



Psychological Capital, Affectionate Relations, and Marital Satisfaction among Married Individuals in Pakistan

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ARTICLE INFO

Article History:

Received:	May	25, 2025
Revised:	July	17, 2025
Accepted:	July	30, 2025
Available Online:	August	09, 2025

Keywords:

Psychological Capital, Affectionate Relations, Marital Satisfaction, Married Individuals.

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ABSTRACT

The current study was performed to find out the relationship between psychological capital, affectionate relationships, and marital satisfaction among married individuals. The researcher hypothesized that there is a significant positive relationship present between psychological capital, affectionate relations, and marital satisfaction among married couples. B) Psychological capital and affectionate relations will significantly predict marital satisfaction among married individuals. C) Affectionate relations will play the mediating role between psychological capital and marital satisfaction. There are also differences in demographics and the level of marital satisfaction among couples. The sample of this study was 120 married individuals (N=120), and the participants were between 21-50 years. For assessment purposes psychological capital scale by Luthans, Yusef, and Avoli (2007). The Perception of Romantic Love Scale, which was developed by Anjum & Batool (2017), and the ENRICH Marital Satisfaction Scale, which was developed by Fowers & Olson (1993). Pearson product correlation, multiple regression analysis, and mediation analysis were used for analysis purposes. Results of this study indicate that there is a significant positive relationship present between psychological capital, affectionate relations, and marital satisfaction among married couples. The findings of the current study will be fruitful for the psychotherapist for use in counselling processes and for the therapeutic procedures to help explore some of the root causes of marital issues in married individuals, and it will also provide guidance principles for changing the negative attitude toward marriage in marital couples.



Introduction

Marriage has been defined as when the two people agree to a long-term relationship, both formally and verbally, to make their family and produce children (Baily, 2003). In marriage, both partners come close to each other to fulfill the expectations of each partner, like financial support, sharing of love, and cooperation.

Marriage is an essential factor in human life. Intimate behavior is very important for strengthening the wellbeing among married couples (Wi-Fried, 2010). When a harmonious relationship is present between couples or partners so it can increase marital satisfaction, which acts as a very supportive factor for a person. It is found that high marital satisfaction causes high subjective wellbeing. It means high marital satisfaction is directly related to subjective wellbeing, but other factors can affect marital satisfaction. According to the theories and research, psychological capital is a structure that includes positive outcomes in life (Demir K, 2011).

It is a matter of common observation that those positive characteristics that are present in a group or an individual will play a basic role in improving the positive psychological capital of those individuals in their general lives. These positive experiences and their characteristics will develop healthy, positive interpersonal relationships. According to the study that those positive characteristics will develop the ability to deal effectively, to achieve high goals, and to realize how to become able to achieve future goals (Page et al., 2004). Psychological capital focuses on the positive characteristics, the meaningful results, and those abilities of the individuals that are very sensitive to their future goals, motivation, their cognitive processes, struggling towards their achievements, and their fruitful performances (Papilla et al., 2011). Psychological capital focuses on the positive sides of humans' lives, like hope, wisdom, courage, and responsibility, etc., so we can say that the psychological capital provides positive values to individuals and feelings and emotions to people, which can lead them to work productively for their society (Seligman et al., 2005).

Affectionate relations are those relations in which both partners have satisfaction with affection and sex in a marital relationship (Spanier, 2001). It has been shown from the studies that women are more emotional, sensitive, and well-focused on interpersonal relationships as compared to men in a marital relationship (Levenson et al., 1994). Females in the culture of Pakistan are more dependent emotionally on their partner, they consider their partner's home as an eternal place for themselves, and they feel insecure without their partners. Women depend socially, economically, and emotionally on their husbands. They also expect love and more affection from their partners. It has been found from research that love, and sexual self-esteem play a vital role in marital satisfaction (Dinani et al., 2014).

