouses are working in full time professions simultaneously while dual earner couples or two career couples may not necessarily full time occupational careerists (Sekaran, 1986; Rizzo, 2009).

Dual career couples are characterized by the simultaneous demands of performing family obligations and occupational roles. Such multiplicity of demands from work and family has considerably affected the occupational performance and family role of dual career couples (Greenhaus & Beutell, 1985). The couples experience a great deal of role pressure because their work related stresses cross over and affecting their family life and their family related emotions cross over and negatively affect their job productivity (Greenhaus & Beutell, 1985; Westman, 2006; Cortese, Colombo, & Ghislieri, 2010; Shockley & Singla, 2011; Fisher, Bulger, & Smith, 2009). Furthermore, researchers conducted in dual career couples have highlighted the negative impact of role conflict on the quality of marital relations. More specifically, they found that role stressors sprouted either from work or family domain leads towards marital withdrawal and negative interaction among spouses as a consequence they experience reduced marital adjustment and poor marital quality (Faulkner, Davey, & Davey, 2005; Amstad et al., 2011; Joseph & Inbanathan, 2016).

Likewise, researchers have also explored the impact of coping strategies on the overall quality of marital union in dual career couples. Findings of these studies reveal that positive coping mechanisms of dual career couples have a significant and positive impact on their marital relationships (Sciangula & Morry, 2009; Erol & Orth, 2013). Nevertheless, all the previous studies on dual career couples have been conducted in individualistic cultures of western society and there is no or less evidence is available on this subject from the collectivistic culture of Pakistan. Therefore, this study was planned to explore how dual career couples in Pakistan bring about their social, psychological resources and cognitive abilities to achieve a happy marital life along with their occupational role.

### **Theoretical Perspective on Dual Career Couples**

A wide range of theories have highlighted the impact of inter-role conflict of work and family in dual career couples in various times and places. Theories of role conflict, role strain theory (Goode, 1960) and theory of spill over effect (Cited in Netemeyer, McMurrian, & Boles, 1996) have highlighted the negative impact of multiple role performance and these theoretical models have been used in dual career studies. Furthermore, theory of role differentiation has also underscored the negative outcomes of dual careers of the spouses by assuming that such family and marital pattern leads towards status competition between spouses. Although this theory has been subjected to some criticism because of its one sided explanation of the phenomena of role conflict. Likewise, the issue of role conflict has also examined by scarcity hypothesis which assumed that dual career couples run through a resource drain because of the multiple role and lack of energy and time to navigate through both family and work roles Marshall & Bennett, 1993). However, the assumption is challenged through expansion hypothesis by arguing that that multiple role having also some benefits in the form of recognition, self-fulfillment and financial gains which often surpass the negative outcomes by enhancing the level of marital satisfaction (Haddock & Rattenborg, 2003).

### **Dual Career Couples and Marital Quality**

As mentioned earlier that dual career couples experience role stressors while performing the simultaneous demands of work and family. The most highlighted aspect of dual career couples is how they perceive their marital union and marital partners. Few studies have been carried out on the working couples and found that these couples experience low marital happiness, reduced marital togetherness and less marital satisfaction (Selcuk, Zayas, & Hazan, 2010; Mósmann & Falcke, 2011; Acevedo et al., 2012). Marital quality is an assessment and social evaluation of marital union and some personality characteristics of the marital partners (Cohen, Geron, & Farchi, 2010; Allendorf & Ghimire, 2012). A marriage will be considered as of higher quality in which the spouses have better marital adjustment, having friendly communication, higher level of marital happiness and marital togetherness (Buss, 2007; Joseph & Inbanathan, 2016). Other frequently termed used for marital quality is marital satisfaction (Faulkner, Davey, & Davey, 2005), marital quality (Rogers & May, 2003), marital happiness and marital adjustment (Burley, 1995).

