

THE IMPACT OF DOWNWARD AND UPWARD SOCIAL
COMPARISON ON THE PERCEIVED QUALITY OF
MARITAL RELATIONSHIP SATISFACTION



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COMPARISON ON THE PERCEIVED QUALITY OF
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ABSTRACT

Social comparison theory is a theoretical orientation and over the years, an increasing amount of research has suggested that social comparison processes have positive as well as negative influences on the evaluation of the quality of marital relationship satisfaction. The main objective of current research was to explore the contrastive effects of comparison on the married individuals' relationship with their spouses. Another objective of the research was to find out the marital relationship of the people who are oriented to social comparison.

The research was carried out into five parts. The first part of research was consisted of the development of the measure, Social Comparison in Marital Relationship Measure (N= 600). The non availability of an indigenous instrument to measure the impact of social comparison and its direction on marital relationship peculiar to Pakistani cultural context provided a rationale for the development of SCMRM. Part II of this research comprised a validation study (N= 100). Index of Self Esteem and Satisfaction With Life Scale were used to determine convergent validity and Beck Depression Inventory was used to determine discriminant validity of SCMRM. Part III of this research was conducted to translate Iowa Netherlands Comparison Orientation Measure into Urdu developed by Gibbons and Buunk (1999), to be used in the main part of the research. Part IV was undertaken to investigate the role of gender and its relations with social comparison in marital relationship.

Finally, main study was conducted with (N =500) married individuals of diverse age, education, and socio economic status completed standardized measures of Dyadic Adjustment Scale, INCOM, and SCMRM. The relationship between the direction of comparison and the orientation of comparison on the perceived quality of marital

relationships were assessed through a series of successful statistical analysis of Correlation, t test and One Way Analysis of Variance.

Consistent with hypotheses, the research showed that married individuals evaluate their relationship positively when engaging in downward comparison in marital relationship as compared to those who engage in upward comparison. The more the people having social comparison orientation, the less satisfied they are in their marital relationship. The role of social comparison orientation as a moderator in the relationship between marital comparison and marital relationship satisfaction was also confirmed.

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INTRODUCTION

INTRODUCTION

Social comparison, how people use familiar others to get information about themselves and the world, is a focal human concern. They learn about their own abilities and attitudes by comparing themselves with others and others opinions (Festinger, 1954). Mostly, individuals seek to compare themselves with someone about whom they believe they should have reasonable similarity (Goethals & Darley, 1977). Upward social comparison occurs where people mostly compare themselves with people whom they consider to be better than themselves in some way. Downward social comparison acts in the opposite direction.

Social comparison is a pervasive phenomenon and has been found in various contexts including work (Michinov & Nicolas, 2005); health (Buunk, Zuurriaga, & Gonzalez, 2006); materialism (Dean, Carroll, & Yang, 2007); personality (Locke, 2005); abilities (Molleman, Nauta, & Buunk, 2007; Vrugt & Koenis, 2002); group dynamics (Smith & Leach, 2004); life style (Braz, Dessen, & Silva, 2005); social skills (Buunk, Groothof, & Seiro, 2007); physical appearance (Lennon, Lillethun, & Buckland, 1999; Van Den Berg & Thompson, 2006); and marital relationships (Lockwood, Dolderman, Sadler, & Gerchak, 2004 ; McNulty & Karney, 2004).

In close and intimate relationships, the partners have some expectations of each other. Several studies agree that what partners expect to receive in their marital relationships affects their evaluations of those relationships (Fletcher, Simpson, & Thomas, 2000; McNulty & Karney, 2002). Sometimes couples evaluate their relationships by comparing their partners with familiar others around them.

How do partners, having satisfying relationships with their spouses manage to acknowledge specific problems while at the same time maintain a positive overall view of their relationships by engaging in social comparisons? One perspective suggests that people cope with challenging circumstances by engaging in downward social comparisons and by having a positive view of the relationship as a whole. This perspective helps the individuals to maintain a view that they are still better than most other people (Dunning, Perie, & Story, 1991). A second perspective suggests that people cope with challenging circumstances by engaging in upward comparison and by having optimistic future expectations (Lockwood et al., 2004). That is, people may acknowledge specific problems in their relationships but at the same time may have a positive view of the relationship as a whole by engaging in upward comparison and maintaining that the problem is improving over time. Each of these perspectives suggests that people may reduce the negative impact of a specific problem on an overall evaluation of the relationship by engaging in favorable comparisons (Buunk, Collins, Taylor, VanYperen, & Dakof, 1990).

Over the years, an increasing amount of research has suggested that social comparison processes have positive as well as negative influences on the evaluation of the quality of marital relationship satisfaction (Buunk, 2001; Surra & Milardo, 1991). Generally, upward comparison with others can produce worse feelings about themselves while downward comparison helps couples to feel better about their relationships. In this way couples may benefit from comparison with others doing worse in their marital relationship as they perceive superiority of their own relationship over those of others (Buunk & Van den Eijnden, 1997). A positive relationship has been found between the tendency to evaluate one's own relationship more favorably and relationship satisfaction (Buunk, 2001).

On the other hand upward comparison can be both threatening and enhancing to self esteem (Brewer & Weber, 1994). According to Tesser's (1986, 1988) self evaluation maintenance model, the superior performance of similar others should be threatening when comparisons are made on ability domain like academic performance that are relevant to self esteem. The positive consequences of upward comparison have also been reported by Buunk et al. (2006). They have concluded that the higher the degree of marital dissatisfaction stronger was the preference for upward affiliation for having a desire to get information about others marriages (to improve one's own marriage) Overall, the satisfaction with marital relationships appeared to be more closely related to downward comparison rather than comparing with better off others.

Following the results of these investigations, the present research was intended to explore that comparison with others doing better may become a reason to feel bad on the domain of marital life because such comparison can increase the salience of negative impact of one's own relationship with the partner. It was assumed that comparison with worse off others may be beneficial in marital relationship. Therefore, this research focused on exploring the positive consequences of downward social comparison on the one hand, and the negative effects to upward social comparison on the other hand. Previous research has provided evidence that comparison with others who are doing worse has positive influence on the marital relationships and also on the evaluation of marital relationship satisfaction (Taylor, Wood, & Lichtman, 1983).

Prior to interpreting the significance of downward and upward social comparison on the evaluation of relationship quality, a description of social comparison literature is presented.

Social Comparison

People make frequent social comparisons between themselves and other individuals to get information about their standing in relation to others on different domains of life. Comparisons are made for a variety of reasons, including opportunities for self enhancement, self evaluation, or self improvement. Social comparison enables people to satisfy fundamental needs such as feeling good about oneself and knowing what one can and can not do (Baumeister, as cited in Gilbert, Fiske, & Lindzey, 1998). For example, individuals may compare their work with their colleagues in order to assess that how they are doing on a particular assignment relative to the others. The comparison other, the person being used as a basis of comparison, can either be inferior or superior in respect of abilities, opinions, and attributes. Human judgment is comparative in nature and when individuals evaluate some target, they do not do so in a vacuum. Rather, such evaluations are made within and in relation to a specific context. Therefore, an important part of human behaviour involves comparing ourselves to others and people frequently engage in social comparisons on confronting relational information (Mussweiler, Ruter, & Epstude, as cited in Guimond, 2006).

Festinger's (1954) influential theory of social comparison was introduced more than a half century ago and gave rise to a more refined conceptual developments (e.g., Mussweiler, 2003, Wood, 1989, 1996). Social comparisons play a core role in areas as diverse as stereotyping (Biernat, 2003; Biernat & Manis, 1994), serious health problems (Tennen, McKee, & Affleck, 2000) marital relationships (Buunk, 2001; Buunk & Ybema, 2003), smoking cessation (Gerrard, Gibbons, Lane, & Stock, 2005), life satisfaction (Buunk et al., 2007), gender roles (Donaghue & Fallon, 2003;

Nicksic & DuCharme, 2004; Van Yperen & Buunk, 1991) and organizational behavior (Gautam, Van Dick, & Wagner, 2004; Greenberg, Ashton-James, & Ashkanasy, 2007) and subsequently resulted in abundant contemporary literature on social comparison processes (e.g., Guimond, 2006; Suls & Wheeler, 2000).

Definition of Social Comparison

According to Kruglanski and Mayseless (1990) social comparisons are defined as comparative judgments of social stimuli on particular content dimensions. According to Wood (1996) social comparison refers to the process of thinking of information about one or more other people in relation to the self. In this definition, the term “in relation to the self” states that the individuals find out similarities and differences between themselves and the comparison target. By doing so, the individual gets information that can be used to evaluate, enhance, and improve the self (Taylor & Lobel, 1989).

Another concept of social comparison has been presented by Arrowood, (1986) which states that a true social comparison is one in which there is a change in the individual’s self evaluation. Thus social comparison is understood as a process which is engaged to fulfill motives like self-evaluation, self-enhancement, and self improvement (Suls, Martin, & Wheeler, 2002).

Nicksic and DuCharme (2004) described that the social comparison is the process of comparing oneself to another individual in order to assess ones own personal attributes in relation to another individual’s attributes. Social comparison involves examining how accurate one’s personal beliefs and attitudes are as compared to other individuals. Festinger (1954) suggested that engaging in comparing oneself

with another individual is a spontaneous response (to the abilities, opinions, or performances of others) in which human beings engage. Social comparison is more likely to make when the comparison target performs very well or very poorly (Gilbert, Giesler, & Morris, 1995). Social comparison is most evident when individuals are uncertain of their self-evaluations about important attributes. Bandura (1997) proposed that judgment of adequacy involves social comparison processes.

Buunk and Gibbons (as cited in Guimond, 2006) described that social comparison is a process in which one compares with others to get information of oneself and one's social world. According to them social comparison is a fundamental human social interaction process.

In present research Buunk and Gibbons' definition of social comparison has been followed in respect of exploring the social comparison of married individuals in the domain of marital relationship satisfaction. The logic for using this definition is that it provides opportunity to understand the process of social comparison in exploring one of the interactional processes i.e., marital relationships. When the comparison other is superior or inferior to a married individual with regards to marital relationships, how does this comparison affect on the perceived quality of marital relationship satisfaction of the individual? The purpose of the present research is to examine how downward or upward comparisons with regard to marital relationships influence the marital relationships of married individuals. The focus of the research is on the positive consequences of downward comparison and negative influences of upward comparisons in the personal setting of marital relationships. It has been assumed that contrast effect will occur when married individuals engage in downward or upward social comparison with other married individuals around them on the dimension of marital satisfaction. In other words, when a downward social

comparison is made to some familiar other, the married individuals perceive a high quality of their marital satisfaction. On the other hand, comparison with others who are having better relationship than the self will decrease the perceived quality of their own marital relationships.

Classic and Neo-Social Comparison Theory

It is believed that Festinger was the first social psychologist to coin the term “Social Comparison” and to introduce the classic theory of social comparison. Later on it was realized that the general concept could not be claimed exclusively by him. In fact, this theory’s origins can be traced back to Aristotle and Plato. Plato spoke of comparisons of self with absolute standards. Aristotle was concerned with comparisons between people. Later, philosophers such as Kant, Marx, and Rousseau spoke on moral reasoning and social inequality (as cited in Suls & Wheeler, 2000)

As noted by Gilbert, Price, and Allan (1995) social comparison is phylogenetically very old, biologically very powerful, and is recognized in many species. Beach and Tesser (as cited in Suls & Wheeler, 2000) suggested that as Homo Sapiens began to emerge as a distinct species, there was a shift toward more specialization within groups and this required the ability to assess the domain in which one could specialize in order to enhance one’s status.

According to the social comparison theory proposed by Festinger (1954), human beings have a drive to evaluate their opinions, abilities and performance through comparisons with other people, especially in an uncertain situation or in the absence of objective standards to figure out their weaknesses and strengths.

Hakmiller (1966) presented the concept of downward social comparison. Wills (1981) presented an integrative theory of downward social comparison after getting inspiration from Hakmiller's study. Wills' theory proved to be a shift from the concern of self evaluation to the concept of self enhancement. Wheeler (1991) called this change 'neo-social comparison theory'. The main hypothesis of Wills' theory was that individuals can increase their low subjective well being by comparing themselves with doing worse than themselves. The individuals perceive that they could be as worse as the less fortunate others and they consider their own situation as better than others doing worse.

Later on, it was indicated that comparing with worse off others is not the way that is used only by people with low self esteem to enhance their self esteem (Wills, 1981) rather high self esteem individuals are more likely to make downward social comparisons (Suls & Wheeler, 2000). Buunk et al. (1990) proposed that comparisons could result in positive or negative consequences, regardless of its downward and upward direction (inconsistent with Wills' theory of downward social comparison).

Nearly more than 25 years after presenting classical social comparison theory (Festinger, 1954), the researchers started studying social comparison in the contexts other than discussed by Festinger (self evaluation). This change in perspective was called as a 'Neo-Social Comparison Theory' by Wheeler (1991). But Buunk and Gibbons (as cited in Suls & Wheeler, 2000) preferred to call this paradigm shift 'renaissance' of social comparison theory as it was the period when social comparison theory had gone through a 'rebirth' in which broader perspectives on social comparison were developed. These new perspectives considered other basic comparison motives of self-enhancement and self-improvement in relation to others rather than self evaluation. Subsequently, social comparison processes were explored

in a broad range of domains including coping (Vander Zee, Buunk, Sanderman, Botke, & Bergh, 2000); academic and work performance (Blanton, Buunk, Gibbons, & Kuyper, 1999; McMullen & Markman, 2000); happiness, emotion (Lazarus, 1999); and physical attraction (Morrison, Kalin, & Morrison, 2004).

Direction of Social Comparison: Upward and Downward Social Comparison

Since its introduction to social psychology, research has shown that social comparisons are more complex and these comparisons can play an active role in people's lives (Suls et al., 2002). The social comparisons we make have many facets but the most important is the direction of comparison. The direction of comparison, whether one compares to a better or worse than the self (upward and downward comparison, respectively) has been a central part of the social comparison theory (Latane, 1966). People make "worse than average" or "better than average" comparisons depending on the context and the nature of the comparison task (Moore, 2007) because such information may challenge people's self images and it may potentially threaten their self-identities (Morse & Gergen, 1970).

There are two directions of comparison, downward social comparison and upward social comparison. Upward comparison is one in which we are likely to motivate us to achieve more by comparing ourselves with the other person who is better than us on the comparison dimension. Upward comparison is often used to see whether it is possible to improve a situation by finding similarities with more fortunate people. People intentionally compare themselves with upward others so that they can improve their situations.

The downward comparison is the direction in which individuals are more likely to feel good about themselves by comparing with the person who is worse than themselves on the comparison dimension. Downward comparison theory emphasizes the positive effects of comparisons, which people tend to make when they feel happy rather than unhappy.

Social comparison occurs when people are confronted with information from the social environment, directly or indirectly, about their relative position on a particular domain. Research has shown that direction of comparison is linked with subsequent emotional reaction and the individual motivation for seeking the comparison will dictate the direction of comparison (Buunk & Ybema, 1997). For instance, the person, who is interested in reaching a higher level of social status, may seek upward comparisons and a person interested in self esteem protection may seek downward comparisons (Tesser & Campbell, 1985).

The direction of one's social comparison may reveal one's motive for making such comparisons (Taylor, Buunk, & Aspinwall, 1990). Downward comparisons are purported to serve a self-enhancement motive since these comparisons enhance one's self-evaluations (Tesser, 1988). Sometimes downward comparisons can have the opposite effect, causing one to feel bad about oneself (Michinov, 2001). Particularly, seeking similarities with less fortunate could be depressing for the individual on the domain of health.

Upward comparisons for the purpose of self-improvement are more likely to be employed by individuals with high self-esteem (Taylor et al., 1990; Ybema & Buunk, 1995). Still, some studies (see, for example, Aspinwall & Taylor, 1993; Martin, 1986; Salovey & Rodin, 1984; Testa & Major, 1990) found that upward comparisons can have a negative effect such as frustration and low self-esteem as the

comparison with better than the self can produce the feelings of one's own inferiority in the individual.

Festinger (1954) argued that individuals will generally have an upward drive for social comparison, which means that they will prefer to compare with someone better off. It has been generally assumed that upward comparisons (to those doing better than the self) produce negative effect and the downward comparisons (to those doing worse than the self) produce positive effects (Buunk & Ybema, 2003). A number of studies have demonstrated that under conditions in which self-evaluation and self improvement predominate, people prefer to compare their state with others who are better than themselves (Buunk & Ybema, 2003; Buunk et al., 2006).

Happily married individuals may through identification with upward targets derive positive affective consequences from exposure to such targets (Buunk & Ybema, 2003). On the other hand, a number of studies indicate that when people engage in social comparison in case of threat to self esteem, they prefer to compare themselves with worse off others (Crocker, Thompson, McGraw, & Ingerman, 1987; Friend & Gilbert, 1973; Smith & Insko, 1987; Wills, 1981, 1987; Wood, Taylor, & Litchman, 1985).

There is a specific relationship between pre-comparison affect and direction of comparison. The individuals with low self esteem are motivated to increase their subjective well being by engaging in downward social comparison and by focusing on their superiority in relation to worse off others (Wills, 1981). Contrary to this downward social comparison theory of Wills, (1981) there is another theory called Selective Affect-cognition Priming Model which describes that depressed primes negative thoughts about the self (Bower, 1981; Forgas, Bower, & Moylan, 1990) that have been associated in the past with adverse feelings. If the individuals have the

feeling of inferiority, they will be inclined to notice, select, perceive and interpret others as superior, leading to upward comparison under conditions of low subjective well being. Both theories, theory of downward social comparison and selective affect-cognition priming theory, suggest a relationship between pre-comparison affect and direction of comparison, but in opposite directions. According to downward comparison theory the individuals engage in downward comparison by focusing on their own superiority over those of similar others while selective affect-cognition priming theory suggests that individuals are inclined to perceive the other as superior by engaging in upward comparison.

By the end of the 1990s some of the studies indicate that comparing with less fortunate others was not the only way to bolster self esteem. Evidence emerged that individuals with high self esteem were more likely to engage in downward comparison, inconsistent with Wills' (1981) Downward Social Comparison Theory. There are different arguments to describe the reasons for this discrepancy, whether it was a result of a basic problem in the theory or the nature of different methods used to test the hypothesis (See, for example, Crocker et al., 1987; Wills, 1991; Wood, 1996).