Marital satisfaction is the attitude of married couples toward their marital relationships (Fincham & Beach, 2010). Marital satisfaction is the process that can be affected by many other factors, which include education, socioeconomic class, love, commitment, marital communication, conflict, gender, existence of children, sexual relations and the division of tasks at different times (Schoenfeld et al., 2017). Overall, marital satisfaction is an adaptation process present between marital couples, which includes companionship, agreement with the basic values of each other, accommodation, the values of intimacy, and many other non-essentials. According to Presser (2000), when an individual deals with his problems successfully, it means that the person is well adjusted in his/her environment and can successfully cope and adapt to both inner and outer demands. But when problems prove too much for someone and result in anxiety, inadequacy, and

hopelessness, it is referred to as maladjustment. Adjustment is processed to conquer outer and inner obstacles to satisfy their basic biological and social needs (Gottman, 1992). The existing state in which there is a feeling of happiness and satisfaction between couples is called marital adjustment (Hashmi et al., 2007). Marital adjustment is the absence of quarrels and clashes in different matters of life, mutual shared interests between husband and wife, and a feeling of love and sharing (Arshad, 2008). Marital adjustment is a feeling of contentment, happiness, pleasure, etc., in a couple because of each other (Sinah & Mukerjee, 1990). Lively (1969) defines marital adjustment as a very useful concept to give stress to the energetic and changing nature of marriage.

Methodology

Objectives

1. To find out the relationship among psychological capital, affectionate relations and marital satisfaction among married individuals.
2. To investigate the predictors of marital satisfaction among married individuals.
3. Affectionate relations will mediate the relationship between psychological capital and marital satisfaction among married individuals.

Hypotheses

H1. Psychological capital, affectionate relations and marital satisfaction is positively related with marital satisfaction while negatively associated with idealistic distortion among married individuals.

H2. Psychological capital and affectionate relations will significantly predict marital satisfaction among married individuals.

H3. Affectionate relations will mediate the relationship of psychological capital and marital satisfaction (marital satisfaction and idealistic distortion) among married individuals.

Methodology

Research Design and Sample

In this study correlational research design was used. Correlation research design is the best suited for this study. The purposive sampling technique was used to select the sample. Samples consisted of (N=120) married individuals who fell under the age range of 21-50 years. The sample was taken from the Malakand area of Pakistan.

Inclusion Criteria

- Married individuals were included.
- Age range (21to50 years) was included.

Exclusion Criteria

- Divorced people & with no formal education were excluded.

Instruments

The perception of romantic love scale (PRLS) included 48 items, developed by Anjum & Batool (2017), and its emerged categories. The split-half reliability of the scale is .89, and the alpha coefficient of the total PRLS is $\alpha = .92$.

Psychological Capital Questionnaire. developed by Luthans, Yusef, and Avoli (2007). PCQ was used. This is further translated by Sattar and Haq (2014). PCQ is 24 24-item scale that is used to measure the (PsyCap) construct. Overall, PsyCap has a Cronbach alpha = .8.

The Enrich Marital Satisfaction Scale, originally developed in the English language (Fowers & Olson, 1993). Marital Satisfaction scales rest of the remaining 10 items. It has a 5-point Likert-type response format, 1= strongly disagree and 5= strongly agree. Six items (2, 5, 8, 9, 12, and 14) will be reserved for scoring before running the main analysis.

Demographic Information Sheet. mentioned factors like age, gender, education, occupation, family system, number of children, type of marriage, and experience of romantic love.

Procedure

A formal authority letter was sought from the Institute of Psychology, which explains the purpose of the study as well as the assessment procedure. Permission was also requested from the relevant authorities to contact the volunteer participants. The participants were informed that if they don't feel comfortable with the questions, they can withdraw at any time.

Ethical Considerations

Prior permission for the use of the questionnaire will be required from the respective Authors. Informed consent will be taken from the participants after explaining to them the aim and nature of the research. Participants will be right to withdraw and terminate at any time they wish. The right of individuals to privacy and confidentiality will be facilitated.

Results

Table 1. Frequencies and Percentages of the Demographic variables (N=120)

Variables	N	%
Age years		
20-30	48	48.3
31-40	48	40.0
41-50	14	11.7
Gender		
Male	54	45%
Female	66	55%
Education		
Primary to matric	23	19.2
Intermediate to bachelor	52	43.3
Graduate to postgraduate	45	37.5
Number of children		
1 – 5	7	5.8