## **Dual Career Couples and Coping Mechanisms**

Coping mechanisms refers to the task, activities, behavior, and attitudes often used by individuals for reducing the negative effects of a stressful conditions (Carpenter & Scott, 1992, p. 102). It is a socio-psychological response, cognitive ability and a behavioral effort of an individual to cope a stressful condition (Lazarus & Folkman, 1984; Bodenmann, 2010). Some couples tend to use coping according to a specific stressful situation while other use strategic models like role cycling in which spouses often take roles interchangeably for a specific time duration (Haddock, et al., 2001). Coping can be also distinguished on the basis of attempts made by an individual for absorbing or avoiding a stressor. For instance, approach-oriented coping is the attempt made to navigate through problems and to understand or express stressful emotions whereas avoidance-based coping refers to the use of cognitive abilities to minimize the negative effect of a conflicting situation (Kraemer et al., 2011).

### **Literature Review**

The relations between marital quality and coping mechanisms of dual career couples have explored by many researchers and concluded that coping mechanisms have positive outcomes for the couples (Sciangula & Morry, 2009; Erol & Orth, 2013; Canary, Cupach, & Messman, 1995; Bélanger, Sabourin, & El-Baalbaki, 2012). For instance, it was found that couples who use positive coping are inclined towards positive and effective communication and experience higher level of marital satisfaction than couples who are engaged in avoidance, blaming and passivity (Bodenmann & Cina, 2006; Alexander, 2008; Majhi, 2016). Furthermore, researchers have outlined various types of coping resources in dual career couples. The most recognized coping resources adopted by the couple is the problem focused coping in which stressed partner takes direct actions with the purpose to remove or alter the situation perceived as threatening (Folkman et al., 1986; Lazarus, 1991; Schaefer & Moos, 1992; Kanchana & Ganapathi, 2014; Thoits, 1986).

A qualitative research conducted on 47 dual-earner couples, researchers found ten major problem coping strategies including prioritizing family, strengthening partnership, getting meaning from work, maintaining professional boundaries, focusing work, taking pride in dual career pattern, having a family fun, simple living, proactive decision making and time management (Haddock et al., 2001). Furthermore, studies show that concrete strategies like control scheduling and spousal support may reduce role conflict, pacify the negative outcomes of long work hours which concludes an improved family life and increased job performances (Kelly, Moen, & Tranby, 2011; Carlson et al., 2011;

Halbesleben, Wheeler, & Rossi, 2012; Kaur & Kumar, 2014; Michel et al., 2011). In a qualitative study among 15 dual-career couples, the study participants narrated that they split down a general problematic situation into small and manageable components by specifically planning to work hard in one area in order to save time for another (Bird & Schnurman-Crook, 2005).

Another popular type of coping mechanisms of dual career couples is emotion-based coping having direct and positive outcomes for marital quality (Schnurman-Crook, 2001). In emotion based coping, couples perform five interpersonal actions such as positivity and openness within conversation, positive futuristic vision about relationships, sharing domestic responsibilities and social networking with friends and colleagues. Some other identified interpersonal actions were expressing affirmation, spending time together and exchanging of gifts (Chapman & Champon, 2010; Canary & Stafford, 2007). Positive emotion based coping helps couple to invigorate their mental health and tone their general feelings of self-worth (Doron et al., 2013). Furthermore, negative emotional responses of spouses towards a problematic condition further complicate their lives which substantially decrease their marital quality (Besharat, Tashk, & Rezazadeh, 2006; Bodenmann & Shantinath, 2004). For example, self-denial, negative self-verbalization, withdrawal, drug abuse and violence were also found in some couples. The application of such strategies set negative pattern as a result partners start to deal each other in a rigid, harsh and hostile manner (Bodenmann & Cina, 2006; Bradbury & Fincham, 1990).

Researchers have also found that friendly negotiation and communication has positive effect on the marital quality of dual career couples (Karney & Bradbury, 1995). Marital partners who engaged in more friendly and cooperative negotiations are more capable to handle complex life situation and manage marital incompatibilities. Furthermore, working couples who are willing to identify common ground by listening, understanding and making compromises are considered to be in a higher level of marital quality (Schnurman-Crook, 2001; Perrone & Worthington, 2001).

