

Psychological Needs Satisfaction And Marital Satisfaction

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Abstract

This study investigated whether there is a relationship between teachers' psychological needs satisfaction and marital satisfaction. A descriptive correlational method of research design was used in this study. The population in this study was comprised of the 220 seventh-day adventist teachers at East Indonesia Union Conference (EIUC) who were actively part of the organization in the year of 2012-2013. Convenience sampling method was used together the data. A three-part questionnaire was used together the data and described as follows: (a) Demographic profile (b) Psychological needs satisfaction, a self-constructed instrument based on Dr. Glasser's theory with reliability coefficients $\text{Alpha} = .827$, and (c) Marital satisfaction, a self-constructed instrument based on Harley's theory with reliability coefficients $\text{Alpha} = .900$. The result showed that the respondents perceived that their marital needs: family commitment, domestic support recreational companionship, honesty and openness, sexual fulfillment, financial support, communication, attractive spouse, admiration were in good and satisfying level. The respondents responded "agree" to the nine components of marital needs and they were interpreted as satisfying level of marriage. There were significant correlation between psychological needs satisfaction and marital satisfaction ($R_c = .815$, $P = 0.00$). The result indicated that psychological needs satisfaction has a positive relationship with marital satisfaction.

Keywords: psychological needs satisfaction, marital satisfaction

I. INTRODUCTION

As human beings, we all have our own basic needs that we call psychological needs and we are all driven by the four fundamental psychological needs according to Glasser (2002) and those are love and belonging, power, freedom, fun. Glasser points out further that human beings are genetically programmed to try to satisfy their psychological needs. If they can satisfy them well, they are happy. Further he states that our behavior is always our best choice, at the time we make the choice to satisfy these needs. The result of the effective satisfaction of these needs is a sense of control, which may be referred as self-actualization, self-fulfillment, or a fully function person (Wubbolding, 2000).

Though human beings have the same basic needs, they have different ways of how to meet those needs. Our behavior is always our best choice, at the time we make the choice, to satisfy one or more of these

needs. The needs are:

Love and Belonging

Love is a deep and vital emotion, Both secular and religious thinkers agree that love plays a central role in life. Many of our strongest emotions are related to love and belongingness. Psychologists have concluded that the need to feel loved is a primary human emotional need. At the heart of mankind's existence is the desire to be intimate and to be loved by others. The initiation of friendship is generally accompanied by positive emotions associated with a sense of acceptance, such as happiness, elation, love, and joy (Erber & Erber, 2010).

Power

The need for power refers to a person's sense of being in control over his or her own life (as opposed to feeling helpless). Wubbolding (2000) noted that human beings seek to gain

power, achievement, competence, and accomplishment. Power is also seen as the person's need to have an inner control of his life. Feeling respected by others contributes to one's sense of empowerment. Competence, self-efficacy, self-confidence, effectiveness, achievement, leadership, attention, appreciation, recognition, admiration, and validation are encompassed within the need for power and respect.

Freedom

All living creatures, most without knowing they struggle to be free to live as they think best. The New Webster's Dictionary (2004) defines freedom as enjoyment of personal liberty, "not being under another's control: power to do, say, or think as one pleases; liberty."

When an individual's need for freedom is being met, he or she feels empowered. Ball & Kivisto (2006) mentioned that people are free to be themselves in a loving relationship, to expose their feelings, frailties, and strengths.

Fun

In Choice Theory, fun encompasses a number of experiences including joy, pleasure, satisfaction, play, humor, merriment, amusement, and engagement in activities that one enjoys. What is fun for one person, however, may be boring or seem like drudgery (perhaps even torture) to another. What one person considers work may be fun to someone else. Whatever an individual's perception, fun is an important aspect of being human: think how fundamental "fun" is to motivation and how dreary life would be without it (Madrigo, 2007). Further he said fun is best defined as laughter. People who fall in love are learning a lot about each other, and they find themselves laughing almost continually.

Marital Satisfaction

The researchers used some terms in their research for marital satisfaction like the condition of marriage that is

characterized by "marital success," "marital stability," "marital quality," and "marital happiness" (Harley, 2001).

