

The Relationship between Personality Trait: Conscientiousness and Marital Satisfaction

Humaira Noorani A.^{1*}

ABSTRACT

“Personality is the more or less stable and enduring organisation of a person’s character, temperament, intellect, and physique, which determine his unique adjustment to the environment” (Eysenck, 1971). Extraversion, agreeableness, conscientiousness, neuroticism, and openness to experience are a group of five variables that are the most popular model of personality structure known as "The Big Five". Conscientious person is dependable, careful, disciplined, responsible, persistence, determination, success-oriented, tenacious, aspirational, pertaining to professional triumph, succeeded in the fields of learning and education, goal-directed behaviour, thinks through before acting, uphold social norms and standards, organise, plan, and prioritise tasks. “Marital satisfaction can be defined as the attitude an individual has towards his or her own marital relationship” (King, M.E,2016). This research aims to study the relationship between Personality Trait: Conscientiousness and Marital Satisfaction. Research was conducted on sample size of 74 married participants from the age group of 30 to 55 years, participants were married for at least 10 years and up to 25 years. Tools used for data collection – The Couple Satisfaction Index (CSI) and Big Five Inventory (BFI). The statistical method used was correlation. This study hypothesized that there will be a statistically significant relationship between Personality Trait: Conscientiousness and Marital Satisfaction. Data was analysed using SPSS software, results indicated that there was a statistically significant relationship between Personality trait: Conscientiousness and Marital Satisfaction.

Keywords: *Big Five Inventory (BFI), Conscientiousness, Couple Satisfaction Inventory (CSI), Married couples, Personality*

English word ‘personality’ is derived from the Latin word ‘persona’ which means the mask that Greek actors used to wear on their face before coming on stage to act. Personality refers to individual differences in characteristic pattern of thinking, feeling, and behaving. It usually focuses on two areas: one is understanding individual differences in particular personality characteristics, such as sociability and irritability, and other is understanding how the various parts of a person come together as a whole.

“Personality is a dynamic organization within the individual of those psycho-physical systems that determine his unique adjustment to his environment” (Allport, 1948, p. 28).

¹Clinical Psychologist

*Corresponding Author

Received: January 21, 2024; Revision Received: January 29, 2024; Accepted: February 03, 2024

The Relationship between Personality Trait: Conscientiousness and Marital Satisfaction

Allport has tried to define personality by using terms like organizations, dynamic, psychophysical, systems, unique adjustment, and environment and through this he has only focused on theoretical aspect by describing personality in behavioural concept. But other psychologists such as R. B. Cattell and Eysenck have opposed it and said that personality cannot be demonstrated, measured, and quantified as it should be called philosophy or art and not personality theory in psychology.

“Personality is an individual’s unique and relatively stable patterns of behaviour, thoughts, and emotions” (Nelson and Miller,1995; Zuckerman,1995; Friedman and Schustack1999). According to R.B. Cattell (1970, p. 386), “Personality is that which permits a prediction of what a person will do in a given situation.” “Personality trait refers to individual differences in characteristics patterns of thinking, feeling, and behaving that tends to be consistent over time and across relevant situations” (Soto, C.J,2018).

“Personality is the more or less stable and enduring organisation of a person’s character, temperament, intellect, and physique, which determine his unique adjustment to the environment” (Eysenck, 1971, p. 2). He tries to explain that a person is stable or enduring system or organisation by his will, emotions, intelligence, and physical configuration respectively. The Big Five- Extraversion, Agreeableness, Conscientiousness, Neuroticism and Openness to Experience- are a set of five factors that is most widely used model of personality structure. Conscientiousness is characterised by competence, hard work, self – discipline, organization, strive for achievement and goal orientation, with a high level of deliberation making conscientious individual capable of analysing the pros and cons of a given situation.

An individual’s personality is a very important factor affecting the quality of relationship between married couples and it can be an important contributor to their ability to maintain successful long-lasting marriage, depending in part on the traits, and tolerance, of their partners. Being introverted or extraverted, open to new things or resistant, or generally neurotic or conscientious, determines what kind of person, and what kind of partner, an individual may be, even though the impact of a single characteristic on a person's life outcomes can vary greatly, many people manage to meet a partner's emotional demands.