## **Materials and Method**

This study was carried out in the capital city Peshawar of the Khyber Pakhtunkhwa Province of Pakistan. Owing to the nature of the study, we envisioned that the potential numbers of the study participants will be located in the academic and medical institutions of the selected locales. Therefore, we selected six public sectors universities and three hospitals in the city of Peshawar. The targeted universities were the University of Peshawar, Islamia College University, Agriculture University of Peshawar, University of Engineering and Technology, Khyber Medical University, Institute of Business

Sciences, Hayatabad Peshawar while the selected hospitals were including the Khyber Teaching Hospital, Lady Reading Hospital and Hayatabad Medical Complex of Peshawar. As the exact numerical strength of our study participants was unknown therefore we referred to the unknown population sampling in which snowball sampling procedure was adopted to collect data from the participants.

### **Demographics of the Study Participants**

We succeeded to collect data from a total of 388 respondents in which 228 were male while 160 were female. Majority of the study participants being 206 were from teaching profession, 131 were from medical profession and 51 respondents were working in the administrative cadre. The age limit of the study participants was between 23-54 years in which majority being 161 came from 23-30 age groups. Majority of the study participants were highly qualified within which participants with MS/M.phil level were found in majority. Marital duration of the study participants was between 4-20 years within which majority being 154 were having 1-4 number of marital duration. Furthermore, nearly all the participants were having children in which majority being 137 were having 2 children.

### **Measurement of the Study Variables**

Marital quality was selected as dependent variables while coping mechanism was selected as independent variables. Different types of coping types were studied and only three coping styles i.e. emotion focused coping, problem focused coping and negotiation based coping were selected. Similar coping styles have also been explored by (Schnurman-Crook, 2001). Various scales including Dual-Career Coping Scale (Schnittger & Bird, 1995) and Power Strategies Scale (Falbo & Peplau, 1980) and the scale developed by Scanzoni & Polonko (1980) were identified and thoroughly studied. All the constituent variables of coping mechanism were loaded with various numbers of response items from the above scales to measure the overall strength of each coping type.

Likewise, marital quality was measured with the help of four constituent variables including marital satisfaction, marital communication, marital togetherness and marital disagreement. These dimensions were selected to explore marital quality and the similar study on marital quality has also been evident in the previous study (Allendorf & Ghimire, 2012). We also adopted few research items from Quality of Marriage Index by Norton's (1983) and Dyadic Adjustment scale developed by Spanier (1976) and Marital Satisfaction measure developed by Roach, Frazier, and Bowden (1981). Every sub-variable was further loaded with different numbers of response items and was measured

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through three point Likert type scale ranging 1=agree, 2= neutral and 3= disagree to ascertain the overall marital quality of our study participants.

### Results and Discussions

Table-1 shows descriptive statistics of the response items loaded on all the constituent variables of marital quality. Keeping in view the responses on three point scale 1=agree, 2= neutral and 3= disagree; we calculated that the mean score above 2.00 on any items will be considered that the respondents are agreed with the statement. The data indicate that the calculated values of all the response items on marital satisfaction are higher than 2.00 which suggest that the respondents were agreed with all the statements. In this regard, the highest mean score was recorded on the item ‘I think that things between us are going well’ and ‘I never regret that I married this spouse’. The table further indicated that all the 7 loaded items of marital togetherness also obtained a mean score above 2.00 which indicates the overall higher level of marital togetherness of the study participants. In this regard, the highest mean score was obtained on the items ‘we do domestic work together followed by shopping together’. Furthermore, the data show that all the 5 loaded items on marital communication of the study participants. The calculated mean score on the items ‘couples enjoy conversation with each other’ and discuss their family matters in a warmly manner’ suggest that the couples are having friendly communication with each other. On the other hand, marital conflict of the couples was also assessed through 6 items and the reported mean score on all the selected items was below 2.00 which suggest that the couples experience no marital conflicts.