The definition of marital satisfaction for the purpose of this study is the condition of marriage that is characterized by cooperation and mutual support between husband and wife. It involves a feeling that there is a sincere and loving friendship, affection, fulfilling togetherness, openness, honesty, tact, and communication, which in turn encourages mutual understanding (Sharlin et al., 2000).

Harley (2001) said that marital satisfaction is influenced by the fulfillment of the basic marital needs. Marital needs that are discussed above according to Harley (2001), are as follows:

Family Commitment

Family commitment refers to the husband's loyalty to his wife and children as well as the wife's to her husband and children (Harley, 2001). Marriage is a total commitment of the total person, for a total life.

Recreational Companionship

According to Decey and Weygint (2002) one important reason for getting married is companionship. He stated that successful married couples spend sufficient and quality time together. A central aspect of quality time is togetherness. Togetherness has to do with focused attention. They enjoy each other's company, share common interests and activities, and enjoy a lot of laughs together.

Financial Support

Felipe (2002) said that the higher the occupational status, income and education, the higher the reported level of marital satisfaction.

An attractive Spouse

Physical attractiveness is very important for husband and wife in marital of relationship (Malakh-Pines 2005). Women are far more attracted by a man's personality

while men are stimulated by sight.

Honesty and Openness

Harley (2001) explained that honesty and openness lay the foundation for trust, fair play, and cooperation in decision making and other interactions between people.

Domestic Support

The husband hopes the wife will help in the household chores. As she does this, Harley (2001) contends that the husband finds added delight in providing for her material needs. Some couples never discuss about this matter before marriage that are likely to be sources of conflict afterwards.

Sexual Fulfillment

The fulfillment of sexual urges is a part of the marriage relationship. Sexual intimacy is the other form of communication. A fulfilling sex life is positively connected to a satisfying married life for both husbands and wives (Park, 2004).

Communication

The heart of marriage is its communication system. It is the core of any successful marriage (Smalley 2000). The vital importance of communication between marital partners is also pointed out for their individual well-being and mutual harmony.

Admiration

One of the most important human needs is acceptance and appreciation. A happy marriage should be governed by laws of human relationship. Lowe (2008) talked about strengthening the marriage and to affair-proof the marriage "is to give the spouse admiration and appreciation." True expressions of admiration could encourage most people, but men appear to value them more than women (Harley, 2001).

The primary aim of this study was to determine the relationship of psychological needs satisfaction, and marital satisfaction of the 220 teachers of Seventh-day Adventist who work at East Indonesia Union

Conference. Specifically, this study sought to answer the following questions:

1. What extent the following respondent's psychological needs are satisfied?
 - a. Love and belonging
 - b. power
 - c. freedom
 - d. fun
2. What is the level of marital satisfaction of the respondent in term of: family commitment?, domestic support?, recreational, companionship?, sexual Fulfillment?, financial support?, communication?, attractive spouse? admiration?, honesty and Openness?
3. Is there a significant relationship between psychological needs satisfaction and marital satisfaction?

The null hypothesis stated that there is no significant relationship between psychological needs satisfaction and marital satisfaction.

The study is focused on psychological needs satisfaction, and its relation toward marital satisfaction among Seventh-day teacher couples (husband and wife) in East Indonesia Union Conference in the year of 2012 - 2013.

II. METHODS

A descriptive correlational method of research design was used for this study. The descriptive method allowed the researcher to investigate and gather information about the marital satisfaction of respondents and to explore and analyze their causes (Frankle & Wallen, 2007). The correlational approach determined whether a significant relationship exists between psychological needs satisfaction and marital satisfaction. Therefore, the correlation procedures allow researcher to make inferences about the relationship between two or more variables (Cresswell, 2003).

The population in this study were the SDA teacher couples in East Indonesia Union Conference who are actively part of the organization in 2012-2013.

The researcher used convenience sampling method, since the selected respondents were the ones available for the study at the time of data gathered (Frankel & Wallen, 2007).

In gathering the data for this study, the researcher used a three-part questionnaire described as follows: (a) demographic profile (b) psychological needs satisfaction, a self-constructed instrument based on Dr. Glasser's theory with reliability coefficients $\text{Alpha} = .827$, and (c) Marital satisfaction, a self-constructed instrument based on Harley's theory with reliability coefficients $\text{Alpha} = .900$.