Marriage has been described as the most important and fundamental human relationship because it provides the primary structure for establishing a family relationship and rearing the next generation. A good marriage provides individuals with a sense of meaning and identity in their lives. Marriage is a bond between two people with different personality. Although marriage seems to be a highly desirable relationship but marital satisfaction is not easily achieved.

Marital satisfaction is a mental state that reflects the perceived benefits and costs of marriage to a particular person, it cannot be achieved automatically but requires the couple’s ongoing effort to realize it, especially in the early years of marriage because in this stage marital satisfaction is unstable and is at risk. One is usually less content with the marriage and the marital spouse the more expose they impose on them. Similarly, the greater the perceived benefits are, the more satisfied one is with marriage and with their marriage partner. The attitude an individual has towards his/her own relationship. A satisfying marriage fulfil intimacy needs of the partners and enhances physical and mental health. Marital satisfaction can be defined as the attitude an individual has towards his or her own marital relationship (King, M.E,2016).

The Relationship between Personality Trait: Conscientiousness and Marital Satisfaction

According to the study conducted by Mohsen Amiri (2011), where 100 samples were collected. They used NEO Personality Inventory, ENRICH Marital Satisfaction Scale and Communication Styles Questionnaire. This study stated that there is a negative association between neuroticism factor and marital satisfaction, while this personality factor increases the marital satisfaction decreases. It also suggested that there is a positive association of factors of adoption, extraversion, conscientiousness, and openness to experience with marital satisfaction. It also suggested that there is a positive association between mutual constructive communication style and marital satisfaction. It concluded that association of personality traits and communication styles with marital satisfaction is very important.

The research by Sayehmiri (2020), where 4049 samples were reviewed. They used international databases which included Google Scholar, PubMed, Web of Science (ISI) and Scopus, and national databases which included Scientific Information Database (SID) and MagIran. They supported the previous study conclusions that couples high in Neuroticism experience lower level of marital satisfaction, couples high in Conscientiousness are more satisfied with their marital life.

In a study conducted by Maleki (2019), it included 150 married couples. Data was collected using three questionnaires those were: ENRICH marital Satisfaction Questionnaire, Conscientious Subscale of NEO Five-Factor Questionnaire and Self-Compassion Scale. It suggested that people who have self-compassion and have a high level of conscientiousness make much effort for their improvement and resolving their committed mistakes. For this reason, they have high motivation to maintain marital relationships. Conscientiousness and self-compassion have a direct and significant relationship with marital satisfaction.

A study by Drahman, and Yusof (2018), where 110 married people questionnaires were collected. They used Big Five Personality Inventory, Kansas Marital Satisfaction Scale (KMMS) and Dyadic Adjustment Scale Inventory (DAS). It concluded that compatibility of personality level such as extraversion, openness to experience, agreeableness, and conscientiousness for both may enhance the intimate relationships while high level of neuroticism should be avoided.

One study by Claxton (2012), a total of 125 couples were recruited for this study. They used NEO-FFI Personality Inventory and Dyadic Adjustment Scale (DAS). This study stated that husbands rated wives relatively more positively and reported higher marital satisfaction except for extraversion, and when wives rated husbands relatively more positively for four factors out of five factors expect for openness to experience. It concluded that beliefs and behaviours of husbands are relatively less likely to be influenced by spousal factors as compared to wives.

Another study conducted by Rajkumari and Khadi (2016), with the sample of 60 women residing in urban area of Imphal- West Manipur. They used Big Five Inventory and Marital Satisfaction Questionnaire. In this study comparison in marital satisfaction between working women and non-working women was done. And it concluded that working women were better than the non-working women in terms of their marital satisfaction and personality. Positive relationship between marital satisfaction and personality traits was observed.

The present study is done to understand the reason behind the declining rate of marriages and increasing rate of divorces it can be due to many different reasons. There are many married couples who has been married for a very long period but are not satisfied with their

The Relationship between Personality Trait: Conscientiousness and Marital Satisfaction

marriage and they blame it on their partners so the main reason for their dissatisfied marriage can be their personality. Indian studies on this subject have not been found. Therefore, this research is aimed at examining the associations between personality traits and marital satisfaction in the Indian population especially in Gujarat.