	6 – 10	7	5.8
	Nil	24	20.0
Occupation	Governmental employee	47	39.2
	Nongovernmental employee	72	60.0
	Jobless	1	.8
Duration of marriage (years)	1 – 5	19	14.61
	6 – 10	57	43.84
	11 -15	27	18.46
	16 – 20	17	13.07
Family system	Nuclear	47	39%
	Joint	73	60%
Residential area	Urban	44	36.7
	Rural	76	63.3
Type of marriage	Arranged marriage	71	59.2
	Love marriage	49	40.8
Experience of romantic love	Yes	89	74.2
	No	31	25.8

Note. N = 120 (n = no. of participants for each variable). Gender: 1=male, 2=female, Family system: 1=joint, 2= nuclear. Residential area: 1=rural, 2=urban, Types of marriage: 1= love marriage, 2=arrange marriage, Experience of marriage: 1=yes, 2=no.

Table 2. Descriptive Statistics and Reliability Coefficients of Study Variables (N=120)

Variables	K	A	M	SD	Range		S	K
					Potential	Actual		
Perception of Romantic Love	48	.86	169.8	22.81	48-240	48-216	-.48	2.4
Emotional	11	.60	44.2	5.91	11-55	10-38	-.34	.50
General	8	.72	28.04	4.79	8-40	7-38	-.4	.4
Spiritual	7	.71	24.8	4.67	7-35	6-34	-.4	.40
Cognitive	8	.64	28.13	5.10	8-64	7-38	-.14	-.2
Sexual	5	.71	16.57	3.20	5-25	3-23	-.30	-
Marital	5	.71	18.46	3.35	5-25	2-24	-.77	.5
Behavioral	4	.70	13.7	2.67	4-30	4-19	-.32	-
								.30
Psychological Capital	24	.71	88.87	11.95	24-144	22-128	.19	.61
Efficacy	6	.71	21.85	4.4	6-36	6-33	-.2	.22
Optimism	6	.75	21.89	4.0	6-36	4-34	.00	.28
Hope	6	.84	22.57	4.2	6-36	12-35	.22	.01

Resilience	6	.73	22.5	3.9	6-36	11-31	-.10	-.42
Marital Satisfaction Questionnaire	15	.81	47.12	11.1	15-75	12-71	1.3	1.2
Idealistic Distortion	5	.63	13.95	4.9	5-25	3-24	.40	-.7
Marital Satisfaction	10	.79	29.24	8.03	10-50	7-44	1.01	.04

Note: M=Mean, SD= Standard Deviation, K= No. of items, α = Cronbach's alpha, S= Skewnes, K= Kurtosis.

Table 2 showed the values of mean, standard deviation, and the psychometric properties of the main scales (affectionate relations, psychological capital, marital satisfaction) as well as their sub scales (emotional, general, spiritual, Cognitive, sexual, marital, behavioral, efficacy, hope, resilience, idealistic distortion, marital satisfaction). The result indicated the alpha reliability coefficient, skewness, kurtosis, as well as range of normal distribution.

Table 3. Correlation among study variables (N = 120)

Variables	1	2	3
1.PCQ	-	.505**	.257*
2.PORL			.274**
3. MS			-

Note: * $p < .05$, ** $p < .01$, PCQ = Psychological capital questionnaire, PORL= Perception of romantic love, MS = Marital satisfaction.

Table 3 revealed that psychological capital is significantly positively correlated with perception of romantic love. Psychological capital and perception of romantic love are also positively correlated with marital satisfaction.

Table 4. Correlation among Study Variables and Subscales (N=120)

Variables	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1.PORL	-	.76**	.87**	.85**	.80*	.65**	.673**	.58**	.50**	.34**	.44**	.32*	.32**	.01	-.05
2.General			.54**	.55**	.51**	.51**	.50**	.39**	.25**	.17	.27**	.23*	-.03	.71	.43
3.Emotional				.73**	.63**	.52**	.55**	.45**	.45**	.43**	.34**	.21**	.29**	-.00	.06
4.Spiritual					.64**	.49**	.48**	.42**	.44*	.36**	.40**	.26**	.32*	.01	-.05
5.Cognitive						.33**	.46**	.45**	.37*	.29**	.35**	.19*	.23**	-.05	-.07
6.Sexual							.39**	.22**	.30**	.28**	.26**	.16	.16	.14	.09
7.Marital								.32**	.41**	.30**	.34**	.28**	.25**	0.7	-.05
8.Behavioral									.25**	.25**	.26	-.01	.21**	.2*	-.21*
9.PCQ										.84**	.78**	.71**	.50**	.09	.07
10.Efficacy											.65**	.52**	.18*	.09	.12
11.Optimism												.37**	.19**	.15	-.08
12.Hope													.12	.29**	.25**
13.Resilience														0.2	-.09
14.MS															.73**
15.ID															-

Note: * $p < .05$, ** $p < .01$, *** $p < .001$, PCQ = Psychological capital questionnaire, PORL= Perception of romantic love, MS = Marital satisfaction, ID = Idealistic distortion.

