MARITAL SATISFACTION, LEVEL OF STRESS, AND MARITAL DECISION MAKING OF MILITARY SPOUSES

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ABSTRACT

The study was conducted to find out the relationship among marital satisfaction and level of stress, as well as the marital decision making of military spouses. Thirty military spouses' ages 22-65 yeas old with at least 1 child, married for at least 1 year and whose husband were currently deployed or has been deployed at the time of the study participated. Three instruments were utilized namely: Comprehensive Marital Satisfaction Scale by Blum and Mehrabian (1999), Social Readjustment Rating Scale (SRRS) by Home and Rahe (1967), and Family Decision Making Scale by Erispe and Mestidio (2007). Results showed that military spouses have high marital satisfaction, high level of stress, and both spouses decide on family decision making. There is a low negative correlation between marital satisfaction and level of stress at -.067 (α=0.05 level of significance) which means that stress does not correspondingly affect the level of marital satisfaction among military spouses.