METHODOLOGY

Objective

- The aim of this research is to study the relationship between Personality Trait: Conscientiousness and Marital Satisfaction.

Hypothesis

- There will be a statistically significant relationship between Personality Trait: Conscientiousness and Marital Satisfaction.

Sample

The present study consisted samples of 74 married participants from the state of Gujarat. The samples ranged from 30 to 55 years of age. The participants were married for a minimum of 10 years to a maximum of 25 years. In this research, convenience and snowball sampling method was used to collect data. Only English – speaking samples were included as the questionnaire was in English language. This was checked by ensuring that they had studied in English medium school. It was ensured that they do not have a clinically diagnosed mental illness.

Criteria

Inclusion Criteria

- Married participants from the age group of 30 to 55 years were taken into consideration which should be married for at least 10 years and maximum 25 years.
- English speaking people were considered.
- People from Gujarat state were included.
- People who did not had any physical or mental illness were included.

Exclusion Criteria

- Physically and mentally challenged people were not taken.
- People outside of Gujarat state were excluded.
- People who were not fluent in English were excluded.
- People who were not from English medium were excluded.
- People outside of Gujarat State were excluded.

Tools Used

1) The Big Five Inventory Index (BFI)

Lewis Goldberg, a researcher at Oregon Research Institute, is credited with the naming the model “the big five.” It is now considered to be an accurate and respected personality scale, which is routinely used by business and in psychological research. The big five inventory (extra version, agreeableness, conscientiousness, neuroticism, and openness). The BFI consists of 44 items which are rated on a five – point Likert scale from 1 (disagree a lot) to 5 (agree a lot). The BFI yields five primary scales. Descriptions of the scales and item loadings are listed. Scale scores are calculated as the sum of respective items. Bold items are reverse scored. And this test is been used by many researchers and it has been tested and proven that it is reliable and valid. (John et al., 1991).

2) The Couple Satisfaction Index (CSI)

Item Response Theory (also known as latent trait theory) (IRT) is a method that can determine the accuracy of the item and the amount of information about a latent construct such as marital satisfaction. Accordingly, Funk and Rogge developed Couples satisfaction index (CSI) using the principal components analysis based on IRT. A 32 – item scale designed to measure one’s satisfaction in a relationship. The scale has a variety of scale shrunk to either a 16 – item format or even a 4 – item format depending on a research need. CSI scores correlate highly with other measures of relationship satisfaction (including all the measures that initially contributed to its development) and discriminate between distressed and non – distressed relationships. The CSI scale is valid and reliable as it is been used in many researchers in their study. Some of them are D Lamela, DC Zelman, SR Karnani, B Figueiredo.

Statistical Analysis Descriptive Analysis

To analyse the obtained data Mean, Median and Standard Deviation were used to understand the effect of Personality Trait: Conscientiousness on Marital Satisfaction.

The mean is often used as if it is a good representation of a group of scores. Clearly it is only used when there is variation amongst scores - if there is no variation, then the scores can be characterized easily as so many scores of the same value.

In psychology, the definition of median is the middle of a set of numbers. It is determined by arranging the numbers in ascending order to find the middle score. This middle score is the median. If there are two middle scores, then an average of these two scores can be taken to serve as the median.

Standard Deviation tells you, on average, how far each score lies from the mean. In normal distributions, a high standard deviation means that values are generally far from the mean, while a low standard deviation indicates that values are clustered close to the mean. SD is useful because, unlike variance, it is represented in the same unit as the data. This is the most often utilized method of variation. The standard deviation represents the average of all the scores around the mean. It is the positive square root of the mean of all the squared deviations from the mean.

Inferential Analysis

- To analyse the obtained data Correlation was used to understand effect of Personality Trait: Conscientiousness on Marital Satisfaction.
- To comprehend the nature of relationship between two distant variables, correlation is used. It serves to indicate a relationship of some kind between two quantitative variables. With the aid of the SPSS programme, correlation is employed in this study to examine the cause – and – effect relationship between two variables, namely personality trait: conscientiousness and marital satisfaction.

