

Abstract

The present study aimed to explore conflict resolution strategies used by martially satisfied couples and the relationship between intimate partner acceptance-rejection and marital satisfaction in martially satisfied couples. Sample comprised of 63 married couple (63 husbands and 63 wives) with the age range 22 through 39, ($M = 30.27$, $SD = 3.81$, for males $M = 31.9$, $SD = 3.41$ and females $M = 28.62$, $SD = 3.48$). 45 couples were martially satisfied and 18 couples were martially dissatisfied. All the participants were matched on age, education and socio economic status. The sample was collected in Lahore using convenient sample technique. In order to measure conflict resolution styles, Style Matters: The Kraybill Conflict Style Inventory was used. To measure partner acceptance-rejection, Intimate Adult Relationship Questionnaire (IARQ) was used and for marital satisfaction, Couple Satisfaction Index (CSI) was used. The results indicated that martially satisfied and dissatisfied couples used different conflict resolution strategies and cooperative and compromising conflict resolution strategies were the most extensively used techniques. Moreover, intimate partner acceptance-rejection was significantly correlated with marital satisfaction and intimate partner acceptance-rejection had a significant effect on marital satisfaction in martially satisfied couples and non-significant correlation and no effect in martially dissatisfied couples. Further, Interpretative Phenomenological Analysis was used to further explore the conflict resolution strategies of martially satisfied couples and the results were consistent with the quantitative findings. This study would potentially help in the field of family and marital counseling.