**Table-1 Mean and St. Deviation of the Constituent Variables of Marital Quality**

S. No	Response Items	Mean	St. Dev
<b>Marital Satisfaction</b>			
1	I think, me and my spouse are like a team member	2.16	0.91
2	I have no regrets about my spouse	2.26	0.90
3	I have no regrets about my marriage	2.21	0.89
4	I think, things are going well between us	2.29	0.86
5	Our marriage fulfill our marital goals	2.20	0.87
6	No person can keep me so happy as my spouse does	2.23	0.85
7	My marriage has made me a better spouse	2.16	0.88
8	If I get a chance to marry again, I will choose this partner again	2.18	0.89
9	If I get a chance for a marriage, I will choose a dual career marriage	2.17	0.86
<b>Marital Togetherness</b>			

1	We spend free time with each other	2.08	0.92
2	We often have a fun with each other	2.12	0.92
3	We plan to take our lunch/dinner together	2.22	0.88
4	We visit our friends/family together	2.13	0.87
5	We do shopping together	2.18	0.89
6	We conduct the office work with each other	2.17	0.87
7	We conduct domestic chores with each other	2.27	0.87
<b>Marital Communication</b>			
1	We warmly share our thoughts regarding the family issues/problems	2.12	0.94
2	I enjoy the conversation with my life partner	2.24	0.93
3	We warmly share thoughts regarding our job-related problems	2.15	0.91
4	We friendly discuss family based issues	2.21	0.87
5	We friendly discuss the personal issues with each other	2.20	0.88
6	We compliment each other	2.13	0.92
<b>Marital Conflict</b>			
1	We show some disagreement on financial matter/ spouse spend salary	1.88	0.89
2	We often disagreement regarding the family size	1.89	0.92
3	We often disagree regarding child schooling matters	1.97	0.92
4	Sometime, I think about separation/ divorce	1.72	0.83
5	We often disagree on the matter of time spending	1.79	0.90
6	We often have disagreements on domestic tasks	1.74	0.89

Table-2 shows descriptive statistics of the response items loaded on all the constituent variables of coping mechanism including the problem based coping, emotion based coping and negotiation based coping. Keeping in view the responses on three point scale 1=agree, 2= neutral and 3= disagree; we calculated that the mean score above 2.00 on these items will be considered that the respondents are agreed with the statement. In this regard, the calculated mean score on the loaded response items on problem based coping was reported above 2.00 which suggest that the couples were exercising problem based coping to navigate through the stressful condition. The higher mean score in this regard was reported on ‘I prioritize tasks and leave some things undone’, and ‘I change my way of doing things’. Likewise, the calculated mean score on the loaded response items on emotion based coping was reported above 2.00 which suggest that the couples were coping with their work and life based issues with the help of their emotional responses and negotiation based strategies.

**Table-2 Mean and St. Deviation of the Constituent Variables of Coping Mechanisms**

S. No	Response Items	Mean	St. Dev
<b>Problem Based Coping</b>			
1	I change my way of doing things	2.08	0.91
2	I prioritize tasks and leave some things undone	2.18	0.97
3	I stop giving time to my friends	2.03	0.90
4	I usually postpone to visit my family/friends	2.06	0.89
5	I don't take more responsibilities at work place	2.05	0.90
<b>Emotion based coping</b>			
1	I begin thinking that my life is financially better	2.02	0.89
2	I think that my marriage made me better spouse	2.25	0.86
3	I think, my life is better than single career family	2.14	0.91
4	I alter habits/behavior to please my partner	2.05	0.91
5	I think I have set an example for my children	1.96	0.89
<b>Negotiation Based Coping</b>			
1	We talk to know the causes of our difference	2.13	0.92
2	We use logic, why my way of thinking is best	2.15	0.89
3	We withdraw and quit argument with each other	2.23	0.91
4	We postpone an ongoing task to have a break	2.20	0.89
5	I use harsh words to discuss the issue intensively	2.20	0.92
6	I quit the room/house	2.15	0.94