In summary, according to the original theory of social comparison proposed by Festinger (1954), individuals use social comparison information because they are driven by a need for accurate perceptions of their abilities, opinions, and performances. They do so, as they want to have an accurate assessment of these abilities and opinions. However, later research provided evidence that people not only have a need to get an accuracy of their abilities and opinions but they also appear to be motivated to feel good about themselves and to develop a positive self evaluation. They do so by engaging in downward social comparison which enables them to perceive themselves in ways that are favouring them and to see themselves as superior

to others. In recent years the social comparison research has focused on the effects of social comparison on individual's self evaluation and their subjective well being (Surra & Milardo, 1991; Buunk et al., 1990) Following the central notion of Wills' (1981) theory of downward social comparison, the present research focused on the effects of engaging in downward social comparison (comparison with other married individuals who appear worse on the marital relationships than oneself) on the perceived quality of marital relationship. Wills assumed that individuals with low self esteem get benefit from downward comparison. However, another perspective of the potentially beneficial consequences of downward social comparison appeared to be related to the individuals with high self esteem. In current research the perspective that the individuals with high self esteem are also likely to engage in downward social comparison was taken into account.

Overall, this line of reasoning suggests that comparison with one's own situation with that of others who are doing worse in the same situation may be positive for the evaluation of the quality of marital relationship. The present research sought to explore both the positive consequences of downward social comparison on the marital relationship on the one hand, and the negative influences of comparing with others, having better relationships than others on the perceived quality of marital relationship satisfaction.

Motives of Social Comparison in Marital Relationships

It has been acknowledged that social comparison may originate from a number of distinct motives.

1. A first motive that has been proposed by Festinger (1954) is self evaluation in which the individuals evaluate their opinions and abilities by comparing themselves with others to get information about themselves in relation to others. Festinger suggested that social comparison is prompted by concern over one's standing on a dimension, which then leads to the choice of an appropriate target and consequent self-evaluation (Taylor et al., 1990).

2. The second motive for social comparison is self enhancement firstly introduced by Thornton and Arrowood (1966). It refers to the motive to feel good about oneself (Hakmiller, 1966; Taylor, 1995; Wood, 1989). The use of social comparison information for self enhancement has received considerable attention in the literature (Tesser, 1986; Wills, 1981; Wood, 1989). It has been evident that social comparison sometimes can be constructed in a way that bolsters well being. To enhance oneself one may compare oneself with worse off others. Individuals who feel better about their situation may be enhanced through comparison of themselves with other people who are less fortunate than themselves (Taylor, Wood, & Litchman, 1983; Wills, 1981).

As a function of downward social comparison, it might be encouraging for an individual to realize that things could be more worse (Wood et al., 1985). Although, sometimes downward comparisons can have the opposite affect, causing one to feel bad, specifically if one has a low sense of control i.e., over bad fortune and disease like cancer, aids etc (Michinov, 2001).

3. A third motive for individuals to engage in social comparison is self improvement (Berger, 1977; Collins, 1996; Wood, 1989). Self improvement is basically to provide motivation to do better at a task. When a motive for self improvement is activated,

individuals tend to engage in upward comparison, assumedly because they may learn from such comparisons (Lockwood et al., 2004). Upward others can serve as models for self improvement and therefore persons in stressful situations would prefer to have information and contact with better off others (Taylor & Lobel, 1989). Upward comparisons for the purpose of self-improvement are more likely to be employed by individuals with high self-esteem (Taylor et al., 1990; Ybema & Buunk, 1995).

It has been acknowledged that downward comparison is not the only way that leads to self enhancement. Individuals with strong desire for success inclined to engage in upward comparison to prove that they are as good as superior others (Wheeler, 1966). In addition, upward comparison sometimes provides a source of inspiration (Buunk et al., 1990; Major, Testa, & Bylsma, 1991; Taylor & Lobel, 1989) or identification (Collins, 1996).

All three of these motives are considered to regulate the behaviour in a specific direction. Self-evaluation tells us when it is time to stop working (e.g., when relationship is good enough) self-enhancement helps restore homeostasis in mood and relationship (the relationship is better than those of others) and self-improvement may increase the drive to achieve desired state (to improve the marital relationship).

In current research, the perspective of 'self-enhancement', introduced by Thornton and Arrowood (1966), the need of sustaining or reasserting the favorability of the individual's self which is acknowledged to be the second major reason to engage in social comparison has taken into account. The motive of self-enhancement gained attention after the downward social comparison theory of Wills (1981). He proposed that when individuals experience a threat to their subjective well being, the need for self-enhancement would prevail over that of the need of self evaluation. In the present research, the participants, married individuals, were given opportunities to

engage in downward or upward social comparison process by asking them to focus on the aspects of marital life in which their spouse was better or worse than most others with respect of their intimate marital relationships. It was assumed that married individuals would perceive a high quality of marital relationship satisfaction while engaging in downward social comparison because it will increase the salience of positive features of their relationships. The upward comparison of married individuals in the context of marital relationships was assumed to be related negatively to the perceived quality of marital relationship satisfaction as it generates the salience of positive features of the comparison others' relationships.

It means that by making downward comparison one will contrast oneself with others doing worse than oneself. It will highlight one's own superiority of relationships over others that would enable them to feel better of their own relationships. The upward comparison will lead them to contrast with others having better relationships than themselves and it will reflect a negative impact on their relationships. It would enable them to feel bad of their own marital relationships.

Approaches for Measuring of Social Comparison Selection

During the last two decades, research into when and how individuals compare themselves to others has flourished, using diverse methods and contexts (Buunk & Gibbons, 1997; Buunk & Mussweiler, 2001; Mussweiler, 2003; Suls & Wheeler, 2000). There are many techniques for measuring social comparison and they are altogether different with one another. These techniques may not agree with one another because of difficulties with the measures themselves or because they measure different motives for social comparison (Wood & Taylor, 1991) or because they have

been used in different contexts. Wood (1996) divided the procedures and measures into three general categories- selection, reaction, and narration.

The Selection Approach

This measure concerns the information participants seek while engaging in social comparisons. There are different measures used in the selection approach which are mentioned briefly below.

1. In the rank order method (Wheeler, 1966), participants complete a bogus test of some attributes and are given information about how they and other participants performed on the test. They are told that their own score ranks in the middle of the others' scores. Then they are given the opportunity to see the score of a person occupying another rank. One will either choose to see the score of someone who is ranked higher than oneself (an upward comparison) or lower than oneself (downward comparison). Wheeler (1966) devised this method to test the prediction from social comparison theory that the more motivated the person is to do well, the more likely the person will make an upward comparison.

This is not an ideal method (Wood, 1996) as the people having a middle rank in performance are seemed to be more interested to see the average score, not just one score of any other rank. Another drawback of rank order paradigm is that participants can not choose to avoid comparisons, they must choose which score they would like to see. This method has been criticized for the lacking of social comparison information that it provides to the participants (Wood, 1996). Another important criticism of this method is that it gives information on only one dimension of behavior whereas in everyday life people have information on different dimensions. So the rank order method does not have real world application.

2. Another method used in selection approach is affiliation method. In affiliation method the participants are told that they will experience an electric shock. They are given choice to wait with the persons who are also waiting for shock or to wait alone. Participants who affiliate do so in order to compare emotional reactions. Buunk et al. (1991) used affiliation paradigm in a study to find out the direction of social comparison in marital relationship of the participants. They found that the higher the degree of marital dissatisfaction the stronger was the preference for upward affiliation for having a desire to get information about others marriages (to improve one' own marriage).

This type of method has also some drawbacks. Individuals may wish to affiliate with similar others because they are attracted to them or because they expect them to be more compatible (Wood, 1996). But these criticisms are not very sound as the individual can be attractive to someone and still engage in social comparison.

Reaction Approach

The second general category of approaches used in social comparison research is the reaction approach. One type of reaction approach is comparative ratings in which the participants are asked to rate themselves relative to others on some dimensions. Lockwood, Dolderman, Sadler, and Gerchak (2004) used the reaction approach to measure the degree to which the married individuals viewed their partners as a central aspect of their own identity. They found that married individuals view the success of their spouses as their own success.

In present research the reaction approach has been used as a method to examine the impact of direction of social comparison on the perceived quality of marital relationship satisfaction. Keeping in view the aims and objectives of the

present research, reaction approach was considered to be the most suitable. The measure with different comparative ratings on domain of marital life was given to participants to rate their spouses relative to others around them. Moreover, the reaction approach was assumed to be more closely related to the objective of the research as the information to be obtained through this approach could be more rich and meaningful.

The individuals were asked to choose comparisons simply by selecting any one of the five given choices. The participants offered flexibility in choosing the response on the domain of social comparison in marital relationships.

Narration Approach

The third general category used in social comparison is the narration approach. People are simply asked to report about comparisons they make in everyday life. In this approach, the researcher gives up some control over the variables, and much experimental manipulation is not manifested in such studies. Oldersma and Buunk (1997) have used the narration method in an experimental study when they manipulated certain variables and asked couples to write down positive and negative traits of their partners. There are three basic methods for self recording of daily life events.

The first method is the interval contingent self recording, in which the subjects are asked to report their experiences at some predetermined regular intervals. Signal-contingent self recording is the other method in which the respondents are instructed to report their experiences whenever signaled by the researcher. These are often referred as beeper studies (Csikszentmihalyi, Larson, and Prescott, 1977; Hurlburt, 1979; Klinger, 1978). While event-contingent self recording is third method used in

narration measure in which respondents report on a defined class of events whenever the particular event is occurred.

The main problem with retrospective method is that individuals may not be able to report accurately their comparisons. Sometimes they may not be aware of them and sometimes they may be reluctant to express their social comparisons behavior since it is considered as undesirable. Also, recall for comparisons may be distorted by mood or some other events.

Social comparison process becomes very flexible under naturalistic conditions lacking control and constraints imposed by the experimenter (Ross, Eyman, and Kishchuk, 1986; Ruble and Frey, 1991; Suls and Wills, 1991; Wills, 1991). Suls and Wills (1991) believed that results of social comparison can best be obtained through retrospective accounts.

Measures of Social Comparison Tendencies

Various measures have been proposed to identify social comparison tendencies. Some of the measures are as follows:

Marital Comparison Level Index by Sabatelli (1984)

Marital Comparison Level Index is based upon the interpersonal processes highlighted by the exchange perspectives of Kelley & Thibaut (1978), with a particular focus on the comparative processes. According to this social exchange perspective, the level of outcomes gained relative to the comparison level (the standard by which people evaluate their satisfaction with the outcomes) determines the persons' relationship. It is assumed that the less the outcomes derived from a

relationship, the less would be the reward gain, and the more the complaints would eventually emerge.

Based on this conceptual framework, Sabatelli (1984) designed a uni-dimensional construct MCLI reflecting an individual's perception of the degree to which the outcomes derived from the marital relationship match one's expectation with reference to various marital areas.

Social Comparison Scale by Allan and Gilbert (1995)

Allan and Gilbert (1995) developed 11 items scale of social comparison on the global dimensions considered to be relative judgements of rank and status. According to Allan and Gilbert social comparison, serving the formation of social ranks, tends to use dimensions such as inferior-superior, weaker-stronger. However, in humans there appear to be two primary dimensions of social rank. They may be derived from comparisons of relative strength, power, aggressiveness, and from social attractiveness or talents.

Allan and Gilbert used five bipolar constructs: inferior-superior, less competent-more competent, likeable-less likeable, less reserved-more reserved, left out-accepted by using the semantic differential approach to social comparison. Social comparisons are important social judgements and a semantic differential approach to its measurement was considered to be useful as it could be adaptive to explore the salient social dimensions.

Social Comparison Scale by Razi and Khalique (2001)

Razi and Khalique (2001) developed 9 items Social Comparison Scale on different dimensions of comparisons. The scale is based on the social dimensions, ie.,

achievement, confidence, health, persuasiveness, physique, and popularity etc, derived from the student' population, over which they usually compare themselves with people of their sex around them. As such the scale based on the opinion of normal people and may also be taken to be a yardstick for comparison of problem people (Razi & Khalique, 2001).

Dispositional Envy Scale by Smith, Parrott, Diener, Hoyle, and Kim (1999)

A Dispositional Envy Scale was proposed by Smith et al., (1999) to measure the participants' envy reported during random moments over a course of 2 weeks. This envy report is assumed to assess the general tendencies to feel envy across multiple domains of comparison. Those high on DES tended to respond with greater envy and jealousy to the upward comparison than did those low on the scale. According to the Smith et al., (1999) the DES could be useful in determining when people will assimilate to upward comparison and when they will contrast themselves.

Theories of Social Comparison

Several models and theories have been introduced by different researchers to understand the concept of social comparison.

Downward Social Comparison Model by Wills (1981)

Social comparison received an additional boost with the publication of a theoretical paper on downward comparison by Wills (1981). Wills proposed that individuals can increase low subjective well being by comparing with worse off others. He also suggested that people with low self esteem are more likely to make

downward comparisons because of their motivation of self enhancement. People generally compare with others to enhance their own feelings of themselves, to feel like they are among "good people" or that they are in a better situation than others.

Individuals experiencing discontent in their close relationship may improve the evaluation of their relationship by comparing themselves with others doing worse (Buunk, Oldersma, & De Dreu, 2001). The focus on self enhancement in downward comparison provided a departure from the classic social comparison theory, with its influence on self evaluation (Suls & Wheeler, 2000). Wheeler (as cited in Suls & Wheeler, 2000) referred this perspective as 'neo-social comparison theory'. Classical social comparison theory deals with the need to hold an accurate self evaluation in respect of abilities and opinions while neo-social comparison theory concerns with the self enhancement through comparing with worse off others.

Oldersma and Buunk (1997) proposed important implications of downward social comparison theory by concluding that individuals who face problems in their close relationships consider their relationships in a more positive way when they compare with others who have relationships not better than themselves.

Self-Evaluation Maintenance Model by Tesser (1986)

In his self evaluation maintenance model, Tesser (1986) has argued that psychological closeness can lead to two different evaluation processes reflection process and comparison process. One's self evaluation can be raised by another's good performance (the reflection process) or lowered by another's good performance (the comparison process). The accomplishments of persons close to others can bolster their self feelings (by reflection process) or threaten their self feelings (by comparison).

The SEM model suggests that the more important or relevant a performance dimension is to one's self identity, the greater the tendency to suffer by comparison to a close other's outstanding performance. The less relevant the performance dimensions to one's self identity, the greater the tendency to engage in reflection. The effects on self are more pronounced with psychologically close others than with psychologically distant others. Beach and Tesser (1993) proposed that our self feelings about the self (performance and ability, opinion) are often the result of learning about the performance of others, particularly the performance of those who are psychologically close to us. The good performance of people with whom others have nothing in common and little association or connection has little impact on their self feelings. On the other hand, the good performance of friends or relatives can affect others greatly.

Upward Assimilation Model by Collins (1996)

Generally direction of comparison was considered important to study because it indicated whether one was looking for favorable or unfavorable information about the self (Buunk, 2001). Most of the studies are based on two assumptions, one that the consequences of comparisons depend on the motivation of the individuals (see for example, Major et al., 1991). Second, that the process involves contrasting process of social comparison, to feel good after downward comparison and bad after upward comparison, of one's abilities or attributes with those of others (see for example, Tesser, 1988). Upward assimilation theory of Collins (1996) challenged both assumptions. Collins (1996) argued that studies of other relativistic judgments have shown to be influenced by both assimilation and contrast (Manis & Paskewitz, 1984; Parducci, 1964) and the same is true of social comparisons.

In upward assimilation theory Collins (1996) proposed that the evaluative implications of social comparison depend on two factors, the direction of the comparison and the comparer's expectation that he or she will be similar to the comparison target on the characteristics being evaluated. The main assumption of the model is that comparers can see themselves as having the same ability or attributes as persons who are better than themselves. Assimilation effects occur when people conclude that the target is in some way a part of their current or future self. In upward assimilation the self and the better off are not considered 'the different', rather the better off individual may provide an interpretive frame for viewing the self.

Downward contrast effects occur when the target is considered to be different from the current or future self because most people believe that they possess positive characteristics rather than negative ones (Alicke, 1985). Expectations of similarity to some one doing poorly are likely to be rare (Collins, 1996). Thus, upward assimilation effects and downward contrast effects produce substantially the same positive result (Collins, as cited in Suls & Wheeler, 2000).

Broemer and Diehl (2004) conducted a study to determine whether social comparison yields assimilation or contrast in romantic relationships. They predicted that people want their romantic partners to see and evaluate them positively. Individuals avoid seeing their partners more positively when their evaluations are assimilated to superior others or contrasted away from inferior others.

Identification Contrast Model by Buunk and Ybema (1997)

Buunk and Ybema (1997) proposed an identification contrast model. The model assumes that upward as well as downward comparisons may be interpreted in a

positive or negative way, depending on whether one contrasts or identifies oneself with the comparison target.

Upward identification. Upward identification means perceived similarities between a better off person and oneself and a belief that one could achieve the other's position (Vander Zee, Buunk, Sanderman, Botke, & Van den Berg, 2000). This might lead to the development of positive feelings and sense of self - worth. Lockwood and Kunda, (1997) found that superstars (sportsmen, film stars, anchors, etc) led to inspiration and self enhancement when their success was viewed as attainable. Among cancer patients upward identification has been positively related to coping strategies (Van der Zee et al., 2000) and among elderly people it has been positively related to life satisfaction (Frieswijk, Buunk, Steverink, & Slaets, 2004).

Upward contrast. Upward contrast means perceived distance from better off other and a belief that one could not achieve the others position. Individuals may view the superior others as a competitor who has beaten them, which sometimes leads to the development of a sense of inferiority and negative feelings.

Downward identification. In case of downward identification, individuals view themselves as similar to others who are doing worse or as a possible future for oneself which generates negative feelings.

Downward contrast. In case of downward contrast, one may distance oneself from a worse off other by focusing on differences with a worse off other and by viewing the other's position as avoidable. Downward contrast produce positive results, for example, Beaumont and Kenealy, (2004) provided evidence that downward contrast has been positively related to judgments of the quality of life among elderly people and to self esteem among students (Aspinwall & Taylor, 1993).

Buunk and Ybema (2003) conducted a study to explore the contrast and identification effects in marital relationships and demonstrated that higher level of marital quality led to less identification with the downward targets and to more identification with the upward target. Happily married individuals may, through identification with upward targets, derive positive affective consequences. While in a state of contrast, the evaluation of one's own relationship may be more positive after being exposed to downward targets than after being exposed to an upward target (Buunk & Ybema, 2003)

In the present research, the Identification Contrast Model (Buunk & Ybema, 1997) of social comparison has been followed. It was intended to measure the positive effects of downward social comparison and negative effects of upward social comparison to identify that how the contrast in upward and downward comparison are related to the perceived quality of marital relationship satisfaction.