Procedure

In order to collect data, a google form was created and circulated among 74 married participants in the month of march, 2022. The form consisted of 3 parts: Informed consent and demographic information, psychological assessments and debriefing used in the study. Basic information about the study was already mentioned in the forms and email address of the researcher was provided in case the participants had questions regarding the study before they decide to make an informed choice or if they want to withdraw from the study due to

The Relationship between Personality Trait: Conscientiousness and Marital Satisfaction

any reason and demographic information included name, age, educational Qualifications, email address, gender and city collected. The two tests were used the first is Big Five Inventory Index (BFI) and Couple Satisfaction Index (CSI). There were separate instructions for each test and were provided prior to the starting of each test. It was made sure that the participants' information was kept confidential. The aim of the study and information about the psychological assessments used were provided under the column of debriefing at the end of the questionnaire.

It was made sure that all the ethics like sharing of results, debriefing, withdrawal from the study etc. we are followed. After the data was collected, the statistical tool of correlation and regression was applied for analysis to come up with results.

Ethics

1. Confidentiality was be maintained.
2. Informed consent from potential research participants was taken.
3. Detailed debriefing to the participants was done.
4. Anonymity was maintained.
5. The participants had the right to withdraw from the research.
6. Minimise the risk of harm to participants was taken care of.
7. Deceptive practices were avoided.
8. Transparency was maintained during the entire research.
9. Non-Discrimination among the participants was done.

RESULT DISCUSSION

To fulfil the objectives of present research both descriptive and inferential statistical were used. In this statistical tool of correlation were used. In addition to these descriptive statistics were also used to understand the nature of the data.

The sample of 74 married couple from Gujarat State were considered. In order to test the hypothesis each respondent was given a questionnaire which tested their marital satisfaction based on their personality.

Table 1.1: Descriptive Analysis for Conscientiousness and Marital Satisfaction.

Descriptive Statistics

	N	Mean	Std. Deviation
Conscientiousness	74	148.53	12.046
Marital Satisfaction	74	118.8784	36.36005
Valid N (listwise)	74		

The summary of the data is mentioned below in table 1.1. According to the survey the people who are conscientious have a mean score of 148.53 and people's marital satisfactions mean score is 118.8784. people who are conscientious have a standard deviation of 12.046 and people's marital satisfactions standard deviation of 36.36005.

The Relationship between Personality Trait: Conscientiousness and Marital Satisfaction

Table 1.2: Inferential Analysis for Conscientiousness and Marital Satisfaction.

		Conscientiousness	Marital Satisfaction
Conscientiousness	Pearson Correlation	1	.363**
	Sig. (2 – tailed)		.001
	N	74	74
Marital Satisfaction	Pearson Correlation	.363**	1
	Sig. (2 – tailed)	.001	
	N	74	74

***. Correlation is significant at the 0.01 level (2 – tailed).*

From the result of the correlation test it can be concluded that there is a positive relationship between the two variables. High level of conscientiousness of a married individual results in high level of marital satisfaction. It can also be concluded that there is a statistically significant correlation between conscientiousness and marital satisfaction as the significant value shown in table 1.2. that is 0.363 at 0.01 level (2 – tailed).

Interpretation

The present study aimed at examining the correlation between Personality Trait: Conscientiousness and Marital Satisfaction.

Hypothesis: There will be a statistically significant correlation between Personality Trait: Conscientiousness and Marital Satisfaction.

After analysis statistically significant correlation was found between both the variables. The results showed that there is a positive correlation between conscientiousness and marital satisfaction.

These results are consistent with the result of previous study conducted by Kouros (2020), this study examined the relationship between marital satisfaction and personality and found that there is a strong correlation between both the variables. It is also consistent with the findings of Claxton et al., as conscientious people are self – disciplined, principled, responsible, reliable, hardworking, and able to effectively handle relationship issues and are expected to experience high level of marital satisfaction. Conscientious people cohere to their principles and strive for their goals.

In recent studies it was found that conscientious people are good at managing their personal behaviours and feelings in a better way. They are successful in using necessary strategies to resolve problems that exist in their marital relationships. These people have a good marital satisfaction and they are less likely to live in crisis and have a normal life.

The studies have been done which have proved that personality affects marital satisfaction (Stroud, Durbin, Saigal, and Knobloch – Fedders, 2010). In similar research by Amiri, Farhoodi, Abdolvand and Bidakhavidi (2011) found that neuroticism trait of the personality had a negative and significant relationship with marital satisfaction; while other four factors, i.e., agreeableness, conscientiousness, extraversion, and openness to experience, had a significant and positive relationship with marital satisfaction.