Data in table-3 show the relationships between overall coping mechanism and the constituent variables of marital quality and career satisfaction. It is revealed that overall coping mechanism adopted by dual career couples in this study is significantly and positively associated with marital satisfaction ( $\beta=0.179$ ,  $p<0.05$ ), marital communication ( $\beta=0.141$ ,  $p<0.05$ ), marital togetherness ( $\beta=0.202$ ,  $p<0.05$ ), while having non-significant and negative association with marital disagreement ( $\beta=-0.072$ ,  $p>0.05$ ). A significant positive relationship of coping mechanism was found with overall marital quality ( $\beta=0.188$ ,  $p<0.05$ ).

**Table-3 Regression Analysis of Overall Coping Mechanisms with Marital Quality**

S. No	Study Variables	B	SE	B	T	R <sup>2</sup>
1	Marital Satisfaction (MASAT)	0.107	0.030	0.179**	3.579	0.032
2	Marital Communication(MACOM)	0.049	0.017	0.141**	2.806	0.020
3	Marital Togetherness(MATOG)	0.074	0.018	0.202**	4.058	0.041

4	Marital Disagreement (MADIS)	-0.031	0.022	-0.072	-1.413	0.050
5	Overall Marital Quality (OVMAQU)	0.200	0.053	0.188**	3.751	0.035

Data in table-4 show the relationships between overall marital quality and the constituent variables of coping mechanisms. It is revealed that overall marital quality adopted by dual career couples in this study is significantly and positively associated with problem based coping ( $\beta=0.257$ ,  $p<0.05$ ), emotion based coping ( $\beta=0.159$ ,  $p<0.05$ ), and negotiation based coping ( $\beta=0.067$ ,  $p<0.05$ ). A significant positive relationship of overall coping mechanisms was found with overall marital quality ( $\beta=0.188$ ,  $p<0.05$ ).

**Table-4 Regression Analysis of Overall Marital Quality with Coping Mechanism**

S. No	Study Variables	B	SE	<i>B</i>	T	R <sup>2</sup>
1	Problem Focused Coping (PFCOP)	0.811	0.155	0.257**	5.235	0.066
2	Emotion Focused Coping (EFCOP)	0.506	0.160	0.159**	3.162	0.025
3	Negotiation Focused Coping(NEGCOP)	0.176	0.133	0.067**	1.323	0.050
4	Overall Coping mechanisms (OVCOP)	0.200	0.053	0.188**	3.751	0.035

Data obtained from correlational analysis given in table-5 indicates the correlations between all the constituent variables of marital quality and coping mechanisms. It is indicated that all the coping mechanisms including problem focused, emotion focused and negation focused coping are the significant positive predictors of all the constituent variables of marital quality. Likewise, all the selected constituent variables of marital quality are positively and significantly correlated with one another. Similarly the selected constituent variables of coping mechanisms were found strongly and positively correlated with one another. However, we found that the negative constituent variable marital disagreement of marital quality was negatively correlated with marital quality and coping mechanisms.

**Table-5 Correlation Analysis**

S. N	Variab les	1	2	3	4	5	6	7	8	9
1	MASAT	1								
2	MACO M	.420 **	1							
3	MATO G	.238 **	.372 **	1						
4	MADIS	-.027	-.096	.014	1					
5	OVMA QU	.769 **	.651 **	.606 **	.363 **	1				
6	PFCOP	.288 **	.216 **	.105 *	-.026	.257 **	1			
7	EFCOP	.183 **	.104 *	.043	-.019	.159 **	.380 **	1		
8	NEGCO P	.005	.034	.155 **	-.001	.067	.177 **	.235 **	1	
9	OVCOP	.179 **	.141 *	.202 **	-.072	.188 **	.595 **	.631 **	.726 **	1