An established finding from the literature is that a contrast effect occurs in which individuals generally experience positive affect when making downward social comparisons and negative affect when making upward comparisons. The idea behind the notion is that comparing with someone who is better off prompts an unfavourable self image, whereas comparing oneself with those who are worse off enhances one's self image. On the domain of marital relationships people are assumed to attempt to enhance and sustain the positive image of their relationships with their spouses by engaging in downward contrast.

Considering that direction of comparison has significant consequences for individuals and that these are likely to be salient to married individuals as well, it is assumed that both the downward contrast and upward contrast are likely to be encountered in marital life of married individuals.

Proxy Comparison Model by Wheeler et al (1997)

According to the Proxy Comparison Model (Wheeler et al., 1997) individual who is similar to us on a particular dimension is called proxy. One expects to perform at the same level that of the proxy on a new task if one's history of performance on some initial relevant task is similar to the proxy's history of performance on that task and the proxy is known to have exerted maximum efforts on that task.

During the process of self evaluation in comparison with others we use others similar to ourselves as proxies, and their past and current opinions and behavior to interpret and predict our own inclinations and abilities. The Proxy model anticipates the success of something that is unfamiliar. The model proposes that if a person is successful or familiar at one task, then the person would also be successful at a similar task. The proxy model prescribes how social comparison information can be used to address the evaluative question, 'Can I do X?' Smith and Sachs (1997) who did not consider the role of the proxy's effort, found that information about proxy's prior performance influenced subject's performance predictions.

The model pertains to a situation where an individual confronts a novel task on any domain of life, it might be impossible for him to complete that task because of its novelty. Individual attempts to formulate an accurate performance prediction before committing to the task. Social comparison may facilitate prediction accuracy. The person who already has completed the task may function as a substitute or proxy for the self in anticipating one's own performance (Martin, as cited in Suls & Wheeler, 2000).

There are three basic types of opinions for which we use social comparison for evaluation - current preferences, future preferences, and beliefs. With beliefs, we tend to choose proxies who share similar attributes to ourselves, such as background,

religion, politics, or general world views. We often base our beliefs on those of experts, our trust in expert opinion can be overridden when an expert does not have these attributes in common. With current and future preferences, it seems that similar past behavior is more important than attributes in proxy selection. The proxy model is most suitable in the situation where individuals have to face a novel task that might be a difficult one as well. Under certain circumstances to compare with others who already have undertaken the novel task may serve as a proxy for the self in predicting one's performance.

The Relationship of Social Comparison to Self Esteem and Depression

Self esteem is thought to be in large part relational in nature. Self esteem can be defined as a barometer of the extent to which people believe that others value them as relationship partners (Leary & Baumeister, 2000). Social comparison occurs in many forms of interaction. Early researches in social comparison were concerned with situational influences on comparison behaviour than the influences of individual differences. This change was created by the downward social comparison theory (Wills, 1981) which proposed that low self esteem individuals are more likely to make comparisons with worse off others for self enhancement. Contrary to this concept, Beck's (1967) cognitive model of depression suggested that depressives' systematic bias against the self is reflected in their tendency to compare themselves with better off others.

Later on the self-contingency model of depression (Kuiper & Olinger, 1986; Swallow & Kuiper, 1988) argued that the self worth of depressives is contingent on positive performance evaluations and the resulting approval of others. Perceived

threats to self worth activate dysfunctional social comparison processes leading to negative self evaluations. Thus cognitive depressive model proposed that depressives engage in dysfunctional social comparison (upward) while downward social comparison theory (Wills, 1981) predicted that low self esteem or depressive individuals are more inclined to have functional comparisons (downward) for self enhancement.

Wheeler and Miyake (1992) used the Social Comparison Record (SCR) technique in a study and found that participants with high self esteem made more downward comparisons which further increased positive affect. On the other hand, Wood, Giordano, Taylor, Michela, and Gaus (1994) showed evidence that low self esteemed individuals made comparisons for underlying motive of self enhancement when it was safe to do so while high self esteemed individuals used social comparisons to compensate for failure by comparing with others on dimensions other than the dimensions of failure. People with high self esteem have the motivation to achieve more by using their talents and skills while low self esteemed people want to have a self protection and they try to minimize their weaknesses.

Some other empirical evidences concerning whether high or low self esteem people are more likely to engage in downward comparisons have yielded a very confused picture (DeCremer, 2001; Wheeler & Miyake, 1992; Wood & Lockwood, 1999). The weight of evidence presently favours the view that high self esteem people are more likely to engage in downward social comparison (DeCremer, 2001). In a research conducted by Wheeler and Miyake (1992) self esteem was positively related to a number of downward comparisons on the life style dimension. They found that high self esteem respondents made more downward comparisons than did low self esteem respondents.

Crocker et al. (1987) found that individuals with high self esteem are more likely to self enhancement social comparison when threatened. There is a considerable body of evidence that high self esteem individuals are more likely to engage in self enhancing strategies (Taylor & Brown, 1988).

People with high self esteem tend to focus on their own superiority by engaging in a downward social comparison (Wheeler & Miyake, 1992). Wood et al. (1994) have suggested that individuals with high self esteem are more likely than people with low self-esteem to seek what Baumeister and Jones (1978) have called “compensatory self enhancement” (Baumeister, 1982; Josephs, Markus, & Tafarodi, 1992). Compensation strategies can be direct, such as overturning one’s failure in a second attempt (McFarlin, Baumeister, & Blascovich, 1984) or behaving in a way that disconfirms unfavorable information about oneself (Steele & Liu, 1981). The individual may compensate indirectly by emphasizing his abilities in other domains (Baumeister, 1982; Steele & Liu, 1981). The influential sociometer hypothesis (Leary, Tambor, Terdal, & Downs, 1995) proposes that self esteem acts as a monitoring and motivating system involved in the maintenance of interpersonal relationship.

Buunk and Ybema (2003) examined the effects of social comparison upon mood and found that an upward target evoked a more positive mood, and a less negative mood than downward targets. They demonstrated that upward and downward comparison may have affects upon mood that are opposite to those upon self evaluation. Several theorists have suggested that depressed individuals are characterized by an absence of motivation to protect self esteem (Abramson & Alloy, 1981). In contrast, Morrow and Nolen-Hoeksema (1990) hold the opinion that depressed people are more open to social comparison information because of their tendency to think over negative events. Conversely, non-depressed individuals are

likely to cope with negative events by distracting themselves from the situation and eventually avoiding social comparison information. While depressed individuals are more prone to cope by thinking about the event and seeking social comparison information.

All of the studies described above were concerned with depression and self esteem and showed consistent results that high self esteem individuals made downward social comparisons after failure or poor performance to maintain high self worth. On the contrary, results of some other studies revealed that downward comparison is not always the choice of high self esteem individuals.

In the present research, the variables of self esteem and depression have been used to determine the validity of the measure, Social Comparison in Marital relationship Measure, developed in the first part of the research by the researcher to be used in the main study. The assumption is that individuals with high self esteem are likely to engage in downward social comparison on the domain of marital relationship. The variable of depression was also likely to have negative correlation with downward social comparison.

Consequently, based on previous literature, it is expected that married individuals with high self esteem would prefer to compare with others having relationships not better than themselves. This downward comparison would lead them to get a superiority of their own relationships over those of others. Previous researches (Taylor et al., 1990; Wayment & Taylor, 1995) have suggested that the use of personal standards information allows one to access only that portion of one's beliefs that is relevant to a particular motive of social comparison. For instance, when self enhancement needs are dominant, one may access information about one's self that

makes one feel good. High self esteem is assumed to be associated with better marital relationships.

Gender Differences and Social Comparison in Marital Relationship

Festinger's theory of social comparison is based on the assumption that in the absence of objective standards, people evaluate their abilities, opinions, or emotions by comparing themselves with others around them. Similarly, one's marital relationship can be evaluated by comparing one's own input/outcome ratio with the input/outcome ratio of comparison others (Adams, 1965; Walster, Walster, & Berscheid, 1978). Since gender based role patterns in marital relationships were dominant until 1980s', individuals compared their marital inputs and outcomes mainly with those of the same sex others instead of comparisons with their partners and such comparisons are called referential comparisons (Austin, 1977; Buunk & Van Yperen, 1989). They are called referential comparison because same sex other comparison targets are used as a reference in the comparison process.

Very different social roles are generally assigned to women and men (Eagly, 1987). These roles are translated into stereotypical beliefs about typically female attributes and typically male attributes (Williams & Best, 1986, 1990). Women, for example are supposed to be very soft and nurturing while men are viewed as dominating and egotistic. These stereotypes overlap with self perceptions of women and men (Bern, 1974) and they are not restricted to some specific cultural boundaries. Rather these gender stereotypes are found in many countries (Williams & Best, 1990). Such consensus might reflect sex differences that are genetically determined (Bakan, 1966; Gabriel & Gardner, 1995).

Sometimes traditional gender roles are likely to be important in providing the cultural context within which the people's expectations of their relationships take place. During the last three decades women's movement became very influential and the men women relationships have been changed. Particularly, in Western countries the woman is not considered now as a full time homemaker and the man is no more the single money maker. An egalitarian relationship has become more desirable in which the roles of men and women are supposed to be more balanced (Rachlin, 1987; Sekaran, 1986).

Egalitarians believe that there are no essential differences between men and women and consider their partners as relevant comparison targets while individuals with traditional sex- role beliefs consider referential comparisons; they tend to compare themselves with same-sex others on different domains of marital life by using same sex others as reference in comparison (Austin, 1977).

Close relationships are an important and complex part of people's lives. These relationships are a source of much happiness and distress that people experience and they provide a substantial part of social context within which a person's other interactions take place (Donaghue & Fallon, 2003). As a satisfying marital relationship is considered to be significant to the positive experience of life, a considerable amount of research in this area has addressed the question of factors influencing these relationships.

Many theorists posit that satisfaction is not determined by the objective level of rewards individuals receive but it is determined by rewards they obtain from their partners in comparison of other individuals. Thibaut and Kelley (1959) proposed equity theory which suggested that one of the ways to evaluate one's outcomes is by comparing these outcomes to those of other group members. Equity theory has

stimulated a good deal of research into the relationships between relational comparisons and feelings about close relationships (Adams, 1965; Hatfield, Utne, & Traupmann, 1979; Walster et al., (1978). Equity theory gained importance in the mid 1970s with the growing recognition of equality of men and women and with the need to change attitudes towards the roles of men and women in marital relationships.

Equity theory assumes that individuals assess the equitableness of their relationship on the basis of their own input/output ratio as compared to their partners. Inequity is perceived when people believe that they are getting more from their relationship than they are putting into it (i.e.,over-benefiting) or when they perceive that they are contributing more than they are receiving (i.e.,under-benefiting). Hatfield, Traupman, Sprecher, Utne, and Hay (1985) concluded that people who view their relationships equitable have the highest level of satisfaction because an important factor of egalitarian relationship is the equal distribution of all the responsibilities for both of the spouses.

In close relationships, individuals can make comparison by two strong sources of comparison. They can compare their situation with their partners which is called 'relational comparison' or with those of other people they know well and it is called referential comparison (Van Yperen & Buunk, 1994). The basic assumption underlying the application of equity theory to close relationships is that the partners see each other as relevant for comparison (relational comparison). In other cases, other sources of comparison may provide the information that can be used to evaluate their relationships. Buunk and Van Yperen (1991) suggested that people's assessment of their own relationships in comparison with those of other people they know of the same sex is a strong contributor of satisfaction with the relationships. Men and women tend to evaluate their relationships by comparing their situations to those of

other people of the same sex rather than by comparing with their partners (Van Yperen & Buunk, 1991). The roles of men and women are not congruent and women do significantly more of the work in their relationships than men do (Hochschild & Machung, 1989).

Major (1987) suggested that women may have lower referent outcomes. That is, they feel they receive what they deserve even when it is less than men receive on the basis of their expectations, and on the basis of comparisons with other women. Women may feel worse off when compared to their partner but they may feel that they are better than other women leading to marital satisfaction.

In the present research it is intended to explore gender differences in using the downward or upward direction of social comparison with the domain of marital relationship satisfaction.

Social Comparison Orientation as an Individual Difference Characteristic

There are evidences that not all individuals are equally inclined to engage in social comparison (Brickman, & Bulman, 1977; Hemphil & Lehman, 1991) and there are individual differences in the tendency to engage in social comparison (Taylor, Buunk, Collins, & Read, 1992; Wills, 1981). It means that social comparison information may be more important for some individuals and may not be so important for some others. Research also has found reliable individual differences in the ways in which social comparisons determine reactions to the social comparison orientation (Buunk & Gibbons, 2007; Gibbons & Buunk, 1999).

A research by Gibbons and Buunk (1999) indicates that individuals differ in their need for social comparison. They proposed the concept of Social Comparison

Orientation (SCO) to refer to the personality disposition of individuals who are strongly oriented to social comparison. Such individuals have a tendency to relate the circumstances of others to themselves; they evaluate their own characteristics, abilities, and opinions by comparing with others.

In a series of studies, Gibbons and Buunk (1999) demonstrated that social comparison orientation is related to the feelings of uncertainty, neuroticism, and interpersonal orientation. Individuals high in social comparison orientation are highly inclined to remain uncertain about themselves and have a strong tendency to depend upon other people. Those high in social comparison orientation seem to have high activation of the self (Gibbons & Buunk, 1999) as apparent from their tendency to mention more first person noun when trying to guess the correct translation of pronouns from an unknown language (Stapel & Tesser, 2001). Gardner, Gabriel, and Hochschild (2002) suggested that social comparison seems to be associated with a sense of independence that is oriented toward differentiating oneself in a competitive way from others. But Buunk and Gibbons (2006) argued that social comparison orientation is different from competition and refers more to a prosocial orientation and to an interdependent self.

People strongly oriented to social comparison tend to need and employ others more often as a basis to evaluate their own situation. When individuals experience relational distress, they are more likely to develop feelings of satisfaction through comparison with others doing worse. Several social comparison researchers (Buunk & Gibbons, 2006) have concluded that individuals may vary in their need to compare themselves with others. Gibbons and Buunk (1999) have developed a scale, Iowa Netherlands Comparison Orientation Measure (INCOM), to measure social comparison orientation. Various studies using the INCOM have indicated that the

effects of social comparison information are more obvious among individuals with a strong social comparison orientation (Buunk et al., 2001).

An emerging literature on individual differences in social comparison styles (Buunk & Gibbons, 2000; Gibbons & Buunk, 1999) has found stable differences that describe relationship of social comparison orientation with negative consequences i.e., individuals high in social comparison orientation are inclined to make upward comparison (Lyubomirsky & Ross, 1997; Lyubomirsky, Tucker, & Kasri, 2001; VanderZee, Buunk, & Sanderman, 1996). Important research by Buunk et al., (2001) indicates that, for individuals with strong social comparison orientation, confrontation with an upward target evokes less identification and confrontation with a downward target evokes more negative effects. Conversely, Buunk, Zurriaga, Peiro, Nauta, and Gosalvez, (2005) found that physicians high in social comparison orientation tended to experience negative effect from upward comparisons but not from downward comparisons.

Several researchers have considered the relationship between frequency of social comparisons and unhappiness in the laboratory (Swallow & Kuiper, 1992). According to classical social comparison theory, individuals who are frequently engaged in social comparisons could be happy if they believe that they are better than others with whom they compared themselves (Wills, 1981; Wood et al., 1985).

In a research conducted by Lyubomirsky and Ross (1997), happy and sad individuals were given the opportunity to compare themselves to better off or worse off individuals. It was concluded that happy individuals had less affective vulnerability to the social comparison information.

There is some evidence that some of the destructive emotions i.e., jealousy, hostility, frustration, anger, and anxiety have positive interpersonal outcome

(Baumeister, Stillwell, & Heatherton, 1994), yet very frequent occurrences of these destructive emotions and behaviors are considered to be unpleasant and less worthy for well being. Gibbons and Buunk (1999) have measured individual differences in social comparison styles by using a self report measure that focused on seeking social comparison information. It has been found that high social comparison orientation results from uncertainty about self-worth and frequent social comparisons have a negative effect. It means that the frequency of social comparisons has negative implications for interpersonal and inter-group relations. People might have intentions to make social comparisons in order to enhance well being or to cope with a threat to self esteem. Wheeler and Miyake (1992) and Suls, Lemos, and Stewart (2002) found in their respective researches that individuals with high self esteem have the tendency to do this. Yet, highly frequent social comparisons are more likely to experience destructive personal and interpersonal emotions. The relationship between frequency of social comparison and well being is reciprocal and interactive.

Kernis, Paradise, Whitaker, Wheatman, and Goldman (2000) suggested in a study that social comparison orientated individuals may have low self-respect or sense of self worth. Another idea is that they may be insecure (Maslow, Hirsh, Stein, & Honigmann, 1945) or their sense of self is contingent on the results of comparisons with others (Crocker & Wolfe, 2001; Deci & Ryan, 1995). The view is that people simply learn to make frequent social comparisons and rely on them (Bandura, 1977, 1978).

The high frequency of social comparisons may result from a lack of awareness or problems in selectivity, recall, and aggregation (Wood, 1996). Sometimes people use social comparison information in a way that they feel a decline in mood after making a comparison with others. Individuals high in stress report less favorable

feelings following comparison with others (Buunk & Ybema, 1995). It is due to their lower level of perceived control. Rather there are some researches providing evidences that individuals low in perceived control are inclined to interpret social comparison information in a more negative way (Major et al., 1991). Individuals low in perceived control may feel that reaching the position of a better off other or avoiding the position of a worse off other is beyond their power. Similarly, individuals high in neuroticism tend to be prone to focus on negative features of social comparison information (Vander Zee et al., 1998). These individuals are characterized by having high levels of self-consciousness and strong feelings of anxiety, depression, and hostility (McCrae & Costa, 1990).

In present research, the notion of individual differences in social comparison orientation is introduced in the main study. There may be individual differences in the tendency to compare oneself with others. The current research explored the role of social comparison orientation by examining the extent to which the consequences of direction of comparison to marital relationship satisfaction are moderated by married individuals' orientation toward social comparison. Since individuals, high in social comparison orientation are more uncertain about them, they are assumed to use the standing of others to evaluate themselves on a particular domain.

Those, high in social comparison orientation, are supposed to feel threatened by the comparison with others doing better on the comparison dimension. The higher the social comparison orientation, the more negative affect individuals supposed after an upward social comparison. Therefore, it is assumed that the upward comparison may become a cause to perceive the low quality of marital relationship satisfaction particularly in those who have a strong tendency of social comparison orientation. It has been further suggested that downward comparison would have a positive effect on

evaluation of the relationship of married individuals with higher orientation of social comparison.

The fact that those high in social comparison orientation tend to respond negatively to upward social comparison may be interpreted as indicating that they view the situation of comparison as reflecting the inferiority of their own relationships over those of others. The idea that other married individuals are enjoying a happy relationship could be threatening for those not having good quality of marital relationships.