After gathering the data and retrieval of the questionnaires, the researcher analyzed the data through the statistical techniques using Statistical Package for the Social Science (SPSS). Frequency, arithmetic mean and standard deviation comprised the descriptive statistics. The study used the Canonic Correlation Analysis in determining the relationship between variable using SPSS.

III. RESULTS

The respondents' degree of response is "agree" meaning they are all satisfied in all components of the variables. The ranking of the respondents psychological needs is: love and belonging is in rank no 1 with ($M = 4.33$, $SD = .36$), followed by fun as rank no. 2 ($M = 4.18$, $SD = .46$), and then power in the third rank with ($M = 3.83$, $SD = .48$), and the freedom is in the last rank with ($M = 3.57$, $SD = .56$).

There were 9 components of marital satisfaction. Ranked from highest to the lowest: recreational and companionship ranked highest with a mean of 4.23 ($SD = .49$); domestic support ranked second with a mean of 4.22, ($SD = .49$); financial support ranked third with a mean of 4.21 ($SD = .57$); family commitment ranked fourth with a mean of 4.18 ($SD = .56$); sexual fulfillment ranked fifth with a mean of 4.16 ($SD = .46$); attractive spouse ranked sixth with a mean of 4.07 ($SD = .57$); Communication ranked seventh with a mean of 4.00, ($SD = .54$); admiration ranked eighth with a mean of 3.98 ($SD = .59$); honesty and openness ranked ninth with a mean of 3.92 ($SD = .66$). And There is a positive significant relationship between psychological satisfaction and marital satisfaction". Canonical correlation analyses was used to

test the relationship. Psychological needs satisfaction" and "marital satisfaction" were significantly correlated ($R_c = .815$, $p < 0.01$). Love and belonging and marital satisfaction ($R_c = .902$, $p < 0.01$); power and marital satisfaction ($R_c = .868$, $p < 0.01$); freedom and marital satisfaction ($R_c = .710$, $p < 0.01$); fun and marital satisfaction ($R_c = .781$, $p < 0.01$). The statistic result shows that psychological needs satisfaction and its components were significantly and positive correlated to marital satisfaction.

IV. DISCUSSION

The analysis revealed that psychological needs satisfaction with its all dimensions were positively correlated to marital satisfaction and its dimension.

The result indicates that psychological needs satisfaction had a positive effect on the respondents' marital satisfaction.

As the relationship between psychological needs satisfaction and marital state is significantly correlated ($R_c = .815$), the null hypothesis is rejected.

This implies that the higher the level of satisfaction by spouses on their psychological needs (love and belonging, power, freedom and fun), the better and the more satisfied the couples in their marital relationship tend to be.

This study is accordance to Wubbolding (2000), who investigated that human beings tend to assemble and have a need for love. He added by mentioning that the need for love and belonging occupies a central place in human motivation. Furthermore, he said our need for love and belonging drives us not only to care for others to the point of caring for others that we do not know, but also to seek satisfying relationship with special people, such as mates, and family members. Glasser (2002) mentioned that when a person is happy because of his psychological needs (love and belonging, power, freedom and fun need are fulfilled, he tends to be relatively satisfying with his life and even better and he may concentrate on doing something more. To feel close to another, to love and feel loved, to experience comradeship, and to care and

be cared about are all feelings that most of the couples wish and need to experience (Cox, 2006).

Based on the findings of the study, the following conclusions were drawn: Psychological needs such as love and belonging, power, freedom and fun were in good and satisfying levels. The respondents' marital need components were all fulfilled, so their marriage was in the satisfying level. The psychological needs satisfaction and marital satisfaction were significantly related. Thus, the null hypothesis is rejected.

Based on the findings and conclusion of the study, the researcher reports the following recommendations. The recommendations are addressed to the EIUC administrators, and Seventh-day Adventist teacher couples in EIUC and all married couples who will read and apply the results of this study.

1. To take the findings of this study for material resources of marital development.
2. To provide the opportunity for every teacher in East Indonesia Union Conference to have the information of psychological needs satisfaction.
3. To explore the needs of the teacher couples in relation to their marital satisfaction.
4. To internalize of practice the finding of this study in teacher couples marriage relationship and end up with happy family life.

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