This is also supported by the research conducted by Rogge et al (2006), Donnellane et al (2004) and Coughlin et al (2000). The results also suggested a meaningful positive

The Relationship between Personality Trait: Conscientiousness and Marital Satisfaction

association of factors of agreeableness, extraversion, conscientiousness, and openness to marital satisfaction. There are other works with similar results, such as (Haven et al, 2006; Buss 1991; Watson et al 2000).

CONCLUSION

The study results indicated that couples high in personality trait: conscientiousness had high level of marital satisfaction and are more satisfied with their marriage. As personality traits are relatively stable over time, they can be used to predict individual's behaviour in different life situations, including their marital relationships.

By examining couples and their personality traits, it can give us knowledge that marital satisfaction is related to personality traits and if personality traits lead to poor marital satisfaction, it can increase the risk of separation and divorce, and personality traits that are associated with a better, healthier qualities lead to more stable marital relationship and high marital satisfaction.

Limitations

- The sample was very limited.
- Non probability sampling techniques were taken.
- This data is not generalizable as the number of females and males are not equal, the data collected is biased towards females.

Implications

- By giving this relationship between personality traits and marital satisfaction, it can help healthcare providers, including psychologists and marriage counsellors as they need to pay more attention to these variables and the relationship between them so that evaluation of personality traits of both the partners may help them during their role in partner selection and it can also help in avoiding marital maladjustment and marital satisfaction.
- There is also a scope to analyse this relationship further with a larger population and analyse what are the other factors that can impact this relationship directly or in directly.
- It can also help health care officials for taking appropriate measures to strengthen the marital relationship of Indian couples.
- The present research used non probability techniques; therefore, future researchers have the chance to take probability sampling techniques.
- The researchers can collect more samples and represent it a large population.
- In addition to this difference in male and female can be studied.
- Not much study is done on marital satisfaction researchers can use my study as a base study and can do an in-depth study on these variables.
- To attain marital satisfaction, it can also be recommended that the couples should visit family therapist to seek counselling for its attainment.
- This research can be used to direct towards indicating the most suitable combinations of personality types for couples to achieve the highest level of marital satisfaction.
- It can also open a new window for premarital studies.
- It can be used to do further studies and do comparative studies among working women and non-working women.
- It can also help people to enhance their marital satisfaction and personality through different programs and interventions.

