

Abstract

This study investigated the relationship of communication styles, conflict resolution and gratitude with marital satisfaction in married people. It was hypothesized that a positive relationship was likely to exist among communication styles and conflict resolution, a negative relationship was likely to exist among conflict resolution and marital satisfaction. It was also hypothesized that gender will have significant positive relationship with communication styles and marital satisfaction but negative relationship with conflict resolution in married people. It was also hypothesized that type of marriage, family system and conflict resolution would predict marital satisfaction in married people and there would be differences in gender and type of marriage among the study variables in married people. The research strategy that was used was correlational research design and the sample consisted of 180 married people including 90 men and 90 women with age range 25- 50 ($M=1.73$, $SD=.45$). Communication Patterns Questionnaire, Short Form (CPQ-SF Christensen & Heavey, 1990; 1993), The Conflict Resolution Styles Inventory (CRSI: Kurdek, 1994), The Gratitude Questionnaire (GQ-6) (McCullough, Emmons & Tsang, 2002) and Revised Dyadic Adjustment Scale (RDAS) (Christensen, Crane & Larson, 1995) were used to assess research variables while results were generated by employing reliability analysis, Pearson correlation, independent sample t-test, and regression analysis. The results revealed that gender positively correlated with marital satisfaction but negatively correlated with conflict resolution and gratitude, family system negatively correlated conflict resolution and gratitude but it positively correlated communication styles and marital satisfaction, duration of marriage negatively correlated communication styles and positively correlated conflict resolution. It was revealed that communication styles was negatively correlated with conflict resolution and gratitude but its subscale constructive communication positively correlated with conflict resolution and its subscales. Conflict resolution had significant negative relationship with gratitude and marital satisfaction. Type of marriage ($\beta = .21$, $p < .001$), and family system ($\beta = .36$, $p < .001$) positively predicted whereas conflict resolution subscale (problem solving), ($\beta = -.33$, $p < .001$) negatively predicted marital satisfaction. Gender differences were found among men and women as male scored high on gratitude and conflict resolution scales whereas female scored more on communication styles and marital satisfaction measures. Significant differences were found on with more mean on communication pattern in love marriage whereas arranged marriage couples had more core on conflict resolution measures. This study had wide implications in clinical settings.

Key Words: *communication styles, conflict resolution, gratitude, marital satisfaction*