Generally, people who are inclined to make spontaneous social comparisons, therefore, tend to be unhappy, more vulnerable to the affective consequences of social comparisons. They are more likely to be involved in social comparisons, as a result of being in a self focused state and consequently being unhappy. More and more frequent social comparisons as a coping function may serve to reinforce the frequency of social comparisons that may reduce the sense of well being.

Marital Relationship Satisfaction

Study of marital relationships has attracted widespread attention from different perspectives. A good marriage, a working partnership based on love and mutual respect, can be an important source of happiness in people's lives. Marital adjustment is the state in which there is an overall feeling of happiness and satisfaction with their marriage and with each other (Veenboven, 1983). Although marriage remains the universal institution, its purpose appears to have been modified overtime. Traditionally sexual behavior has been regulated by the society through the institution of marriage. Significant reasons for marriage to be continued in today's society are

love, companionship, and for expectation fulfillment. "We are in love" is the most frequently given explanation for marriage (Knox, 1985).

Most couples, when they enter into a marriage, have explicit and implicit expectations of what marriage would be like. Some of these expectations are realistic and others are probably unrealistic. Some are based on the relationship with the intended spouse; others develop from earlier socialization process. A good marriage is the most rewarding experience life can offer (Smith, 1961). It is like heaven on earth (Veehoven, 1983). It makes a person feel adequate, desired, approved, and complete to a degree which is not available in any other human relationship (Coleman, 1964). However, a good marriage does not happen, it has to be worked out (Kumar & Rohatgi, 1989).

The most ideal marital mutual relationship continues to grow till the death of one partner. Although, such a marriage is rare in Western societies but not in Pakistan where not only the ideal but most of the marriages are committed till the death of one partner irrespective of mutual ideal understanding. In Pakistan, marriage is a life-long commitment that demands obligation and sacrifice from the women and there is little room for failure in a marriage in the social norm network (Qadir, DeSilva, Prince, & Khan, 2005). The divorce rate in Pakistan is 0.3 per 1000 population (Khan & Raza, 1998) which is relatively low compared to Western countries. Menniti and Palomba (1994) reported a rising divorce rate in Italy from 3 percent to 8 percent during 1980-1991 mainly due to instability in marital conditions. Kposowa (1998) found that almost half (47%) of unions among African American women were expected to dissolve by the end of 15 years of marriage, compared to an expected seventeen percent of unions among white women ending after 15 years of matrimony.

A number of studies (Orbuch, House, Mero, & Webster, 1996; Peterson, 1990) describe a 'U' shape pattern of marital satisfaction in which marital satisfaction is assumed to decline in the early years of marriage (often corresponding with the arrival of children), and then rising again in the later years of marriage (often corresponding with the departure of children from the home). The task of parenting, according to Nomaguchi and Milkie (2003) is associated with increased marital conflict. Many marriages suffer because the couples fail to establish a relationship based on mutual love, affection, care, and concern in a shared role relationship. Ruch (1970) has suggested that being right person in marriage is more a matter of becoming the right person. This becoming the right person requires considerable change in the personalities of the individuals and causes a great deal of stress in the process.

Generally, most marriages show a decline in satisfaction over time. If the rate of decline is sharp the marriage commitment may not continue. Sometimes marriage becomes very unstable, sometimes satisfying, but often disrupted by conflict and clashes. There are plenty of reasons for marital unhappiness including but not limited to children, communication-style differences, religious and/or ethnic differences, as well as familial abuse (Bradbury, Fincham, & Beach, 2000). Couples who stay married despite being unhappy may do so for the sake of their children, economic dependency, religious beliefs, or the unwavering belief that a marriage is to be lifelong (Previti & Amano, 2003) while studies in the West suggest that women generally report lower satisfaction than men in marriage (Fowers, 1991; Schumm & Silliman, 1996). It has also been suggested that the higher the level of marital dissatisfaction, the more at risk women are to having a mental illness (Whisman, 1999).

Similar associations have been reported in studies conducted in Non-Western countries such as China (Shek, 1994) and Zimbabwe (Abas & Broadhead, 1997). On the one hand, marriages are reported to be associated with increased psychological well-being (Galambos, Barker, & Krahn, 2006), on the other hand low-quality marriages have significant negative effects on overall well-being. Unhappy marital relationship is associated with significantly lower levels of overall happiness, life satisfaction, self-esteem, and overall health along with elevated levels of psychological distress compared to remaining otherwise continuously married (Daniel & Allan, 2005).

It has been pointed out that marital discord, mental, and physical abuse from husband, helplessness, low self esteem, childlessness, and financial constraints are some of the salient psycho-social stressors for married women in Pakistan (Fikree & Bhatti, 1999; Niaz, 2001; Rabbani & Raja, 2000). Pakistani women are constrained by traditions that enforce extreme submission to men (Qadir et al., 2005). In collectivist societies, such as Pakistan, marriages are usually arranged and the principal purpose of marriage is the fulfillment of communal and familial obligations as opposed to individual ones (Triandis, 1995), and love is supposed to follow marriage rather than be a precondition (Gosh & Kurian, 1983). So the major reasons for entering a marriage are not necessarily companionship, romantic love and the achievement of instant individual happiness. Rather, it is primarily the fertility, performance and the alliance of two family groups. This is certainly the case in the rural areas of Pakistan where literacy is low and most people belong to low and low-middle socio-economic class of the society.

Many theories in the social and behavioral sciences assume that satisfaction is not determined by the objective level of rewards individuals receive but by the

rewards they obtain in comparison to other individuals (Walster et al., 1978). Thibaut and Kelley (1959) suggested that one of the ways to evaluate one's outcomes is by comparing these outcomes to those of other group members.

Earlier, when husbands and wives did not consider one another as equals, they probably did not view each other as appropriate referent persons to evaluate how good a deal they were getting from their marriage. Scanzoni (1972) suggested that earlier men possessed most of the rights and privileges both in and out of the home. Since the 19th century, however, women increasingly began to seek rewards in addition to the well being of the partner and offspring, and began to challenge the rights and privileges of men (Thibaut & Kelley, 1959). The women's movement has emphasized the importance of gender role equality, and has, more than ever before, prompted men and women to question how well off they are in comparison with their partner.

For most individuals, the highly intimate and most meaningful and fulfilling aspects of their social lives revolve around their marital relationships. Relationships are a creative force with some very special properties. It can be suggested that the marriage relationship is a multidimensional phenomenon. Several propositions have been presented to explain the enhancement or the deterioration of the quality of couples' relationships. A great deal of research has been focused on marriages and the way in which couples interact (Gottman & Levenson, 1992; Levenson & Gottman, 1983; Revenstorf, Vogel, Wegener, Hahlweg, & Schindler, 1980).

However, what is most influential to marital interaction is a very significant question. Different factors for instance, the role of family matters, social and emotional matters, sexual and marital matters, financial matters, children related matters and religious matters may contribute in determining the levels of marital

satisfaction. All these dimensions of marital life could be understood as significant determinants of intimate relationship behavior.

Family Matters

Family is a fundamental kinship unit with personal and social ties. Some of the family affairs are considered to be very significant in maintaining marital, familial and interpersonal relationships. Family contexts include the immediate family environment and interactions between the individual and extended family members. Family Systems Theory views the family as a unit of interconnected people that reciprocally influence each other over time. Marital adjustment involves a number of issues related to family matters i.e., household activities, and making important decisions. Adequacy of role performance of both self and spouse and spouse's conformity to expectations emerged as the strongest predictor of satisfaction derived from playing family roles (Chadwick, Albrecht, & Kunz, 1976).

In Pakistani society, the interaction and resolution of interpersonal conflicts with the husband and in-laws is considered very important. In Pakistan, women are supposed to handle the family matters successfully and to cope with different situations quite effectively. Developing a family system provides meaning for family interactions and helps clarify roles and responsibilities within the family. Creating and maintaining family customs on a daily basis is an important part of family life in Pakistan.

According to Burgess, Locke, and Thomas (1963), a successful marriage may be defined as a union in which the attitude and acts of husband and wife are in agreement of the major family issues, such as dealing with the in-laws, objectives and values, and managing some other household activities. Families in which the

important decisions are shared and the household activities are managed with the agreement of both of the spouses, such families usually represent as a unit of interconnected couples who reciprocally influence each other over time.

Social and Emotional Matters

Any situation that requires a reform is called social problem and the matters related to emotional aspect of the life are called emotional matters. A very significant factor, which is important for marital relationship and adjustment, is mutuality of interests and joint participation of the spouses in different kinds of activities. Intimate emotional support, provided by a partner, is characterized as a sense of being cared about, loved, esteemed, valued as a person, along with having a confidant (Pierce, Sarason, Sarason, Joseph, & Henderson, 1996). Spouses can act as potential reservoirs for love and affection, providing both comfort and emotional security for one another.

To plan leisure activities as a couple that offers an opportunity for communication is very important for good marital relationship. Research has indicated that marital satisfaction is more closely related to good communication during leisure activities, some other had provided evidence of a clear link between the two (Noller & Fitzpatrick, 1990). Landra (2003) suggested that communication skills are important to marital communication; there are several other processes that must be considered, including the role of virtue, intimacy and companionship, and gender differences in communication. In a study by Appleton and Bohm (2001), companionship was found to be one of the primary themes associated with enduring marriages.

It was suggested by Weiten (1986), that happily married spouses talk to each other more frequently than unhappily married spouses, discuss a wide range of topics,

and discuss important decisions and personal problems more often. It can be argued that good communication facilitates a better relationship between spouses. A major problem in the marital relationship is finding time to spend together. Kingston and Nock found that the more the time spent in joint activity the more satisfying is the marital relationship of couples (Kingston & Nock, as cited in Hess, Markson, & Stein, 1988). Demonstration of affection, physical attractiveness (seeing each other as physically attractive), amount of time spent together, recreational activities, and appreciation for things done well are very significant contributors in maintaining healthy and intimate relationships.

Sexual and Marital Matters

Satisfaction with one's marriage tends to be a significant factor in overall happiness. Sexual satisfaction is an important aspect of marital satisfaction (Farley & Davis, 1980; Gebhard, 1966; Hurlbert, Apt, & Rabehl, 1993). A number of researchers have sought to identify factors that influence sexual satisfaction. Researchers have investigated sexual satisfaction and its relationship both to physical aspects of sexual performance (Darling, Davidson, & Cox, 1991; Darling, Davidson, & Jennings, 1991; Waterman & Chiauzzi, 1982) and psychological factors (Farley & Davis, 1980). Additionally, religiosity (Davidson, Darling, & Norton, 1995), gender-role perception or adaptation (Jobes, 1986; Rosenzweig & Dailey, 1989), cultural variables (Ah Song, Bergen, & Schumm, 1995), and a host of other factors (Hatfield, Greenberger, Traupman, & Lambert, 1982; Hurlbert et al., 1993; Schiavi, Mandell, & Schreiner-Engel, 1994) have been studied in relation to sexual satisfaction.

Because many marriages do work, with one or both partners experiencing relatively high levels of marital satisfaction, it can be inferred that there are ways of

adjusting to and resolving the conflicts that crop up in marriage. There have been numerous studies of marital satisfaction, from the classic work predicting success and failure in marriage (Burgees & Cottrell, 1939). Some other studies reported the marital role competencies as contributors of satisfaction (Donaghue & Fallon, 2003; Nye & McLaughlin, 1976). Nye and McLaughlin (1976) have developed a role competence theory of marital satisfaction that is based on the notion that the greater the role competence of a role player, the greater the marital satisfaction of the role enactor's spouse. VanYperen and Buunk (1991) found that when people assess their sexual satisfaction, they compare their current situation to what they believe sex is like for same-sex others. Since the formation of sexual expectations is important to sexual satisfaction, it is likely that our own expectations are also important.

Marital adjustment is a complex psychosocial process that involves a high level of partner cooperation. In general, it is believed that marital satisfaction depends largely on the ability of the marital partner to define and enact mutually satisfying marital roles. With regard to sexual intimacy, Scott and Sprecher in their 2000 review, note that sexual satisfaction is highly correlated with general relationship satisfaction. Weiss (2002) also speaks to the role of intimacy in increased marital satisfaction. In order to maintain intimacy, Stafford and Canary (1991) addressed the importance of using marital maintenance behaviors, which are associated with a greater sense of liking as well as increased marital satisfaction.

Schenk, Pfrang, and Rausche (1983) found that husbands' and wives' ratings of satisfaction with their sexual interactions were significantly related to the overall quality of their marital relationship. Young, Denny, Young, and Luquis (2000) also confirmed that overall satisfaction with the marriage does appear to have an impact on sexual satisfaction.

Financial Matters

Research documents the negative effects of economic hardship on marital quality and stability (Voydanoff & Majka, 1988) and economic hardship is also associated with distress in men, women, and children (McLoyd & Flanagan, 1990). The association between economic status and marital status is that having a low income suggests a lack of economic resources, which is a known source of stress. With an income that is insufficient for meeting a family's needs, feelings of deprivation are more likely, which may create marital conflict and tension. Such problems within a marriage decrease the satisfaction and happiness experienced within the union, which can ultimately lead to separation and/or divorce (Kposowa, 1998). Burgess et al. (1963) indicate three important factors that have been significant contribution in a successful marriage. One of them is to handle the family finances. Money does not buy happiness but a significant lack of financial resources may undermine happiness. Enough financial resources do not increase marital satisfaction or marital adjustment. Nevertheless, it can be argued that the couple, particularly the wife would organize the finances in such a way that a balance could be maintained in family resources and expenditures. Also if she earns money she can increase the family finances.

Financial worries can be a large stressor on a relationship as is seen in statistics that show lower-income families having higher divorce rates (Bradbury et al., 2000). Marriages become more unstable with the growing external pressures such as low income or unstable employment. Partners who report very high levels of satisfaction with their marriage as a whole may acknowledge difficulties with specific aspects of the marriage (e.g., disagreements about money). Research demonstrates

that the ability to integrate perceptions of specific problems into a broader positive view of a relationship accounts for the stability of the relationship over time (McNulty & Karney, 2001).

Hoffman and Duncan (1995) examined potential impacts of the husband's income, the wife's income, and welfare benefits on marital instability. They found that an increase in a husband's income reduces the probability of divorce. Van Der Klaaus (1996) reported that the husband's income exhibits significance to marriage. Keirnan and Mueller (1998) found that divorce is higher for those people who were emotionally, financially, or physically vulnerable. An unemployment status may lead to financial hardships, emotional problems, and domestic abuse (Becker, Murphy, & Tamura, 1990). Sullivan, Warren, and Westbrook (2000) indicated that divorce is one of the five major financial difficulties resulting in the filing for bankruptcy. When a husband receives more income and provides more economic and financial security, the risk of marital distress declines.

Children Related Matters

The parent-child relationship has enjoyed a great deal of attention within the last sixty years. Psychologists, sociologists, and researchers have produced a number of research articles and developed numerous scales, instruments that identify the importance of the parent-child relationship. Becoming a parent has been described as a normative event that involves many changes for the couple (Cowan & Cowan, 1992). Whereas having children together can increase the stability of the marriage, children can also decrease relationship satisfaction (Belsky, Spanier, & Rovine, 1983).

One factor that can contribute to marital satisfaction is whether or not there are children and how old those children are (Bradbury et al., 2000). LeMaster (1957) was one of the first to suggest that the transition into parenthood is a crisis event. In his study of 46 couples he found that 83 per cent reported extensive or severe crisis in their initial period of adjustment to the child. This crisis reportedly subsided over time. Burgess and Cottrel (1939) reported that 47 percent of the couples with no children or only one child had a good marital relationship compared to only 25 per cent reporting good adjustment among couples with two or three children. Feldman (1964) also noted that the presence of children tends to be disruptive to marital communication and to marital satisfaction. A decrease in the quality of the marital relationship is correlated with an increase in child disturbances (Dadds, 1987). Several studies have indicated that the marital relationship mediates the effect of economic hardship on child outcomes (Conger et al., 1992, 1993; Ge et al., 1992).

Overall, it is believed that marital relationships provide the primary physical, emotional, and physical support for parents. As a result the relationship that exists in the marital relationship affects the couple's parenting behaviors. Couples who are satisfied in the marital relationship are more likely to agree about expectations for their children (Hoffman & Manis, 1978). Parents who model positive relationship behavior contribute to their children's attitudes toward intimate relationships and long term relationship stability. Couples with young children often find that their levels of marital satisfaction decrease from when they did not have children. This is thought largely to be due to the fact that the parents are putting more time into their children than they are into their relationship (Bradbury et al., 2000). There are also correlations between children's behavior and marital satisfaction, but it is unclear as to which causes which. Parents can be frustrated because a child is ill-behaved or a child can

be ill-behaved because their parents are frustrated (Simons, Whitbeck, Conger, & Melby, 1990).

Religious Matters

Religion is a set of beliefs. The affairs and problems which emerge as an outcome to understand this belief system are called Religious Matters. The ideologies of religion may have their weaknesses but they serve to embed people in a wider cause. If couples have different religious backgrounds, this can also influence the satisfaction of the relationship (Bradbury et al., 2000). The sense of being part of a same religious background may influence the couples' marital relationship. Numerous researches provided evidence of a significant relationship between most aspects of religion and marital stability (Call & Heaton, 1997).

In addition, the role of the individual in the relationship and various environmental factors play a significant part in couples' communication. Homogeneity in religion tends to associate with high level of marital relationships (Heaton, 2002). Simply put, the more alike partners are with respect to background, the more likely it is that they will have a satisfying marriage. Call and Heaton (1997) concluded that religious orientation is associated with increased marital stability, particularly when the husband and wife share common attitudes and behaviours regarding the role of religion in their marriage.

With regard to demographics, such as age and level of education, research tends to indicate that homogeneity in these areas is associated with increased levels of marital satisfaction (Heaton, 2002). It can be concluded that the quality of a marriage is determined by many factors and may be different for one spouse than it is for the other.

Overall, the understanding of the dynamics of interpersonal relationships must depend on adequate descriptions both of how each spouse perceives the relationships and how he or she would like to be. In Pakistan most of the marriages are influenced by the social and family pressures as marriages are seen not only a link between a man and women but also a union between the two families with emphasizing on fulfilling broad social obligations. Pakistani women are trained to suppress their wishes especially with regard to marital choice (Dyson & Moore, 1983).