REFERENCES

- Abe, S., and Oshio, A., (2018). *Does Marital Duration Moderate (Dis) Similarity Effects of Personality on Marital Satisfaction?* SAGE Open, April-June 2018: 1-7.
- Ahadi, B. (2007). *Relationship between Personality and Marital Satisfaction*. Contemporary Psychology, 2007; 2: 31-7.
- Amiri, M., and Farhoodi, F., and Abdolvand, N., and Bidakhavidi, R. A. (2011). *A study of the Relationship between Big Five Personality Traits and Communication Styles with Marital Satisfaction of married students majoring in public universities of Jهران*, Procedia Social and Behavioural Science.
- Beudek, P., and Setuden, S., and Jasik, I. *Personality Traits as Predictors of Marital Satisfaction among Older Couples*. Department of adult clinical psychology, Institute of psychology, The John Paul II catholic University, Lubin, Psychoterapia, 2(185) 2018.
- Block, J. (2001). *Millennial Contrarianism: The Five Factor approach to Personality description 5 years later*. Journal of Research in Personality.
- Bouchard, G. et al. (1997). *Personality and Marital Adjustment: Utility of the Five – Factor Model of Personality*. Journal of Marriage and the Family.
- Brent, M. D., and Conger, R. D., and Bryant, C. M. (2004). *The Big Five and Enduring Marriages*. Journal of Research in Personality, Volume 38, Issue 5, Pages 481 – 504.
- Brudek, P. and Kaleta, K. (2021). *Marital offence – specific forgiveness as mediator in the relationships between Personality Traits and Marital Satisfaction among older couples: Perspectives on Lars Tornstam’s Theory of Gerro Transcendence*. Cambridge University Press.
- Bruchinal, L. G., and Hawkes, G. R., and Gardner, B. (1957). *Personality Characteristics and Marital Satisfaction*. Social Forces, Volume 35, Issue 3, March 1957, Pages 218 – 222.
- Claxton, A., and O’Rourke, N., and Smith, J., and DeLongis, A. (2012, Jan). *Personality Traits and Marital Satisfaction with Enduring Relationships: An Intra-Couple discrepancy approach*. Journal of Social and Personal Relationships, 29(3) Pages 375-396.
- Chen, Z., and Tanaka, N., and Uji, M., and Hiramura, H., and Shikai, N., and Fujihara, S., et al. (2007). *The Role of Personalities in Marital Adjustment of Japanese couples*. Social Behaviour and Personality, 35, Pages 561 – 572. Crossref.
- Da Costa, C. B., and Mosmann, C. P., (2021). *Personality Traits and Marital Adjustment: Interaction between Intra and Interpersonal Aspects*. Paideia Social Psychology, 2021, Vol 31, e3107, ISSN 1982 – 4327 (online version).
- Drahman, A., and Yusof, S. N. M. (2018). *The Relationship Between Personality Traits and Marital Satisfaction on Quality of Marriage Among Married Couples in Selangor*. International Journal of Humanities, Philosophy, Language, 1(3), Pages 38-47.
- Eysenck, H. J. et al. (1981). *Psychological factors as predictors of Marital Satisfaction*. Advances in Behaviour Research and Therapy.
- Funder, D. C. (2001). *Personality*. Annual Review of Psychology.
- Funk, J. L., and Rogge, R. D., (2007). *Testing the Ruler with Item Response Theory: Increasing Precision of Measurement for Relationship Satisfaction with the Couples Satisfaction Index*. Journal of Family Psychology, 21, Pages 572-583.
- Garcia, G. (1994). *Personality and Marital Satisfaction: The Role of Similarity and Psychological Health*. UNLV Retrospective Theses and Dissertations, 376.

The Relationship between Personality Trait: Conscientiousness and Marital Satisfaction

- Gattis, K. S., and Berns, S., and Simpson, L. E., and Christensen, A. (2004). *A Birds of a feather or strange birds? Ties among Personality Dimensions, Similarity, and Marital Quality*. *Journal of Family Psychology*, 2004; 18(4): 564.
- Golestani, E., and Tavakoli, A. M., and Tavakoli, H. M. (2012). *Relationship of Personality Traits with Marital Satisfaction in Women*. *Journal of life science and biomedicine*, 2(5): Pages 216 – 218.
- Goodarzimehr Roya, F. M. (2016). *The Relationship between Five Personality Factors and Marital Satisfaction among women in Babol, Iran*. *Journal of Psychology Behavioural Stud*, 2016; 4: Pages 84 – 9.
- Javanmard, G. H., and Garegozlo, R. M., (2013). *The Study of Relationship Between Marital Satisfaction and Personality Characteristics in Iranian Families*. Department of Psychology, Payam Noor University, PO. Box 19395-3697 Tehran, Iran Young Researchers Club of Islamic Azad University of Tabriz, Azad University of Tabriz, Iran. *Procedia – Social and Behavioural Sciences*, Volume 84, Pages 396 – 399.
- John, O. P., Donahue, E. M., and Kentle, R. L., (1991). *The Big Five Inventory—Versions 4a and 54*. Berkeley, CA: University of California, Berkeley, Institute of Personality, and Social Research.
- John, O. P., Nauman, L. P., and Soto, C. J., (2008). *Paradigm shift to the integrative Big Five Trait Taxonomy: History, Measurement, and Conceptual Issues*. In O. P. John, R. W. Robins, and L. A. Pervin (Eds.), *Handbook of Personality: Theory and Research* (Pages 114-158). New York, NY: Guilford Press.
- John, O. P., and Srivastava, S. (1999). *The Big Five Trait Taxonomy: History, Measurement, and Theoretical Perspective*. *Handbook of Personality: Theory and Research*, 1999; 2 (1999): Pages 102 – 38.
- Kelly, E. L., and Conley, J. J. (1987). *Personality and Compatibility: A Prospective Analysis of Marital Satisfaction*. *Journal of Personality and Social Psychology*, 52, Pages 27 – 40.
- Khademi, A. and Valipour, M. and Khorasani, L. S. N. (2015). *Relationship between Personality Traits and Marital Satisfaction and its components among the married couples*. *Journal of Applied Psychology*.
- Kim, A., and Martin, D., and Martin, M. (1989). *Effects of Personality on Marital Satisfaction: Identification of Source Traits and their role in Marital Stability*. *Family Therapy*, 16, Pages 243 – 248.
- Lester, D., and Haig, C., and Monello, R. (1989). *Spouses' Personality and Marital Satisfaction*. *Personality and Individual Differences*, 10, Pages 253 – 254. Crossref. ISI.
- Mangal, S. K., (2007). *Essential of Educational Psychology*. Delhi.
- Maleki, A., and Veisani, Y., and Aibod, S., and Azizifar, A., and Alirahmi, M., and Mohamadian, F. *Investigating the relationship between Conscientiousness and Self – Compassion with Marital Satisfaction among Iranian married employees*. *Journal of Educational Health Promotion*, 2019, April.
- McCrae, R. R., and John, O. P. (1992). *An Introduction to the Five – Factor Model and its applications*. *Journal of Personality* 60 (2), Pages 175 – 215.
- Mentari, N. P. I., and Turnip, S. S. (2019). *Personality Traits and Marital Satisfaction in Predicting Couples' Attitudes Toward Infidelity*. Cambridge University Press.
- Molaei, M., and Banihashem, S. K. (2016). *The Relationship between Marital Satisfaction and The Personality Variables of the Five – Factor Model*. *Int J Humanities Cult Stud*. 2016; 1(1): Pages 1783 – 90.