## Discussions

A detail examination of our statistical findings obtained from the descriptive statistics given in table-1 suggest that the study participants were having higher level of marital happiness, marital satisfaction and marital togetherness while marital disagreement was found slightly lower in the participants. Likewise, the study participants have reported that they are employing problem focused coping; emotion focused coping and encounter the stressful conditions with friendly negotiation and communication. It is evident from the findings that marital union is still considered as a sacred bond by the spouses in Pakistani society where husband and wives still prefer to stay in good marital communication, togetherness which indicates a higher level of marital satisfaction. The data obtained for this study generally reflect the views of the study participants mostly aging between 25-40 years with dual marriages which depicts that marriage in Pakistan has not lost its social and psychological significance even among the highly educated couples. Such behavior is attributed to strong societal norms, family practices and strong embedded collectivistic values of Pakistani society.

Although marital and family bond are considered as integral part of Pakistani society however family structure and function especially in the urban areas of Pakistan has undergone tremendous changes and transformations

whereby wives and husbands has take on alternative gender role as a consequence role overload issues have been on the emergence. Unlike industrialized and developed countries, job market is challenging in Pakistani society because of the lack of poor infrastructure, rigid public attitude especially towards working women therefore the couples has to navigate through challenging situation both in the job and family domain. Because of the lack of supporting mechanism in the form of alternative job schedule, child care assistance, housing facilities and transportation, dual career couples in Pakistan have to rely on their personal, social and psychological resources to cope with the challenging demands of two careers. The cultural and social norms of Pakistani society demands husband and wife to put their strength and energies to ensure strong and durable marital union therefore spouses of dual career marriages bring about every possible strategy to negotiate any problematic situation in their occupational and marital obligations.

Regression test was conducted to further analyze the relationships between our selected variables. Findings obtained from the regression analysis given in table-3 shows that the overall coping mechanisms of our study participants were positively and significantly and positively related with marital satisfaction, marital communication and marital togetherness. It is inferred from the findings that marriage is a social bond, which can be further strengthened through the psychological and behavioral efforts on the part of both partners. Hence, dual career couples are highly educated couples who possess adequate knowledge, value and significance of marital bond therefore the cognitive abilities, emotional competence and a clear world view enable them to achieve higher level of marital quality and avoid marital conflict.

Besides, our findings show that coping mechanism of the working couples was found as significant and negative predictor of marital disagreement. In any marital bond, when the couples are making systematic and conscious efforts to engaged each other in positive communication, they may easily understand their differences and thus able to avoid any problematic situation. Furthermore, our findings given in table-4 indicate that the overall level of marital quality of our study participants was positively and significantly related with problem focused coping strategies. Likewise, the emotion based coping and positive negotiations between the couples are also the significant and positive predictor of marital quality. Similarly, our findings show that all the selected coping styles of our study participants were potentially helpful in mitigating the level of marital disagreement of dual career couples.

Correlational analysis given in table-5 suggests positive connection between marital qualities and coping mechanisms. It was found that problem solving skills and positive emotional responses of the couples help them to

successfully encounter the stressful conditions. Effective, positive and friendly communication between the spouses helps the couples to establish strong marital ties, marital happiness and togetherness. Likewise, positive marital attributes such as marital togetherness, positive communication and marital quality is only possible through positive coping strategies.

## Conclusions

It was concluded from this study that the simultaneous demands of family and occupational role were demanding in the case of dual career couples as a consequence they needed to put additional efforts to successfully integrate their family and occupational domain. The best possible way for the couples to successfully navigate through the challenges of multiple role obligations was to employ viable and suitable coping resources. We found that the emotional and psychological competence and high quality problem solving skills of the couples were helpful for achieving the level of marital happiness, marital togetherness and marital communication. On the other hand, negative emotional responses, lack of problem solving skills and social indifference on the part of the couples may potentially harm their marital satisfaction, communication, marital intimacy and over all marital quality of dual career couples.

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