Although studies agree that what partners expect to receive in their relationships affects their evaluations of those relationships (Baucom, Epstein, Rankin, & Burnett, 1996; Downey, Freitas, Michaelis, & Khouri, 1998; Fletcher et al., 2000; Knee, 1998; McNulty & Karney, 2002), there is little consensus about the direction of this effect. Social comparison theory continues to play a significant role in social psychology. Social comparison theory not only continues to stimulate research on ability and opinion comparisons, but has also been applied to the domain of intimate relationships (Lockwood et al., 2004). The purpose of this study is to examine how social comparison preferences influenced the level of marital relationships and on the perceived quality of relationships.

Marital relationship is a very significant area of research in the context of social comparison processes and it has not yet been the focus of empirical research in Pakistan. The quality of the relationship between husband and wife is very important as it affects the other elements of marriage as well (physical, social, emotional, and psychological well being of the spouses). The marital relationships are considered to provide the support for physical, social, emotional, and psychological well being of the married individuals. Unrealistic expectation from spouses may result in marital

conflicts. Couples who are satisfied in the marriage relationship are more likely to be realistic in their approach toward their spouses.

Pakistan is a predominantly Muslim country and Islamic doctrines in reference with marital relationships are being followed by the people. Non-cohabitant relationships are strictly dislikeable as it is not allowed in Islam. There is a strong emphasis on marriage in Islam. The status of husband in Islam is highly significant for wives. Wives are assumed to obey their husbands and disobeying them is considered disrespectful. On the other hand, the financial responsibility is on the shoulder of men and they are assumed to be the unaccompanied bread winner of their families. They usually receive a lot of financial burden. Such responsibilities may be an important source of stress and pressure, men experience in their marital life.

In addition, Pakistan has an eastern collectivist culture and it places great value on community, family well being, and obedience to spouses than personal autonomy (Srewart et al, 2000). In collectivist cultures, the group is much more important and family obligations are assumed to override the personal preferences. Marriage is considered to be a reason of unifying two families rather than just two individuals. The main emphasis of marriage is the social obligation instead of love and romance.

In Pakistan, the conformity to social values related to marriage, are more imposed on women rather than men. Women are assumed, rather trained, to subdue their personal interests, feelings, and desires to their families. Even generally, Pakistani men and women are expected to restrain their choices regarding life partner. Most of the times, the choice of spouses are controlled by the traditions that enforce submission to family decisions (father, mother, brother). In the rural areas of Pakistan, for women, even expression of a desire to choose a life partner is considered

disobedience of the strict familial and social rules and traditions. In some remote areas of Pakistan such expressions can result in extreme situations i.e., 'honour killing'.

The family is considered to be responsible for the marriage arrangement with no involvement of men and women. Particularly, women do not emphasize their rights as they are assumed to honour their parents' decisions and choices regarding their marital life. They are encouraged to accept that marriage is a life long commitment and they must endure all the adverse circumstances.

Divorce is considered to be a disgrace and families encourage avoiding shame and dishonor associated with divorce. There is familial and social pressure on couples to endure poor marriage rather than to get a divorce. Therefore, they have no choice but to bear all the adversity and misfortunes of their marital life. In this state of affairs it is not surprising that they usually suffer all the difficulties by contrasting themselves with others having worse marital relationships than themselves. This downward social comparison in marital relationship enables them to continue the relationships despite of having instability. In additions, living alone of single women is not likeable in Pakistani society. They need a male protection, of their husband, father, brother, or son not only because of social and moral obligations but also because of the economic dependency.

The above mentioned realities and observations suggest that the issue of marital relationships needs to be examined from different perspectives in Pakistan. It was very important to understand marital relationship from the perspective of social comparison, which also takes into account the cultural and global complexities of direction of social comparison regarding marital relationships. The present research was intended to seek the concepts and ideas attached to the direction of social comparison in marital relationships. In particular, it was intended to explore the

following aspects of marriage in the scenario of downward and upward social comparison. (1) Does the direction of social comparison play any role in determining the level of marital satisfaction? (2) How socio economic status is likely to influence the marital relationships? (3) Does the level of satisfaction differ between those who had relatively high level of education and those with low level of education? (4) Is social comparison orientation related to marital relationship satisfaction? (5) Are working women different from those of nonworking women regarding their marital relationships? (6) Does the length of marital life influential in marital relationship?

Social Comparison in Marital Relationships

Social comparison research has traditionally focused on the effects and consequences of social comparison on individual's self evaluation and subjective well being (Suls & Miller, 1977; Suls & Wills, 1991; Wood, 1989). Several research efforts have expressed the importance of social comparison in intimate relationships (Buunk & Van den Eijnden, 1997; Buunk & Ybema, 2003; Oldersma & Buunk, 1997; Surra & Milardo, 1991; Titus, 1980) and they have explored the social comparison processes for the evaluation of the quality of a relationship. Social comparison has been studied in a variety of specific situations and contexts, such as judging health and illness (Tennen et al., 2000), gossiping with others (Wert & Salovey, 2004), performing family chores (Grote, Naylor, & Clark, 2002) and organizational behavior (Greenberg et al., 2007; Tenbrusel & Diekmann, 2002).

The individuals who face problems in their close relationship consider their relationship in a more positive way when they compare with others who are having relationship not better than themselves. This comparison with others who are worse

off than the self helps individuals to some extent. The view that people may benefit from comparison with others who are doing worse was presented by Hakmiller (1966), who proposed that social comparison may serve the purpose of sustaining or reasserting the favorability of the individual's self regard. This concept gained increased attention when Wills (1981) presented his publication containing downward social comparison theory, in which he proposed that individuals who experience distress (low self esteem) may show an improvement in their subjective well being by engaging in downward social comparison. In addition, social comparison may be important for the individual in evaluating his close relationships (Van Yperen & Buunk, 1994).

Generally, people tend to engage in relationship enhancing social comparison and to perceive their relationship in superior terms. People are assumed to be inclined to praise the quality of their own relationship (Buunk & Van Yperen, 1989, 1991; Buunk & Van den Eijnden, 1997; Helgeson, 1994; Van Lange & Rusbult, 1995) and the future of their relationship (Baker & Emery, 1993; Buehler, Griffin, & Rose, 1995; Buunk, 1998; Helgson, 1994; Murray & Holmes, 1997; Schriber, Larwood, & Peterson, 1985) and see their relationship more positively than the relationships of others.

Helgeson (1994) found that most of the people tend to perceive their relationships as more satisfying than those of others and they think that their marriage was in terms of inputs and outputs superior to most of others marriages (Buunk & Van Yperen, 1989, 1991). Van Lange and Rusbult (1995) conducted a study and asked the participants to think about the positive as well as the negative, qualities of their relationships and of others' relationships. They demonstrated that people

perceive a higher number of positive attributes and fewer qualities about their own relationships than about others' relationships.

Generally, people perceive their relationship as better than that of others and it is related to an enhanced satisfaction and stability of one's own relationship (Taylor & Brown, 1988, 1994). Buunk and Van den Eijnden (1997) found that individuals, who are happy and satisfied with their marital relationships, are more inclined to perceive the superiority of their relationship over that of others.

When an individual speaks about his good fortune in front of others, such situations may evoke the feelings of envy and annoyance in others (Smith, Parrott, Ozer, & Monist, 1994). It could become even worse when people speak of themselves and talk about their own success by suggesting that they are doing better than others. People usually find others annoying when they make explicit social comparisons (Brickman & Bulman, 1977). When individuals give statements about their accomplishments in a way that diminish others achievements, it may annoy and irritate others. Generally, people dislike others who make superior self evaluations at the expense of others' disapproval. Such overt social comparison may be considered as socially inappropriate and unfavorable. Hemphill and Lehman (1991) have reported less positive consequences of social comparisons when social comparisons are considered as socially undesirable. People seem to consider partner-enhancement (downward comparison of spouse) socially more desirable as it reflects on them. While self-enhancement (downward comparison of the self) is demonstrated to be socially more undesirable as it reflects the self praising. Self-enhancement is a way to be used to boast up the self as compared to others and to the spouse as well. On the other hand, partner-enhancement is the way to make the spouse superior not only with the self but also with those of others.

Thus, engaging in partner-enhancement seemed to be less difficult than engaging in self-enhancement and, as a consequence, partner-enhancement may exert a stronger impact on the evaluation of the relationship (Schwarz et al., 1991).

On the other hand, a tendency to view the self as better than others also seems to influence the way individuals think about themselves as a relationship partner. Several researchers have suggested that a majority of people consider themselves as above average as a spouse and as a partner (See, for example, Heady & Wearing, 1988). When social comparison is used for self-enhancement, the individuals not only tend to view their relationship as more positive than others but are also inclined to see their partners as better than themselves as it reflects on them.

In a similar way, Sedikides, Campbell, Reeder, and Elliot (1998) found that closely related individuals (spouses) are not likely to engage in social comparison for the purpose of self-enhancement. The reason is that the members of relationally distant dyads took more credits for dyadic success than for failure, whereas, close participants did not differ in their attributions for dyadic success or failure. It has been observed that romantic partners appraise in a positive way when they evaluate each other. Intimate partners are inclined to idealize each other and to evaluate their partner more favorably than they do themselves (Hall & Taylor, 1976; Taylor & Kolvumaki, 1976).

In a close relationship to compare with others who are doing worse in the same situation, can have mixed effects with positive as well as negative consequences for individual's well being. Sometimes individuals have ideal and romantic perceptions of their romantic partners and they minimize the information that goes against these positive perceptions (Murray & Holmes, 1993, 1994, 1997). Murray and Holmes (1993) conducted experimental research to create a threat to the relationship

by turning the partner's positive qualities into negative faults. The participants showed an inclination to ignore the shortcomings of their partners by enhancing their attributes. This was particularly evident with individuals who were more satisfied with their relationship are more likely to enhance their partner's positive qualities and at the same time to see their negative behaviors as situationally caused (Bradbury & Fincham, 1990; Fincham & Beach, 1988; Fincham, Beach, & Baucom, 1987; Fletcher, Fincham, Cramer, & Heron, 1987). In attempting so, people may evaluate their partners as more superior than themselves. It means that individuals in close relationships may engage in partner-enhancing social comparison to achieve and to maintain a positive and favorable image of their romantic partners. In the areas of low self relevance, people tend to admit being outperformed by their partners (Pilkington, Tesser, & Stephens, 1991). The partner's success and superiority over oneself may have some advantages for one's self evaluation and the individuals seem to view their partner's superiority as the reflection of their own success and achievement (Cialdini et al., 1976; Cialdini & De Nicholas, 1989; Cialdini & Richardson, 1980; Synder, Lassegard, & Ford, 1989).

Partner-enhancement may be considered as an indirect way of self-enhancement as it may become a source to bolster the self (Brown, Collins, & Schmidt, 1988; Cialdini, Finch, & De Nicholas, 1989; Schutz & Tice, 1997). However, in the areas of high self-relevance the reflection process is not encouraged but the social comparison process will be used which may be self enhancing when the partners outperformed but which might be threatening to one's self-evaluation by achievements of the partner (Feather, 1994; Tesser, 1988).

Usually people show negative emotions when they are outperformed in the areas in which they want to excel themselves (Salovey & Rodin, 1984; Tesser &

Collins, 1988; Tesser, Millar, & Moore, 1988). Rather it has been concluded in some researches that comparison with a person having high achievements on a self defining dimension may generate the feelings of envy, and the individual may sometimes feels happy at a high achiever's misfortune (Feather, 1994; Smith et al., 1996). Similarly, people with high self-relevance are inclined to withdraw from an activity with that of a friend or a relative, to reduce the chances of interpersonal closeness toward that other (Pleban & Tesser, 1981).

According to Rusbult, Drigotas, and Verette (1994) the greater perceived relationship superiority over the others' relationships may provide feedback on one's level of satisfaction, which can lead to stronger feelings of commitment to one's own relationship. People with stronger feelings of commitment to their relationships are inclined to have love attachment to their partners and intend to continue and to sustain their relationships even in adversity.

Indeed, social comparisons have repeatedly been shown to influence a person's marital satisfaction and happiness (Brickman & Bulman, 1977; Gutek, Allen, Tyler, Lau, & Majchrzak, 1983; Michalos, 1985; Smith & Insko, 1987). Emmons and Diener (1985) demonstrated that comparisons with others may be the strongest predictors of satisfaction in many areas of life. According to Rusbult (1980, 1983) relationship satisfaction is one of the important factors in predicting commitment to the relationship, which is the psychological state that globally represents the experience of dependence on the relationship (Rusbult & Buunk, 1993).

Several findings suggest that downward social comparison, in particular, may be important in achieving and maintaining a positive image of the romantic partner and the relationship, and in achieving and sustaining commitment to the relationship. Downward comparison may be studied in a variety of ways.

Surra and Milardo (1991) suggested that people compare themselves with others in their social network to have an evaluation of their views about close relationships, the suitability of the partner, and their feelings and experiences in relationships. Titus (1980) also found that sometimes people engage in comparisons between their own relationship and that of others while talking with their friends and friends' spouses. It means that downward social comparison may play a significant role in individual's self evaluations and also the evaluations of their close relationships. It is notable that people using social comparison display a reluctance to admit that they engage in comparing themselves with those of others. People also show reluctance to admit that they consider their characteristics relative to those of others (Helgeson & Taylor, 1993; Schoeneman, 1981; Schulz & Decker, 1985; Taylor, Aspinwall, Giuliano, & Dakof, 1993; Van der Zee, 1996; Wayment & Taylor, 1995; Wood, 1996; Wood et al., 1985). This reluctance may be because of the responses related to downward social comparisons on the part of those who observe others engaging in social comparison process.

The individual may engage in downward social comparison by taking the advantage of encounters with worse off targets or the person may cognitively construct worse off comparison targets (Wills, 1987). In these conditions the individuals perceive their situations as better than those of others. They also perceive themselves as superior in some respect. Sometimes others may perceive that this person is boasting about his own success or his relationships by comparing himself with worse off others. The observers may feel bad about themselves because their situations are also considered as inferior. The overt downward social comparison behavior may cause pleasure for the individual who seeks social comparison information but pain in the individual who observes such behavior and feels that his

achievements and accomplishments are devalued by the comparisons (Brickman & Bulman, 1977; Tesser et al., 1988). Individuals dislike social comparisons with their superiors so as to avoid pain and stress (Brickman & Bulman, 1977; Friend & Gilbert, 1973; Nosanchuk & Erickson, 1985; Smith & Insko, 1987). Thus, downward social comparison may not be appreciated by others who observe it.

Several studies have been conducted to demonstrate the implications of Festinger's (1954) and Schachter's (1959) theory of social comparison among unhappily married couples (Gibbons & Gerrard, 1989). It has been found that social comparison is the strategy which may be used by the couples in distress and uncertain situations, and that they may compare themselves with others in similar situations.

The role of uncertainty in social comparison was studied by Buunk et al. (1991). They investigated the desire for affiliation rather than comparison frequency as a response to marital dissatisfaction and uncertainty. The sample of the study was well satisfied couples and the couples with some conflicts and problems. Although Schachter (1959) suggested that social comparison information could be obtained only by observing the behavior of others, while affiliation should not include talking to others. But Schachter's proposal that even when talking is impossible, fearful individuals will want to affiliate was not confirmed (Kulik & Mahler, 1997; Zimbardo & Formica 1963). There are some findings that when the participants were given opportunity to talk, the affiliation tendency increased (Rabbie, 1963; Rofe, 1984). Therefore, in the Buunk, et al. (1991) study the desire for affiliation was studied by asking individuals about their desire to talk with similar others about their marital relationships. The results showed that affiliation motive enhanced in individuals who faced some uncertainty and dissatisfaction in their marital relationships, particularly among women (Buunk, et al., 1991). The stress in the form

of specific combination of marital problems and uncertainty was related to the stronger affiliative needs.

It is recognized that desire for social comparison is made salient when individuals experience distress and uncertainty in their marital relationship but the question is with whom do they compare themselves? According to Schachter (1959), comparisons with others having same level of distress is more likeable to diminish the worse feelings about the self. However, there are different evidences that individuals are not interested in knowing how good they are (self evaluation), but in knowing that they are doing better than others (under the motive of self enhancement) (Gruder, 1977; Hakmiller, 1966).

Since individuals do not know about what is going on in others relationships, and when they face problems in their relationships, they may become interested to have information about how other couples seem able to handle such problems (Aspinwall, 1997; Collins, 1996; Lockwood & Kunda, 1997).

In the present research it was intended to examine the impact of direction of social comparison on the perceived quality of marital relationship satisfaction. In addition, the goal of the current study was also to examine whether the effects of direction of comparison on marital relationships are moderated by social comparison orientation. It was expected to find evidence of a high quality of marital relationship following the comparison of their relationship with worse off others and poor quality of relationship satisfaction after having a comparison with better off others. Downward contrast and upward contrast effects are most prevalent consequences of social comparison in the domain of marital relationship (Buunk & Ybema, 2003; Bunk et al., 1991; Oldersm & Buunk, 1997).

Spouses in intimate relationships are supposed to evaluate their marital satisfaction by comparing with other married individuals around them. Literature review, presented in the above section, suggests that downward comparison process resulted in higher perceived quality of the relationship, particularly for individuals who display a stronger orientation toward social comparison. In every day life people encounter others who openly exaggerate their success or their positive qualities by contrasting with less fortunate others to their own accomplishments. Sometimes, it may become a desirable situation for any one to enjoy the bad fortune of others. In a similar vein, married individuals may encounter some others who acknowledge their marital relationships to be more enjoyable in comparison to the relationship of similar others. On the other hand, apparently one might be pleased by the good relationship of others but one might be annoyed on having unhappy relationships as compared to others. Consequently, drawing attention to one's good luck with reference to social comparison with worse off others may have a major benefit while comparison with better off others may have negative consequence.

In accordance with the contrastive effects of social comparison, presented in the above section, the married individuals' responses to downward or upward social comparison in the domain of marital relationships were used to explore the particular direction of comparison in their marital satisfaction. Participants were required to evaluate their relationships on different scales regarding social comparison in marital relationships, marital satisfaction and social comparison orientation. They were supposed to engage in upward comparison with low quality of marital relationships. It was also expected that people would be able to perceive high quality of relationships while making downward comparison. It is quite natural that people anticipate of possible consequences of either direction of social comparison and feel

reluctance to evaluate themselves in a deprecating way than to evaluate themselves in an enhancing way. It was also expected that married individuals with high social comparison orientation would be more likely to perceive the low quality of marital relationships.

Rationale of the Present Research

The rationale of this study is based upon several important assumptions and claims of the social comparison perspective on marital relationship. The comparison of one's own situation in personal, social, marital or any other domain of life with that of others who are doing worse or better in the same situation may be a positive or negative influence on one's life. The social comparison orientation could be influential in determining the direction of comparison. The main objective of current research work was to explore the impact of direction of comparison on the married individuals' relationship with their spouses. Another objective of the research was to find out the marital relationship of the people who are highly inclined to social comparison. The study was also conducted to identify the moderator role of social comparison orientation between the direction of social comparison and marital relationship satisfaction.