The Relationship between Personality Trait: Conscientiousness and Marital Satisfaction

- Rajkumari, L., and Khadi, P. B., (2016). *Interrelationship of Personality Traits and Marital Satisfaction among urban adult women of Imphal- West, Manipur*. Department of Human Development and Family Studies, College of Rural Home Science, Dharwad. University of Agricultural Sciences, Dharwad –580005, Karnataka, India.
- Razeghi, N. N. M., and Mujembari, A. K., and Masihi A. Z. (2011). *Relationship between Big Five Personality Factors and Marital Satisfaction*. Journal of Iran Psychology, 2011; 7: Pages 269 – 278.
- Rosowsky, E., and King, K. D., and Frederick, L., and Coolidge, Rhoades, C. S., and Segal, D. L., (2012). *Marital Satisfaction and Personality Traits in Long-Term Marriages: An Exploratory Study*. Massachusetts School of Professional Psychology, Boston, Massachusetts, USA. University of Colorado, Colorado Springs, Colorado, USA.
- Sayehmiri, K., and Kareem, K. I., and Abdi, K., and Dalvand, S., and Gheshlagh, R., (2020, Feb). *The Relationship between Personality Traits and Marital Satisfaction*. BMC Psychology.
- Schaffhuser, K., and Allemand, M., and Martin, M. (2014). *Personality Traits and Relationship Satisfaction in intimate couples: Three Perspectives on Personality*. Europe Journal of Personal, 2014; 28(2): Pages 120– 133.
- Shackelford, T. K., and Besser, A., and Goetz, A. T. (2008). *Personality, Marital Satisfaction, and Probability of Marital Infidelity*. Individual Differences Research, 2008, Volume 6, Number 1, Pages 13 – 25.
- Shiota, M. N., and Levenson, R. W. (2007). *Birds of a feather do not always fly farthest: Similarity in Big Five Personality predicts more Negative Marital Satisfaction Trajectories in long – term marriages*. Psychology and Aging, 22, Pages 666 – 675. Crossref. PubMed.
- Whisman M. A., and Uebelacker, L. A., and Tolejko, N., and Chatav, Y., and McKelvie, M. (2006). *Marital discord and well – being in older adults: Is the association confounded by Personality?* Psychology and Aging, 21, Pages 626 – 631. Crossref. PubMed. ISI.

Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Humaira, N.A. (2024). The Relationship between Personality Trait: Conscientiousness and Marital Satisfaction. *International Journal of Indian Psychology*, 12(1), 304-314. DIP:18.01.031.20241201, DOI:10.25215/1201.031