Table 4 indicates that a significant positive relationship is present between PORL, PCQ, and MS, while a negative correlation is found between PORL and ID. The sub scale emotional is positively correlated with PCQ, PORL, while negatively correlated with resilience. The sub-scale spiritual is

positively correlated with PCQ, MS, while negatively correlated with ID. The sub scale cognition is also significantly positively correlated with PCQ, PORL, while negatively correlated with ID. The sub-scale spirituality also shows significant positive correlation with MS, PORL, and PCQ, while a negative correlation with ID. The sub-scale marital and behavior also indicated a significant positive relationship with PORL and MS while a negative relationship with ID. Furthermore, it is also revealed that PCQ is positively correlated with PORL, while negatively correlated with ID. Moreover, it shows that MS is negatively correlated with ID.

Table 5: Correlation among Demographics and study Variables (N=120)

Variables	1	2	3	4	5	6	7	8	9	10	11	12	13
1.Age	-	-.17	.26**	.24**	.62**	.02	-.19*	-.91*	.20*	.41	.05	.01	.19*
2.Gender			.00	.01	.00	.75	.03	.04	.03	.10	.58	.9	.04
3.FS				-.07	-.06	.02	-.01	.01	-0.7	-.15	.14	-19*	-.04
4.Education					.16	.09	-.09	-.14	.08	.15	-.01	.03	.05
5.DOM						.07	.02	-.17	-.07	.06	.14	-.05	.37**
6.Residence							-.05	-.15	.28**	.29**	-.04	.02	.03
7.NOC								.01	-.14	-.21*	-.05	.05	.24**
8.Occupation									.08	.17	.21*	-.13	-.52
9.TOM										.6	.64	.81	.01
10.EORL											.21*	-.13	-.15
11.PCQ												.93	.08
12.PORL													.29**
13.MS													-

Note: * $p < .05$, ** $p < .01$, *** $p < .001$, FS= Family system, TOM= Types of marriage, DOM= Duration of marriage, EORL= Experience of romantic love, PCQ = Psychological capital scale, PORL= Perception of romantic love and MS= Marital satisfaction.

Table 5 revealed that age is positively correlated with DOM, PCQ, and MS, and significant negative relationship with gender. Gender is negatively correlated with profession and DOM. Profession has a negative relationship with DOM. DOM is also positively correlated with PCQ and MS. EORL is a significantly positively relationship with MS. PCQ is also positively correlated with AR and MS. PORL is also significantly positively relationship with MS.

Table 6. Multiple Regression Analysis Predicting Psychological Capital scale (N=120)

Variable	B	SE	T	P	95%CI
Constant	33.9	9.12	3.73	.000	[15.954,52.014]
PC	.152	.14	1.46	.000	[.054,.358]
PORL	.431	.25	.55	.001	[.106,.102]

Note: * $p < .05$, ** $p < .01$, *** $p < .001$, PC = psychological capital, PORL = perception of romantic love.

Table 6 revealed the impact of psychological capital and perception of romantic love on marital satisfaction. The R^2 value of .27 shows that the predictor explains 27% of the variance in the outcome variables with $F(2,115) = 1.383, p < .001$. The finding revealed that psychological capital and perception of romantic love positively predicted marital satisfaction ($P = .156, p < .001$).

Table 7. Mediation Analysis of Affectionate Relations between Psychological Capital and Marital Satisfaction

Variable	B	95%CI	SE	B	R ²	ΔR ²
Step 1						
Constant	26.8***	[17.89,49.68]	2.83		.20	.20***
PCQ	0.91***	[.028,.326]	.09	.45***		
Step 2						
Constant	20.20***	[15.954,52.014]	2.99		.27	.07***
PCQ	0.78***	[.05,.358]	0.15	.34		
PORL	0.52***	[.106,.102]	0.14	.29		

Note. *** $p < .001$, CI = confidence interval, SE=standard error, LL=lower limit, UL=upper limit, PC=psychological capital, PORL = perception of romantic love.