For most of the individuals, a happy marriage is one of life's great satisfactions. Indeed marriage is associated with both physical and psychological well being. In order to know about marital satisfaction, different social, interpersonal, and structural elements of marital satisfaction i.e., family matters, social and emotional

matters, marital and sexual matters, religious matters, financial matters, and children related matters are considered to be important.

There are some changes regarding family system as nuclear family system is going to be adopted instead of joint family system in Pakistan. There are also changes in society and in individual's attitude in relation to marriage and these attitudes have changed sharply over the more recent period of years. Generally, the high level of women's participation in work has created high level of expectations on women's part (Rachlin, 1987; Sekaran, 1986).

There are several other social, psychological, sexual, financial, emotional, and religious features involving the dimension of marital relationship. For instance, the man is not now assumed to play a role of breadwinner and the woman a house maker in the marriage. Rather, the marriage is about a companionship, a true companionship with exchange of concerns and a high level of satisfaction with each other.

In Pakistani society, the element of commitment is very important in marital relationship. Such commitment involves the intentions to honour the marriage relationship till death. Commitment is greatly valued because of social, moral, and religious convictions. Sometimes no other element of commitment beyond those of social, moral, and religious conviction exists and in such cases the marital relationship becomes literally a duty, or a social obligation. But even then the couples go on to continue the marriage in Pakistani society to fulfill the social and religious obligation and for the honour of the family. The married individuals are assumed to continue their commitment with their spouses by engaging in downward comparison in marital relationship.

The quality of life is generally low in Pakistan with less contribution of husband to housework, less economic stability and with the lack of general facilities.

All these elements are directly or indirectly involved in the distress of marital relationship. The partners in the marital relationship assess their behavior, their partner's behavior and their relationship considering all these elements. In doing so the individual compares himself and his partner with others around him and on the basis of these comparisons future courses for the relationship are based.

In recent years considerable attention has been devoted to the study of the impact of social comparison in close relationships (see, for example, Buunk, 2001; Buunk & Oldersma, 2001; Lockwood et al., 2004). The above mentioned topic has not yet been the focus of empirical research in Pakistan. An affect of downward and upward social comparison on intimate relationship is the departure from traditional work where the focus of the assumption is on the dispositions of the couples on their marital relationships (Qadir et al., 2005; Hashmi et al., 2007). The focus of the present study is to find out the adaptive and significant functions of social comparison orientation and the effects of downward and upward social comparison in getting a marital satisfaction.

One well established finding from the literature is that a contrast effect occurs in which individuals generally experience positive affect when making downward comparisons and negative affect when making upward comparisons (Moore, 2007; Mussweiler & Strack, 2000). Comparing oneself to others who are better off prompts an unfavorable affect on marital relationship, whereas comparing oneself to those who are worse off enhances one's perceived quality of marital relationship. So through this study efforts would be made to examine the downward and upward social comparison phenomenon using domains linked to participants' marital relationship satisfaction.

Social comparison is a pervasive phenomenon which is going to be explored on every domain of life including marital relationships. Pakistan has yet to be studied

with reference to the influence of social comparison on marital relationships. All the foregoing observations suggest that the issue of marital relationship needs to be examined in Pakistan in the context of social comparison process. The present study was conducted to seek the particular concepts and themes of social comparison related to marriage. Different hypotheses were formulated on the basis of research evidences, reported in the section of introduction. In particular, the research examined the following aspects of social comparison within marriage: (1) Participants will evaluate their relationship positively when engaging in downward comparison in marital relationship as compared to those who engage in upward comparison. (2) The more the people having social comparison orientation, the less satisfied they are in their marital relationship. (3) The relationship between social comparison and marital relationship satisfaction will be moderated by social comparison orientation. (4) The people from upper socio economic status are more likely to make upward comparison as compared to people from lower and middle socio economic status. The research also explored the differences of responses of married individuals regarding different demographic variables i.e., age, gender, education, income, length of marital life, number of children).

This research explored both positive consequences of downward social comparison for individual's marital life on the one hand and the negative reactions to upward social comparison activities on the other hand.

This research may contribute to a better understanding of the maintenance and enhancement of relationship quality specifically for those who experience dissatisfaction with the relationship with their partners and consequently suffer a decline in the quality of the relationship. People who experience problems in their

relationship can use downward comparison as a successful strategy to reevaluate their situation and to make feel relatively more satisfied with the relationship.

RESEARCH DESIGN

The research was carried out into five parts. The details are as follows.

Part I: Development of Social Comparison in Marital Relationship Measure

In order to empirically study social comparison in the domain of marital relationship it was first necessary to have some way of accurately measuring it. Previous researchers (Buunk, Oldersma & De Dreu, 2001) have used the Upward Social Comparison Scale (Gibbons & Buunk, 1999) and Downward Social Comparison Scale (Gibbons & Buunk, 1999) that have been developed for assessing the direction of social comparison. However, items of the scales are not particular in the context of the marital relationship (e.g. "When it comes to my personal life, I sometimes compare myself with others who have it better than I do' or I sometimes compare myself with others who have accomplished less in life than I have). These scales have used general questions to measure direction of social comparison by assuming that participants would respond to the items in relation to the situation in which these scales are going to be used. As such, measuring social comparison direction in the personal settings of marital relationship using existing social comparison scales can produce ambiguous results, in that it is not clear what aspects of marital relationship satisfaction or relationship distress are specifically being measured and in what context the social comparisons are being assessed. This ambiguity may misguide future research or intervention processes.

On the other hand, several measures have been developed to assess various aspects of social comparison. Some of these scales have focused the social comparison in general (Allan & Gilbert, 1995) and assessing marital outcomes relative to expectations (Sabatelli, 1988). However, the need to have more specific measure which will allow studying simultaneously or independently social comparison in the domain of marital relationships led to consider the development of Social Comparison in Marital Relationship Measure (SCMRM). Current measures of social comparison generally do not assess several marital relationships dimensions in comparison with others. Besides, it was highly required to have a measure of social comparison in marital relationship in the eastern cultural context where non-marital cohabitation is not legalized form of relationship. A review of the literature shows that no attempt has been made to date to develop a sound instrument to assess social comparison in marital relationship of married individuals in this context. The present study was carried out to develop a scale of social comparison in marital relationship.

Objectives

This part of the research was conducted with the following objectives:

1. To develop a Measure of Social Comparison in Marital Relationship.
2. To assess the reliability and validity of the measure.

This part of research consisted of the following steps.

Step 1: Generating Item pool for Social Comparison in Marital Relationship Measure

Step 2: Categorization of items into main dimensions

Step 3: Judges' evaluation of the items.

Step 4: Factor analysis on the items of the measure and selection of final items.

Step 5: Determination of reliability of the measure.

(See Chapter III and page 84 for details regarding the development of instrument)

Part II: Validation of Social Comparison in Marital Relationship Measure

This study was employed to determine the validity of the scale, Social Comparison in Marital Relationship Measure (SCMRM). The validation study served to determine the convergent and discriminant validity of the scale.

It was required to employ validation of the measure (SCMRM) developed in Part I of the research and to provide further empirical evidence concerning the psychometric properties of the Social Comparison in Marital Relationship Measure with specific reference to its validity status. Index of self Esteem (Hudson, 1982) and Satisfaction With Life Scale (Diener, Emmons, Larsen, & Griffin, 1985) were used to determine convergent validity of SCMRM while Beck Depression Inventory (Beck, Ward, Mendelson, Mock, & Erbaugh, 1961) was used to establish the discriminant validity of the instrument.

Objectives

The objectives of this study were as follows:

1. To find out the convergent validity between Scale of Social Comparison in Marital Relationship, Index of Self Esteem, and Satisfaction with Life Scale.

2. To determine the discriminant validity between Social Comparison in Marital Relationship Measure and Beck Depression Inventory.

Operational and Conceptual Definition of Variables

Self Esteem

Hudson (1982) defined self esteem as “the capacity to view oneself as worthwhile and loveable”.

In the present study, married individuals with high self esteem and low self esteem were identified by their scores on Index of Self Esteem (Hudson, 1982).

Satisfaction with life

Life satisfaction demonstrates both global satisfaction with individuals lives (Diener, 1984, 1995) and satisfaction within specific life domains, such as work, recreation, friendship, marriage, health, and the self (Diener, Suh, Lucas & Smith, 1999).

In present study, the couples having high score on Satisfaction With Life Scale were labeled as having high global satisfaction as compared to the couples with low score on Satisfaction With Life Scale (Diener et al., 1985).

Social Comparison

How one makes sense of oneself and one’s social world by using others is called social comparison. In many respect, it is a fundamental human social interaction process. (Buunk & Gibbons, as cited in Guimond, 2006). In the present research Buunk and Gibbons’ definition of social comparison was followed.

The social comparisons we make have many facets but the most important is the direction of comparison. There are two directions of comparison, downward social comparison and upward social comparison.

Downward social comparison. To compare with worse off and less fortunate others is called downward social comparison. Downward comparison may be interpreted in a positive or in negative way (Buunk et al., 1990). Downward comparison may enhance the well being through realization that things could be worse and it may generate negative feelings by considering the worse off others as a possible future for oneself (Buunk & Ybema, 1997).

Upward social comparison. To compare oneself with better off others on the comparison dimension is called upward comparison. Buunk et al. (1990) argued that comparison can produce positive or negative feelings independent of its direction. Upward comparison may produce inferiority and negative feelings and may provide motivation and inspiration to improve oneself (Buunk & Ybema, 1997).

In present research Social Comparison in Marital Relationship Measure (SCMRM) was developed in the first part of research. Downward social comparison tendency was identified by the higher score of married individuals while lower score would be the indication of upward comparison.

Depression

Depression is defined by elevated, but not extreme, (extreme scores are denoted with clinical depression) scores on the Beck Depression Inventory (Beck, Ward, Mendelson, Mock, & Erbaugh, 1961), a measure of depressive symptoms.

In the present study, depression of married individuals was measured by their scores on the Beck Depression Inventory.

(See Chapter IV and page 115 for the details of validity of SCMRM)

Part III: Translation of Iowa Netherlands Comparison Orientation Measure (INCOM)

Gibbons and Buunk (1999) introduced the term of social comparison orientation to refer to the personality disposition of individuals who are strongly oriented to social comparison. Such individuals have the tendency to relate the circumstances of other to themselves. Buunk and Gibbons (1999) have developed the scale, Iowa Netherlands Comparison Orientation Measure (INCOM) to identify the social comparison orientation of individuals. The main research aimed to explore the moderator role of social comparison orientation in the relationship of the direction of social comparison and marital relationship satisfaction.

In achieving this objective Iowa Netherlands Comparison Orientation Measure (Gibbons & Buunk, 1999) was required to adapt in Urdu language to make it more comprehensible for the target population. Part III of this research was carried out to translate INCOM into Urdu and to determine the reliability and validity of the scale. This part of the research was comprised the following steps.

- Step 1: Translation of Iowa Netherlands Comparison Orientation Measure (INCOM) into Urdu language.
- Step 2: Back Translation of Urdu Translated INCOM.
- Step 3: Determination of content validity of INCOM

Step 4: Determination of reliability and validity of INCOM.

(See Chapter V and page 128 for details regarding the translation of INCOM)

Part IV: Social Comparison Processes in Couples' Marital Relationship

Part IV of this research consisted of a study to find out the couples' reactions in comparing their partners with other couples around them on the dimensions relevant to marital relationship. The role of gender in determining the direction of social comparison was also established in this part of the research. Couples social comparison in marital relationship was also measured with some of the demographic variables. The instrument, Social Comparison in Marital Relationship Measure, developed and validated in the earlier parts of the current research was used to determine the couples' inclination of comparing their relationship with better off or worse off others.

From a social comparison perspective, the egalitarian relationships between husbands and wives imply that social comparison within the relationship has become more and more relevant. In present research, as has been described earlier, a scale has been developed to measure the direction of comparison in marital relationship of married individuals. The instrument was developed to examine the extent of the direction of social comparison which could have an affect on the perceived quality of marital relationship satisfaction especially in the context of Pakistani culture.

It is worth mentioning here that the data of this part of the research was taken from the sample already used for the development of the scale, Social Comparison in Marital relationship Measure in the earlier part of the this research.

Objectives

The objectives of this part of the research were as follows:

1. To find out the direction of social comparison in marital relationship of married couples.
2. To compare the differences in the husbands and wives in respect of the direction of social comparison.
3. To explore the relationship of social comparison in marital relationship of couples with some demographic variables.

Hypotheses

The following hypotheses were formulated to study the above mentioned objectives:

1. Wives are more likely to make upward social comparison in their marital relationships as compared to husbands.
2. Downward social comparison is likely to be made by couples of older aged than middle aged and younger couples.
3. Downward social comparison is expected to be associated with lower socio-economic status of couples as compared to middle and upper socio-economic status couples.
4. The longer duration of marital relationship is associated with downward social comparison as compared to shorter duration of marital relationship.
5. The higher number of children makes the couples to compare upward in marital relationship as compared to couples having less number of children.

(See Chapter VI and page 140 for details regarding the social comparison processes in couples)

Part V: The Impact of Downward and Upward Social Comparison on the perceived Quality of Marital Relationship Satisfaction

This part contains of the main study. The main study was conducted to explore the direction of social comparison in marital relationship of married individuals and to examine its potential influences on the perceived quality of marital relationship. A high quality of marital relationship was assumed following the comparison of their relationship with worse off others and poor quality of relationships was expected after having a comparison with better off others.

Two instruments developed and adopted in the earlier phase of the research, SCMRM and INCOM, in addition with Urdu version (Naseer, 2000) of Dyadic Adjustment Scale (Spanier, 1976) were administered on the sample.

Objectives of the Research

The main objectives of the main study of the research were as follows:

1. To study the contrastive effects of direction of comparison on the individuals' relationship with their spouses.
2. To find out the marital relationships satisfaction of the people who are highly inclined to social comparison.
3. To identify the moderator role of social comparison orientation between direction of social comparison and marital relationship satisfaction.

4. To explore the differences of demographic variables (e.g., age, gender, income, duration of marriage, education, number of children) on marital relationship satisfaction and direction of comparison.

Hypotheses

On the basis of the objectives of the study, following hypotheses were formulated for the study.

1. Participants will evaluate their relationship positively when engaging in downward comparison in marital relationship as compared to those who engage in upward comparison.
2. The more the people having social comparison orientation, the less satisfied they are in their marital relationship.
3. The relationship between marital comparison and marital relationship satisfaction will be moderated by social comparison orientation.
4. The people from upper socio economic status are more likely to make upward comparison as compared to the people from lower and middle socio economic status.
5. Participants from upper socio economic status are likely to have low marital relationship satisfaction than participants from middle and lower socio-economic status.
6. Highly educated participants are more likely to involve in upward comparison process as compared to relatively less educated married individuals.
7. Higher level of educational attainment is associated with lower level of relationship satisfaction.

8. Working women will show high orientation to compare themselves with other people as compared to non-working women.
9. Working women are less satisfied in their marital relationship as compared to non working women.
10. The higher duration of marital life will result in greater marital satisfaction
11. The presence of more children tends to have a negative impact on the marital relationship quality.
12. Marital relationship is positively related with older age level of married individuals as compared to relatively younger individuals.

Conceptual and Operational Definition of the Variables

Social comparison

Social comparison is a process through which people come to know about themselves by evaluating their own attitudes, abilities, and beliefs in comparison with others (Festinger, 1954). There are two directions of comparison, downward social comparison and upward social comparison.

Comparison to someone who is perceived to be superior to oneself is referred to as 'upward comparison', whereas comparison to someone who is perceived to be inferior to oneself is referred to as 'downward comparison' (See page 74 for details).

In the present research upward and downward comparison tendency on the different dimensions of marital relationship of married individuals could be identified by their scores on Social Comparison in Marital relationship Measure (SCMRM), developed in the first part of the research. High score on SCMRM denotes downward tendency of social comparison in marital relationship while low score is the indication

of upward inclination of married individuals to compare their spouses with others around them.

Social Comparison Orientation

Gibbons and Buunk (1999) proposed the concept of social comparison orientation to refer to the personality disposition of individuals who are strongly oriented to social comparison.

In current research Iowa Netherlands Comparison Orientation Measure (INCOM) proposed by Gibbons and Buunk (1999) was translated into Urdu language to make it comprehensible for the target population of the research. INCOM (Urdu Version) was used to identify the social comparison orientation of the married individuals. In the present research high score on INCOM indicates high orientation of social comparison whereas low score denotes low orientation of social comparison of married individuals.

Marital Relationships Satisfaction

Spanier (1976) conceived of marital adjustment as a process rather than a state. He used the term dyadic adjustment to represent movement along continuum which can be evaluated in terms of proximity to good or poor adjustment.

In main part of this research Urdu translation of Dyadic Adjustment Scale (Naseer, 2000) was used to identify the marital adjustment and relationship of married individuals. High score in DAS is the indication of high marital adjustment and satisfaction while low score indicates low adjustment in marital relationships.

(See Chapter VII, page 157 for details regarding the impact of direction of comparison on the perceived quality of marital relationship)

Chapter III**DEVELOPMENT OF SOCIAL COMPARISON IN
MARITAL RELATIONSHIP MEASURE**

The main objective in developing the SCMRM was to construct an internally consistent construct reflecting married individuals' perception of the degree to which their marital relationships are better or worse than the others around them. Such evaluations can be assumed to be the overall evaluation of the person's perceptions on the domain of marital life in comparison with other married individuals. For example, when spouses evaluate sexual or emotional aspect of their marital life, this evaluation becomes meaningless without any objective standard. Thus if we want to know that how much spouses are satisfied with their sexual or emotional life, we can do this simply by asking spouses to evaluate their relationships by comparing with those of others on the relevant aspect of their marital life. Hence, the goal in developing the SCMRM was to obtain spouses evaluations on a number of married life's issues with the reference of social comparison perspective. Moreover, in developing the SCMRM it was made sure to include those issues which are of most important and cover all the aspects of marital life while keeping in view the background of Eastern Culture of Pakistan.

The non availability of an indigenous instrument to measure the effects of social comparison and its direction on marital relationship peculiar to Pakistani cultural context provided a rationale for the development of Social Comparison in Marital Relationship Measure.

Objectives

This part of the research was conducted with the following objectives:

1. To develop a Measure of Social Comparison in Marital Relationship.
2. To assess the reliability and validity of the measure.

This part of research consisted of the following steps.

Step 1: Generating Item pool for Social Comparison in Marital Relationship Measure peculiar.

Step 2: Categorization of items into main dimensions.

