

Abstract

The present research project was designed to study the psychosocial, contextual and demographic determinants of marital commitment and the consequent marital burnout among a sample of married Pakistani individuals. This empirical research was divided in two parts, and three independent studies were carried out to achieve the objectives of this research project. Psychometric properties of the research instruments were established on a sample of married individuals ($N= 250$) in Study 1. The study was completed in four phases including; translation and adaptation of research instruments, confirming factor structure and construct validation of Urdu translated scales (viz., Marital Forgiveness Scale, Trust in Close Relationship Scale, Relationship Attribution Measure, Communication Pattern Questionnaire-Short Form, Couples Burnout Scale and Relationship Commitment Scale). Study II was conducted on a sample of ($N =502$) married individuals (251 =men and 251=women) of age ranged between 20-65 years. Initially, zero order correlations were computed to see the relationships among study variables. To assess the relative strength of study variables in the prediction of marital commitment and marital burnout, six separate stepwise multiple regression analyses were computed for combined sample of husbands and wives, husband only and wives only samples. Results of first three regression analyses showed that mutual communication, marital trust, responsibility and causality attributional styles, marital forgiveness, duration of marriage, and marriage types appeared as salient predictors of marital commitment and accounted (47, 41, 46) percent of variance in combined, husbands' and wives' sample respectively. Step wise regression analyses to assess the predictors of marital burnout showed that marital commitment, causality attributional style, marital forgiveness, types of marriage, partner demand/spouse withdraw, responsibility attributional style, mutual communication, marital trust, family system and qualification emerged as salient predictors of marital burnout and accounted (62, 60, 63) percent variance in combined husbands and wives' sample respectively. Results of MANOVA showed significant cross-sectional differences on the variables of study in terms of gender, income, age, education, marriage types, duration of marriage and family systems. Study III: a qualitative study was carried out on a sample of 20 married participants ($n= 10$ men; $n=10$ women), to indigenously explore the psychosocial and contextual determinants of marital commitment and to validate the results of quantitative study. The age of the sample ranged between 32-46 years. The thematic analysis revealed some universal factors that were in line with previous studies and validated the results of study 2, and there were some unique indigenous protective and risk factors of marital commitment in the local context. The study has implications in fields of social psychology, health psychology, and couples counseling.

Keywords: forgiveness, trust, attribution, communication, burnout, commitment, married couples.