Table 7 revealed the impact of affectionate relations and psychological capital on marital satisfaction. In Step 1, the R^2 value .20 revealed that psychological capital explained 20% variance in overall marital satisfaction with the values $F(1, 197) = 51.92, p < .001$. The finding shows that psychological capital positively predicted marital satisfaction ($\beta = .45, p < .001$). In step 2, the R^2 value .27 shows that psychological capital and affectionate relations explained 27% variance in marital satisfaction with $F(2, 198) = 35.48, p < .001$. The finding shows that psychological capital ($\beta = .34, p < .001$) and affectionate relations significantly predicted marital satisfaction ($\beta = .29, p < .001$).

Discussion

The present study investigated psychological capital, affectionate relations, and marital satisfaction present between couples or partners. Moreover, it also found that psychological capital; affectionate relations are the significant predictors of marital satisfaction. In this current study, gender differences were also explored. The present research aims to focus on when the psychological capital of individuals increases, so it is possible to increase their affectionate relationships and marital satisfaction. We know that marriage is an essential part of human life, and the need for satisfaction in life is a basic ingredient for married individuals. Married couples need support and to understand each other. Sometimes marriages become very dangerous and the sources of tension for married individuals, while sometimes it becomes the source of satisfaction for the partners. Both couples have the same interests, motivation, attitude toward likes and dislikes, but sometimes differences are created in their opinions and attitude, which result the dissatisfaction, conflicts, and argumentations (Aycan & Eskin, 2005).

The main cause of dissatisfaction and conflicts in the marital relationship is argumentation, which results in a very bitter and irritating mood among married individuals. They need to resolve their conflicts, which are created in their ways of achieving satisfactory marital bonds, and this is the demand of marital relationships to resolve their conflicts. According to Sinha Mukerjee (1990) that marital satisfaction is the phenomenon that creates overall happiness and satisfaction in marital relationships between couples or partners. Marital satisfaction can be increased by creating psychological capital and affectionate relations among married individuals.

Result of the study indicates that there is a significant positive relationship found between psychological capital, affectionate relations, and marital satisfaction among partners. When a significant perception of romantic love and psychological capital is present in a marital

relationship, it can create a very satisfactory marital relationship and, in this way, the married couples can diminish their marital conflicts and resolve their problems in a very productive way which have come in the way of their marital satisfaction. It is also possible that due to marital satisfaction they can cope with any obstacle in their lives and can cope with stresses to solve their problems (Sergin et al., 2009). Results of this study also reported that the role of gender differences is non-significant in terms of marital satisfaction, while the family systems of the couples play a vital role in causing marital relationships. The results of this study also explained the role of gender differences, which is non-significant in terms of marital satisfaction, while the family systems of married individuals play a vital role in causing marital satisfaction.

The findings of the mediation analysis showed that there is a significant positive relationship between psychological capital, affectionate relations, and marital satisfaction among married individuals.

Limitations and Suggestions

The data of married individuals was drawn from two different environments, though related to each other; however, the data could not be analyzed separately due to the shortage of time. The sample, which was taken, was not too small but could be extended to other services where married individuals are kept. In the Pakistani context, the researchers must do more research on the areas that include a variety of diverse population with different age groups, and these findings should be applied to the overall population. We need to develop indigenous tools to study these variables. Some in-depth quality analysis could also have been done on a few families to find out the causes related to family and society.

Implications

The findings of this study will also highlight the importance of love within marital relationships. This study will enrich the field of psychology and will help professionals. In short, the components of love and psychological capital play an important role in marital satisfaction, so this will help the counselors and psychotherapists to address or treat the clients with marital problems through providing love therapy. Instead of that, this study will provide a great opportunity for couples and spouses to focus their attention on positive psychological capital, and through this, they can understand each other and increase marital satisfaction. This knowledge will also be very informative for the awareness of marital couples in the form of awareness programs, like participating in awareness programs and guidance on how to learn to increase psychological capital and to express their love. This can also help individuals that know how to enter marital life and strive to manage their family bonds.

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