Step 3: Judges' evaluation of the items.

Step 4: Factor analysis on the items of the measure and selection of final items.

Step 5: Determination of reliability of the measure.

Method

Step 1: Generation of Item pool for Social Comparison in Marital Relationship Measure (SCMRM)

The item pool for the measure was generated through the following sources.

- a) Review of the existing literature
- b) Focus group

a) Review of the existing Literature

The available literature regarding the social comparison in marital relationships and marital satisfaction was reviewed. The objective was to identify the categories of different factors involved in the social comparison in the context of marital relationships. The existing literature on the said topic contains several types of instruments that which have a well defined factor structure and which provide measures of different components of marital relationships satisfaction and social comparison. Some of these scales and instruments are Marital Comparison Level Index (Sabatelli, 1984); Social Comparison Scale (Razi & Khaliq, 2001); Social Comparison Scale (Allan & Gilbert, 1995; Downward Social Comparison Scale, (Gibbons & Buunk, 1999); Upward Social Comparison Scale, (Gibbons & Buunk, 1999) Dyadic Adjustment Scale (Spanier, 1976); and Marital Adjustment Test (Locke & Wallace, 1959).

With the help of review of existing literature and above mentioned scales, the following dimensions were extracted over which married people usually could compare themselves with other married couples around them. (1) Family Matters, (2) Religious Matters, (3) Sexual Relations, (4) Demonstration of Affection, (5) Emotional Matters (6) Financial Matters, (7) Physical Attractiveness, (8) Amount of Time Spent Together, (9) Recreational Matters, (10) Household Activities, (11) Making Important Decisions, (12) Showing Appreciation for Things Done Well.

b) Focus Group

To generate the item pool for Social Comparison in Marital Relationship Measure different focus group discussions were conducted.

First of all focus group guideline was prepared with the help of existing literature review to tackle the discussions about the topic under consideration (See Appendix A for Focus Group Guideline). It is very important to be clear about the objectives of the focus group and is essential to have five or six probing questions why so and brief statements regarding the content of the topic give reference. It is important as well to ensure that the questions are clear and are related to the subject and content of the focus group theme.

The composition of focus groups

A total of four focus group discussions were conducted with married individuals (men, women) and couples. The size of each group was from 8-12 people and the sessions usually lasted from 1 to 1 and 1/2 hours. The participants in each focus group were asked to introduce themselves to each other. One criterion for the selection of the participants of focus group discussions was that they should have not less than 5 years length of marital life and certainly be parents of at least one child. Both of the criteria have been were taken on the basis of the general understanding that minimum 5 years relationship is a sufficient period to develop harmony and to get children or at least one child. The participants were given instructions about the objectives of the focus group. After explaining the purpose of the study to the participants they were also informed about the presence and purpose of audio recording equipment. They were explained the general rules and discussion guidelines i.e., the importance of everyone speaking up, talking one at a time etc. They were given assurance of confidentiality of their opinion and comments.

Questions (as presented in focus group guideline)z were asked in an interactive group setting where participants were free to talk with other group members. Most

importantly, all questions asked were open and neutral. Instructions were given to all of the participants to 'feel free to agree or to disagree with others. There are no wrong or right answers and pay respect to other participants and the opinions they have. It is intended to have a general opinion and feelings about the topic at hand.

Different focus groups were conducted separately for married men and women. The logic for conducting separate sessions of focus group for men and women spouses was that in the couple's sessions it was observed that the female members of the group were somewhat reluctant to express their opinions and views about most intimate relationships' aspects of their life in the presence of opposite gender. For instance, the women were reluctant to discuss about the sexual matters in presence of opposite gender. Men were more open in arguing about women's involvement in child rearing practice considered to be one reason for being ignored by their wives. Women were accusing husbands for not being helpful in house chore etc. Therefore, two mixed (with husbands and wives) and two separate (with only husband or only wife) sessions were arranged for men and women to make the discussions more beneficial.

Focus Group I

The participants of the first focus group were comprised of 6 married couples. They were chosen to provide a wide mix of socio-economic and educational background. The age range of the married men was 27-60 years ($M = 42.8$ years), while women were between ages 25-55 ($M = 36.0$ years). All men were working while among women 1 was retired, 2 were working and 3 were house wives. All the participants were from Rawalpindi / Islamabad and were conveniently chosen from

the different areas of the twin cities. The participants of the first focus group were approached after having their verbal consent for participation.

The discussion was started by putting an open ended question about the topic under consideration. The discussion was gradually moved from general context of topic to the specific questions of the research. After finding answers to the general questions depth ideas were explored about the specific area of research. As the topic under consideration was very interesting and quite relevant to everyday life of all the participants, they expressed their views and thoughts freely and openly except about marital and sexual aspect of the marital life. The participants were allowed to talk to each other, to ask questions and express their views frankly. All the discussion was audio recorded with the consent of participants. Efforts were being made to wrap up the session in 90 minutes. Following information was obtained from the discussion of first focus group.

- a) Most of the participants recognized that they make social comparison very frequently in respect of to their marital relationship.
- b) Married individuals compare their spouses with others around them on different household tasks.
- c) Couples make comparison of their spouses with others on the division of labour.
- d) Married women are likely to make comparisons of their husbands with others on cooperation and sympathy, they receive from their spouses.
- e) Couples identified the dimensions of trust and confidence in marital relationship as an important domain of comparison.

- f) Married men unanimously agreed on making a comparison (of their wives with friends, relatives or colleague's wives) on being neglected by their own wives during child rearing practices.
- g) Married couples usually compare their spouses with other married individuals on freedom and liberty given to them by their partners.
- h) Married men showed a concern on expression of love by their wives.
- i) Married women are more likely to compare their spouses on exchange of gifts.
- j) Couples are inclined to make comparisons on the amount of criticism their spouses express.
- k) Married individuals tended to compare their spouses with others on the matter of responsibility they accept on some household chores.
- l) People make comparisons of their spouses on the contact they have with their in-laws.
- m) Couples tended to make comparisons of their spouses with others on the affection displayed by their spouses.

Focus Group II

The participants of the second focus group included 10 married people from different educational, and socio economic background of Rawalpindi / Islamabad. There were 6 men and 4 women in the group. The age range of the men was 32-62 ($M = 42.7$ years), while women were between ages 29-60 ($M = 38.5$ years). There was a diversity of different professions among members of the group. Men were from different Government and Private sector profession and among women, 2 were house wives, while the other 2 were from the teaching background.

The participants were invited after having their verbal consent for their inclusion in the focus group. First of all, there was introductory session to get familiar and to feel comfortable with each other. After introduction, the purpose of the discussion was explained. Open ended questions were asked in order to promote debate and to probe further details. Efforts were being made to keep the discussion on track and spontaneous discussion was encouraged. All the participants were encouraged to participate freely and without any hesitation as confidentiality of the discussion was ensured to them considering the personal nature of the information that was to be discussed.

The group was heterogeneous in terms of gender, social class and education so very diverse opinions and views were expressed about the topic of research. All focus group discussion was transcribed with notes. Focus group lasted approximately 80 minutes. By the end of the discussion all the participants were humbly thanked for their participation. Following results were obtained from this discussion.

- a) Married individuals commonly compare their spouses with others on the expression of praise and admiration for their own personality.
- b) Married couples compare their partners with others on different personality traits like stubbornness, rigidity, moody, authoritarian, extravagant, discipline, egocentric, and responsible.
- c) Women are more concerned about comparisons of monetary matters.
- d) Married women make more comparisons of their spouses on some religious matters than married men.
- e) The issue of women rights is being used as a dimension of comparison in marital relationship by married women.

- f) Men tend to seek comparisons on their spouses' cold attitude toward sexual life.
- g) Married women are likely to make comparisons on the involvement of their spouses with spouses' parents and siblings.
- h) Married individuals usually seek comparisons on their social life activities.
- i) Comparisons are made on the basis of hospitality showed by spouses for friends and relatives.
- j) Women expect to get an appreciation from their spouses on good home management.
- k) Women seek comparison of their spouses' professional capabilities and competencies.
- l) Married people compare their spouses' role in the admission of children in high professional and educational institutions in relation of others around them.

Focus Group III

10 married men were invited to discuss issues and concerns about the specific area of research. They were from age range 31-63 years ($M = 44.2$ years) and from different socio economic and educational background. Two men were retired and the rest of the participants were working in diverse professions i.e., Teaching, Banking, Forces, and Private Sector.

The focus group was conducted to take advantage of the dynamics of group interaction. Focus group was conducted with participants who were unfamiliar with each other but homogenous in respect of their marital status and having children. After introducing all the participants there was a discussion in focus group which

involved all the participants to have a conversation among them regarding to the research. Dichotomous questions with simple yes or no responses were avoided. Every effort was being made to maintain the flow of the conversation.

One of the observations made by the researcher was that it became somewhat difficult to maintain the flow of the ideas and comments during the discussion because of the disagreement of views among some participants. It was observed that two members of the group were highly dominant and were trying to inhibit the contribution of other participants. So, it was ensured to avoid letting some members' opinion dominate in a very good manner. As the topic of discussion was very appealing, so the participants took great interest to reveal their similar as well as diverse opinions and views. In this way, it became very beneficial for the researcher to take advantage of the difference of opinions among the participants and to have diverse range of views on the topic under discussion. Following information was gained during the discussion of third focus group.

- a) Married men make comparisons on the matters of seeking consent on different family problems.
- b) Married men compare their spouses on the time spent for rearing and training of their children.
- c) Comparisons are being made on the time spent for recreational activities.
- d) The spouses are being compared on the domain of dedication and devotion in personal and professional life.
- e) Comparisons are also being made by husbands on spending time by their wives in purchasing different home appliances, food items and big items like furniture, and jewellery, etc.

- f) Men seek comparisons on the submissive or dominant temperament of their spouses.
- g) Good management and cooking is a significant aspect of marital life to have a comparison with others.
- h) To observe punctuality is another important trait of personality on which the comparison is made by married men.
- i) Men compare their marital relationships on the basis of encouragement, they receive from their spouses regarding their career and profession.
- j) Reluctance in expression of love is an important aspect on which husbands compare their spouses with other married individuals.
- k) Men are highly concerned of irritable attitude of their wives on coming back home from jobs.
- l) Married men are inclined to compare their wives on appearance and physical attractiveness with the wives of their friends and relatives.
- m) Cooperation and care is an important dimension of marital relationship to compare the partners with other spouses around them.
- n) Husbands make comparisons on the lack of expression of sexual interest of their spouses
- o) Married men tend to compare their spouses on emotional matters.

Focus Group IV

The group contained 10 married women. The group members were selected conveniently from Rawalpindi / Islamabad. They were between age range 30-58 years ($M = 37.5$ years) and with diverse background of education, socio economic status and profession. There were working as well as house wives in the group.

The participants were selected considering the purpose of the discussion. While setting up the fourth focus group session comfortable seating was considered important as did in the earlier sessions to encourage relaxed participation and informal and spontaneous conversation. The session started with an introduction of all the participants. The participants were briefed about the objective of the discussion. Initially there was a general topic discussion to focus the attention of the participants. Later on this general discussion was moved to more specific topic and area of research.

At times it was needed to probe for details or to move the discussion forward when conversation was drifting from the topic under discussion. It was made sure for each participant to get a chance to speak and at the same time to avoid giving personal comments to influence and favor particular participants. It took more than one hour to finish the discussion. After completing the discussion the session was closed by thanking the participants for their cooperation so that they could have positive feelings of experience and company. Various areas of comparison in relation of marital relationship satisfaction were identified during the discussion of fourth focus group.

- a) Least interest of husband on household matters is very significant for women to compare their spouses with others.
- b) Irresponsibility on the part of husbands is important cause for wives to compare their spouses with other married individuals.
- c) Married women make comparison of their spouses on children related matters.

- d) The mutual consent of spouses on the decisions of children's marriages is another dimension of comparison with other married people.
- e) Married women are highly concerned with the conflicts over money.
- f) Fathers' role in character building of children is important for seeking comparison.
- g) Women are more concerned of demonstration of affection from their spouses.
- h) Women pay attention to the religious matters in marital relationships.
- i) Making important decisions is another dimension of comparison in marital relationship.
- j) The amount of emotional support women receive from their spouses is important aspect of comparison in marital relationship.
- k) How much the spouses argue over petty issues with their spouses becomes a cause of making comparison.
- l) Women are inclined to make comparisons on the amount of disagreement they experience with their spouses.
- m) The amount of money women have is important issue of making comparison with others around them.
- n) Married women expect appreciation from their spouses on things done well by them.

Step 2: Categorization of Items into Main Dimensions of SCMRM

After conducting various focus group discussions, the researcher converted the responses of the participants into transcripts and into the form of statements. All the transcripts were read and coded to find out the frequency of each of the statements.

The next step was identifying primary themes for each category, determined earlier and organizing responses into these categories. The primary themes of all the categories were determined in the light of previous literature review. Consensus of statements in different categories was achieved through re-reading of the transcripts by the researcher. As a result an effort was being made to identify all the number of statements generated through different focus groups under the categories of Family Matters, Religious Matters, Sex Relations, Demonstration of Affection, Emotional Matters, Financial Matters, Physical Attractiveness, Amount of Time Spent Together, Recreational Matters, Household Activities, Making Important Decisions, and Showing Appreciation for Things Done Well. These categories have been earlier determined by reviewing the literature of the area of research.

The frequency was noted in which each theme and item occurred to have a view that how often a statement was found during the discussions of different sessions of focus group. This was done by counting the number of frequencies per statement. This counting gave a weighted perspective on a particular statement. A criterion for the selection of statements of at least 4 frequencies per item was decided to be included in the initial list of the statements.

During this process of categorizing, it was realized that some of the statements were overlapping and could be included in more than one category (For example Ghar ka soda salaf lany ki zimadari mujh par daltay / dalti hain and samanay khanadari ki kharidari hamisha mil kar karty / karti hain). On the basis of this conclusion it was decided to merge the broad spectrum of categories into condensed form. So the long list of categories was merged to have a reduced number of categories. After merging, the number of categories was reduced from 12 to 6. Family Related Matters, Social Matters, Religious Matters, Sex Relations, and Financial Matters were retained as

such, while the categories of Demonstration of Affection, Emotional Matters, Physical Attractiveness, Amount of Time Spent Together, Recreational Matters, and Showing Appreciation for Things Done Well were merged into Social Matters and this category was renamed as Social and Emotional Matters. Household Activities, Making Important Decisions were merged into Family Related Matters. There were several distinct items related to the children therefore, another category was also generated to include all the statements related to children and it was named as Children Related Matters.

All the statements were carefully examined and scrutinized by the researcher to evaluate the redundant items. Some statements were repeating the same concepts and some were irrelevant to these categories. The items containing repetition and overlapping were dropped out and the wording of some of the statements was also improved by rephrasing them. Subsequently, as a result of focus group sessions a long questionnaire was prepared containing 110 statements.

The number of statements in the measure under each category were as follows: Family Matters (16 statements), Social / Emotional Matters (13 statements), Marital / Sexual Matters (38 statements), Religious Matters (6 statements), Financial Matters (14 statements), and Children Related Matters (23 statements).

A form was prepared by putting all these statements in the list under above mentioned categories. At the end of the procedure 110 statements were retained in the form (See Appendix B for Initial Form of SCMRM).

The reduced categories were defined conceptually as follows:

1. Family Matters

Family is the foundation of community and husband and wives are the core of

the family. Some of the family affairs are considered to be very important in maintaining marital, familial, and interpersonal relationships. According to Burgess, Locke, and Thomas (1963), a successful marriage may be defined as a union in which the attitude and acts of husband and wife are in agreement of the chief family issues, such as dealing with in-laws, objectives and values, and managing some other household activities. The number of statements under the category of Family Matters was 16 in the initial form of SCMRM.

2. Social and Emotional Matters

All the matters related to social and emotional aspects of the life are included in social and emotional matters. A factor which seems important for marital relationship and adjustment may be mutuality of interests and joint participation of the spouses in different kinds of activities. Spouses can act as potential reservoirs for love and affection, providing both comfort and emotional security for one another. A major problem in the marital relationship is finding time to spend together. Kingston and Nock found that the more the time spent in joint activity the more satisfying is the marital relationship of dual career couples (as cited in Hess et al., 1988). The initial form of SCMRM contains 13 statements in the category of Social and Emotional Matters.

3. Marital and Sexual Matters

Marriage is a set of social norms, a bond between two persons of opposite sex. They are liable to maintain a family unit. Any situation arises within this context is related to Marital Matters. Sex is the important component of marital relationships. The conflicts and problems related to physical attraction and sexual summation are

sexual matters. Sexual satisfaction is an important aspect of marital satisfaction (Gebhard, 1966; Hurlbert et al., 1993). With regard to sexual intimacy, Scott and Sprecher (2000) noted that sexual satisfaction is highly correlated with general relationship satisfaction. Stafford and Canary (1991) concluded that the importance of using marital maintenance behaviour is associated with a greater sense of liking as well as increased marital satisfaction. The category of Marital and Sexual Matters comprised of 38 statements of the initial form of SCMRM.

4. Religious Matters

Religion is a set of beliefs. The affairs and problems which emerge as an outcome to understand this belief system are called Religious Matter. Call and Heaton (1997) presented evidence that religious orientation is associated with increased marital stability, particularly when the husband and wife share common attitudes and behaviours regarding the role of religion in their marriage. There were 6 statements in the category of Religious Matters. Some of them were gender specific under this category because of the cultural and religious influence on either gender.

5. Financial Matters

The affairs of revenue and money are included in Financial Matters. Adequate finances and, more importantly, joint decisions on how the household finance is earned, distributed and invested, are influenced on the quality of marital relationship satisfaction. Additionally increased job stress is associated with lower levels of marital satisfaction (Perry-Jenkins, Repetti, & Crouter, 2000), and with lower levels of family interaction (Repetti, 1994). Marital satisfaction is negatively affected by the financial stress experienced by impoverished married couples and often contributes to

separation and divorce. Married couples in poverty often lack the resources that could be helpful in dealing with a strained marriage such as access to funds needed to alleviate the financial strains or to counseling/therapy to deal with the marital problems. With such limited resources, increased chances of divorce and separation exist for married couples with low socioeconomic status (Rank, 2000). Financial Matters included 14 statements in the initial form of SCMRM.

6. Children Related Matters

Children are an important component of family structure and parenting is important as well because children matter more than anyone in the world, particularly in the Pakistani culture. The qualities of the relationship between a husband and wife affect their children's cognitive and social competence and children also affect the relationship that exists in the marital relationship between husband and wife. The family life cycle is an area that has been heavily researched with regard to marital satisfaction. A number of studies (see, for example, Orbuch et al., 1996; Peterson, 1990) describe the pattern of marital satisfaction as “U” shaped, with marital satisfaction declining in the early years of marriage (often corresponding with the arrival of children), and then rising again in the later years of marriage (often corresponding with the departure of children from the home). The task of parenting, according to Nomaguchi and Milkie (2003) is associated with increased marital conflict. There were 23 statements in the Children Related Matters of the initial form of SCMRM.

