

# Marital satisfaction scale(MSS)

Jnana Prabodhini's institute of Psychology, Pune.

## A comprehensive tool on assessing marital satisfaction

### Nature of the tool:

- Objective, Likert type scales with sound research back up
- Comprehensive tool covering varied aspects of marital relationship
- Easy to administer, solve, score
- avoids social desirability factor as far as possible
- Standardized, available in different forms

**Forms of MSS:** Marital satisfaction scale (MSS) is available in the various forms given below.

- M.S.S. (Full form)
- M.S.S. (abbreviated versions A & B)
- M.S.S. (for couples with infertility )
- Expectations from married life (EML)

### Who can use them?

- Professionals for counseling or research purposes. A post graduate degree in psychology or an area related to mental health essential. (ex. Psychiatry, Social work etc.)
- If lay persons want to use these tools, they should do it under the supervision of a trained expert in the field, otherwise the interpretation may get adversely influenced.
- The limitations of the tools also should be noted before using them.

### Applications of the tool

- For facilitating marital adjustment
- Can help the couple for make value addition in their satisfaction drawn from marriage.
- Can contribute in identifying the crucial areas for counseling .
- Not a substitute for professional help but to support/ supplement it.

### Areas covered in the tool( 13)

- Sexual satisfaction
- Sharing of household responsibilities
- Views towards child rearing
- Definition of marriage
- Religious beliefs
- Relations with in laws
- Economic stability
- Emotional bonding
- Sharing thoughts
- Motivating each other
- Personality of the spouse
- Time devoted to each other
- Growing in and with the relation
- General marital satisfaction

### Additional areas in MSS

- **Coping with infertility** refers to the respondent's way of managing his/her emotions and thought processes caused due to childlessness. (Whether the strategy chosen is more stress provoking or some rational means has been adapted).

EML (premarital expectations)

- **Self concept** refers to the respondent's image in his/her own mind with respect to appearance, ability, presentable nature and financial ownership.
- **Locus of control** refers to one's belief about the control over the life In general.

### Standardization of MSS

- Split half reliability 0.96
- Inter correlations of area scores with total score range from .56 to .92
- Concurrent validity established with ENRICH, (Life Innovations Co. Ltd. U.S.A.

### The profile of MSS

Series 1