Step 3: Judges' Evaluation of Items

Once the list of 110 statements of the Social Comparison in Marital Relationship Measure (SCMRM) was ready in its initial format, it was presented to two Judges' and their opinion was sought for identifying the unclear, inappropriate, and overlapping statements. Two professors of Psychology and two of Urdu from Government College, Fateh Jung, Attock and Government Post Graduate College for Women, Satellite Town, Rawalpindi, were taken as judges. Professors of Urdu were taken as a judge to rule out the Urdu language composition and grammatical mistakes in the format of the statements.

Procedure

The judges were given the initial list of 110 statements selected for initial form. They were explained that they had to consider the phrasing of the items that seemed to be relevant to different categories. They were asked to discard the items that seemed to be irrelevant to the area of research. They were requested to gauge any possibility of overlapping of the items or categories and to identify the inappropriate items. The judges were also requested to suggest any modification in the wordings of the items to improve the editorial quality of the items.

After the judges' expert opinion some of the statements were either discarded or modified. As a result, few statements needed to rephrase and to improve the quality of the statements and the number of statements to some of the categories was also reduced. The total number of items was reduced to 100 statements for Social Comparison in Marital Relationship Measure (See Appendix C for Items for

SCMRM). The number of items under each category was as follows: Family Matters (11 items), Social and Emotional matters (13 items), Sexual and Marital Matters (37), Children Related Matters (22), Financial Matters (13), and Religious Matters (4). (See Appendix C1 for Items excluded from initial form of SCMRM)

Step 4: Final Selection of Items and Construct Validation of SCMRM

The purpose of this part of research was to determine the factor structure of SCMRM. In order to finalize the items of the scale factor analysis was carried out.

Sample

A sample of 600 respondents was taken for this part of the study. It consisted of 300 married couples. The sample was carefully chosen to reflect the characteristics (length of marital life and Number of children) required by the present research. They were approached by the researcher after having their consent for the participation. Some personal contacts e.g., friends, relatives, neighbors, and colleagues were also used to approach the participants. They were from lower, middle, and upper socio economic classes. The income level of the sample was from Pak Rs. 2300 to 400000/. With regard to education, the level of education was from Secondary School Certificate to Ph.D. 5 years represented the shortest marital relationship, and 22 years the longest. The average length of relationship was 13. 22 years. All the couples had minimum of one child. The age of the participants ranged from 22 to 55 years ($M=38.91$, $SD = 7.15$). The sample was taken from Rawalpindi, Islamabad, Hasanabdal, Taxila, Fatehjung, Attock, Lahore and Peshawar (see Appendix D of the Demographic Characteristics of the Sample, $N = 600$).

Instrument

The form of 100 statements of the Social Comparison in Marital Relationship Measure (SCMRM) was used to collect the data. These 100 statements in SCMRM were presented with five response categories, reflecting how much married individuals compare themselves with other people on the comparison dimension of marital relationship satisfaction. The categories measured by these statements were (1) Family Related Matters (2) Social and Emotional Matters (3) Marital and Sexual Matters (4) Financial Matters (5) Children Related Matters (6) Religious Matters.

The five response categories included 'Never', 'Rarely', 'Sometimes', 'Often', and 'Always' which were scored as 1, 2, 3, 4, and 5 respectively. The minimum possible score was 100 and maximum score could be 500. 51 of the items were positively phrased whereas 49 items were negatively phrased. Reverse scoring procedure was used for the negatively worded items.

A separate demographic sheet was also given to obtain some personal information and they were requested to fill in this demographic sheet regarding age, gender, education, income, duration of marriage, number of children, and profession (See Appendix E for Demographic Data Sheet).

Procedure

The sample was approached directly or indirectly (i.e., with the help of relatives, neighbours, colleagues, and friends) by the researcher after having their verbal consent for the participation. They were given the questionnaire with the written instructions about how to fill it (See Appendix F for Instruction). They were

asked to read each statement and to give their responses by selecting the response category which they considered to be appropriate. They were given assurance for the confidentiality of their responses. The participants were acknowledged for their participation and cooperation.

Results

The data of the study were subjected to statistical analysis in order to select the items for the final scale. For testing the dimensionality of the SCMRM the 100 items of the Scale were factor analyzed through Exploratory Factor Analysis. First exploratory factor analysis was carried out but the results of rotation did not produce a meaningful solution of 100 items of SCMRM. To get a clear factor solution of 100 items of SCMRM different rotations were obtained with six factors. Two, three and four factor solution was also applied but the items loaded on each factors failed to establish meaningful groups.

Before factor analysis Kaiser-Meyer-Olkin (KMO) Measure of Sampling Adequacy and 'Bartlett Test of Sphericity' were administered to check the suitability of the data for the factor analysis. Kaiser-Meyer-Olkin Measure of Sampling Adequacy measure varies between 0 and 1, and values closer to 1 are better. The KMO measures the sampling adequacy which should be greater than 0.5 for a satisfactory factor analysis to proceed.

Another indicator of the strength of the relationships among variables is Bartlett's test of Sphericity. Bartlett's test of Sphericity is used to test the null hypothesis that the variables in the population correlation matrix are uncorrelated. It

is to proceed a factor analysis for the data. Taken together, these tests provide a minimum standard which should be passed before a factor analysis (or a principal components analysis) should be conducted.

Table 1

Kaiser-Meyer-Olkin Measure of Sampling Adequacy and Bartlett Test of Sphericity for Social Comparison in Marital Relationship Measure

Kaiser-Meyer-Olkin Measure	Bartlett Test of Sphericity	<i>df</i>	<i>p</i>
.83	27037.3	4950	.000

The Table 1 shows that the KMO measure is .83 indicating that the data is suitable for the factor analysis. From the Table, it can also be concluded that the Bartlett's test of sphericity is significant at .000 and the variables are positively correlated with each other.

Item total correlation was also computed on the 100 items which showed that all of the items correlated significantly with each other and with the total score of the measure with a range of .49 to .79 ($p < .05$ to $p < .01$). According to Guertin and Baily (1970) if all the items are highly correlated with each other and with the total score of the scale the 'Direct Oblimin Method of Principal Component Factor Analysis is the best method to be applied. Thus Direct Oblimin Method was adopted.

Table 2

Factor Matrix of the 17 items of Social Comparison in Marital Relationship Measure through Principal Component Analysis using Direct Oblimin Method (N = 600)

Item No	Loadings	Item No	Loadings
V1	.70	V10	.52
V2	.67	V11	.52
V3	.66	V12	.49
V4	.65	V13	.48
V5	.65	V14	.48
V6	.63	V15	.46
V7	.58	V16	.46
V8	.58	V17	.46
V9	.54		

Note. Factor loadings > .40 have been included

The Table 2 shows the factor loadings of 17 items for the SCMRM selected on the basis of .4 factor loading. The loadings were obtained by running Principal Component to determine the factor structure of the scales. The items with a factor loading equal to or greater than .40 have been considered for the final selection of the scales. Thus, the items with less than .4 factor loadings and the items or variables that correlate very highly with other variables were eliminated. It is believed that if various factors share items that cross load highly on more than one factor, those items are considered complex as they reflect the influence of more than one factor. Except for some of the items, most fall in one category, showing the unifactor structure of the scales. On the bases of these highly loaded items only in one factor, it was decided to

extract all subcategories of the scale and to construct a unifactor scale. The highly loaded items were likely to be related to the comparison in marital relationship satisfaction instead of six factors determined earlier.

Consequently, on the basis of .4 criteria of factor analysis 17 items were retained in Social Comparison in Marital Relationship Measure (See Appendix G for SCMRM). Out of these 17 items, 11 are positively worded items while remaining 6 items are comprised negative items. The minimum score is 17 and the maximum could be 85. Higher score indicates the downward tendency of married individuals to compare their spouses with others around them while low score is likely to indicate the upward inclination of married individuals in comparing their spouses with others on the dimension of marital relationship satisfaction.

Scree Plot

The scree plot graphically displays the eigen values for each factor.

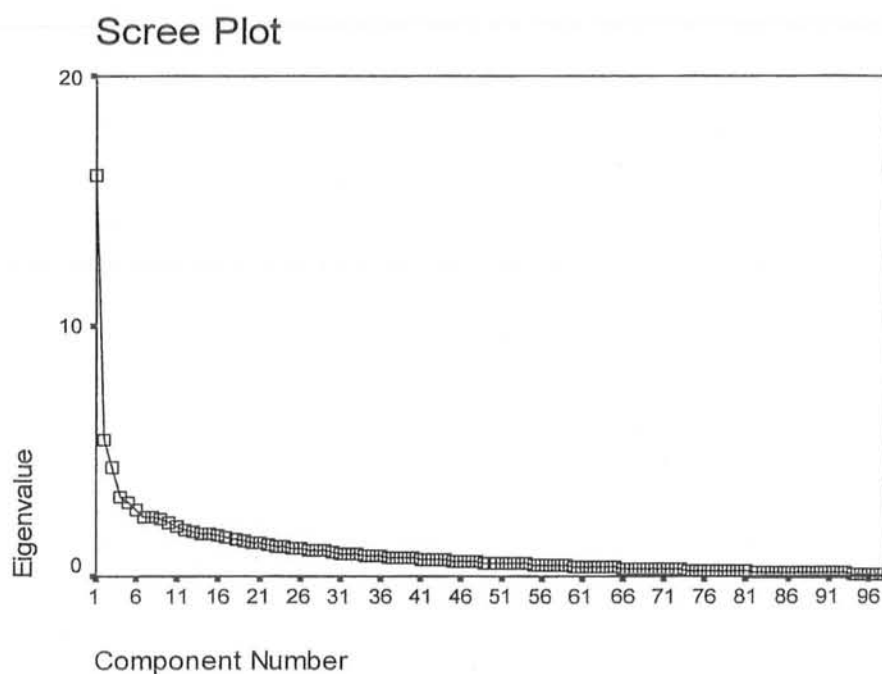


Figure I: Scree Plot for Factor Matrix of 100 items of SCMRM (N= 600)

An examination of the Figure I, indicating scree plot, presented an unclear solution. The line seems to begin to level off after the second component. It appears that the first and the second component should retain and interpret but a close examination of scree plot suggested that the second factor has emerged as a matter of chance. Hence, the Scree plot in Figure I suggested that Factor I is a predominant factor and should be kept. As for Factor II and III, it is not so clear since there are nearly two merged inflection points. After a closer scrutiny of the graph, researcher opted for a one factor solution as one factor solution seems to be more understandable.

Eigen values

Eigen values were calculated to have an understanding that how many factors would be extracted from the results of factor analysis.

Table 3

Eigen Values and Percentage Variance Explained By the Six Extracted Factors for SCMRM (N = 600)

Factors	Eigen Values	% of Variance	Cumulative %
I	2.12	35.46	35.46
II	1.21	20.29	55.75
III	.88	14.71	70.47
IV	.71	11.98	82.45
V	.62	10.44	92.98
VI	.50	7.02	100.0

Eigenvalues were calculated to have an understanding that how many factors would be extracted from the results of factor analysis. Researchers generally use different criteria to estimate the number of factors for the given items. The widely known approaches were recommended by Kaiser (1958) and Cattell (1966) on the basis of eigenvalues which can help to determine the importance of a particular factor and to indicate the amount of variance in a set of items accounted for by that particular factor.

Table 3 demonstrates the eigenvalues and percentages of variance explained by the six factors. Factor I has an eigenvalue of 2.12 and explained 35.46 of the total of the variance, that is highest value among six factors. Factor II also has an eigenvalue of more than 1, i.e., 1.12 which explained 20.29 percentage of total of the variance and a two-factor solution was deemed appropriate.

Although from the analyst's perspective, variables with eigenvalues of 1.00 or higher are traditionally considered worth analyzing, however, Gorsuch, (1983) presented that researcher's approach can provide explanation overriding reasons for selecting other numbers of factors. The researcher better considered one factor solution for the present data.

The decision about the final number of factors and about the retention and deletion of items in a given solution depends on the requirement of the desired construct as well. Hence, it was decided to take the advantage of researcher preference. It was acknowledged not to retain the factor II having an eigenvalue of more than 1, i.e., 1.12. The reason for not including factor II in the Measure is that all the items clustered in this factor with .4 loadings were scattered in a very discordant way. All the other factors have eigenvalues less than 1 and in that case these items could be poor indicator of the intended construct. So, it was not justified to retain

these items as they fail to contribute meaningfully to any of the potential factor solution. Consequently, the factor containing these items was eliminated from further consideration. All the other factors have eigenvalues less than 1.

Determination of Reliability of SCMRM

Cronbach alpha coefficient analysis was used for the determination of Reliability of Social Comparison in Marital Relationship Measure on the sample of 600 married individuals (300 husbands and 300 wives).

Table 4

Cronbach's Alpha Coefficient for SCMRM (N = 600)

Measure	No. of Items	Alpha.
SCMRM	17	.89

Note. SCMRM = Social Comparison in Marital Relationship Measure

Table 4 shows the Cronbach alpha of the SCMRM i.e., .89 which is quite high. It indicates the internal consistency of the 17 item scale, SCMRM.

Discussion

The aim of Part I of the research was to develop the instrument to be used in the main study. For this purpose Social Comparison in Marital Relationship Measure (SCMRM) was developed to evaluate the direction of comparison on different dimensions of marital relationships of married individuals. The Cronbach's alpha reliability and construct validity of the measure through further analyses were determined.

Social comparison has an impact on everyday life of individuals because they may evaluate their lives by comparing their circumstances on a particular dimension to a standard determined by other people. If they get a favorable impression of their lives compared to others they will be satisfied and having positive emotions about self. If social comparison process results in an unfavorable impression the individuals will feel dissatisfaction, anxiety, and unpleasant emotions. So the satisfaction with life, health, close relationship and other domains does not depend only on the person's absolute standing but also on the standing of other people with whom they compare on that particular domain. The context where people stand in relation to others will influence their health and satisfaction (Parducci, 1995).

Marital relationship is very significant domain of human life. In the present research we aimed to develop a social comparison measure in the context of marital relationship through which comparisons can be induced in that the participants look to others who are close and similar to them on the comparison dimension to have their own standing on the domain of marital relationship.

The concept of social comparison has taken a prominent place in the study of marital relationships. During the last two decades an increasing interest in the study of social comparison in the domain of marital life has suggested the importance of a measure for assessing the relationships in comparison with familiar others. It can be argued that marital relationship which has fundamental role in the structure of family must provide for the study of social comparison phenomenon. As mentioned earlier that some scales have been focusing the social comparison in general (Allan & Gilbert, 1995) and assessing marital outcomes relative to expectations (Sabatelli, 1988). However, the need to have more specific measure which will allow studying independently social comparison in the domain of marital relationships led us to

consider the development of Social Comparison in Marital Relationship Measure (SCMRM). Current measures of social comparison generally do not assess several marital relationships dimensions in comparison with others. Besides, it was highly required to have a measure of social comparison in marital relationship in the Pakistani cultural context. A review of the literature shows that no attempt has been made to date to develop a sound instrument to assess social comparison in marital relationship of married individuals in the Pakistani culture.

In an attempt to review the inadequacy of such measures, researcher attempted with the help of review of existing literature to extract different dimensions relevant to marital relationships like Family Matters, Social and Emotional Matters, Sexual and Marital Matters, Financial Matters, Religious Matters, Children Related Matters, and Religious Matters over which married people usually could compare themselves with other married couples around them. The available literature and researches regarding the social comparison in marital relationships and marital relationship satisfaction were reviewed to identify different factors (items) involved in the social comparison in the context of marital relationship satisfaction. The existing literature contains several types of instruments that have a well defined factor structure and that provide measures of different components of marital relationships satisfaction and social comparison. The item pool for the measure was also generated through the sources of reviewing the existing literature and focus group discussions.

Although SCMRM emerged as a uni-factor measure but it included items of all the dimensions determined earlier i.e., Family Matters (Item No. 13), Social and Emotional Matters (Item No.1, 15), Sexual and Marital Matters (Item No. 14), Financial Matters (Item No. 16), Children Related Matters (Item No. 6, 10), and Religious Matter (Item No. 17).

The Social Comparison in Marital Relationship Measure was designed to measure the married individual's inclination of engaging in downward or upward social comparison in marital life settings. There are four important features intrinsic to SCMRM. First, instead of only measuring occurrence or intensity of disagreement on different domain of marital relationships, it aims to assess the degree of comparing marital relationships in comparison with other married individuals. Secondly, it may assess both the downward and upward contrastive influences in marital relationship at the same time. Thirdly, it includes items for married individuals only and not for cohabitants which is not a desirable form of relationships in eastern culture. Fourth, the measure includes items peculiar to the family structure and cultural context of Pakistan.

SCMRM is a 17 items measure. Out of these 17 items, 11 are positively worded items (1, 4, 6, 7, 8, 9, 11, 12, 13, 16, 17) while remaining 6 items (2, 3, 5, 10, 14, 15) are comprised of negatively phrased items. The scale is arranged in 5 point Likert type scale from 1 to 5, with 1 indicating "never" and 5 indicating "always". For this measure the scores range from 17 to 85. Items no. 2, 3, 5, 10, 14, and 15 are required to be reversed for scoring purpose. A sufficient reliability and internal consistency was established through Cronbach's Alpha ($r = .89$) and Item-total correlation.

The measure could help to identify a particular direction of social comparison that the married individuals do in their personal life. The higher score on SCMRM is the indication of downward comparison in marital relationship while lower score denotes individual's inclination of upward comparison in close relationship.

VALIDATION OF SOCIAL COMPARISON IN MARITAL RELATIONSHIP MEASURE

This part of the research was carried out to determine validation of Social Comparison in Marital Relationship Measure (SCMRM) developed in Part I of the research and to provide empirical evidence concerning the convergent and discriminant validity of SCMRM. Index of self Esteem (Hudson, 1982) and Satisfaction With Life Scale (Diener et al., 1985) were used to determine convergent validity of SCMRM while Beck Depression Inventory (Beck, Ward, Mendelson, Mock, & Erbaugh, 1961) was used to establish the discriminant validity of the instrument.

The convergent validity of the SCMRM would be demonstrated if scores of the test correlate significantly and positively with Index of Self Esteem (ISE). According to social comparison theory people evaluate their thoughts, abilities, and actions by comparing themselves to other people. In the course of social comparison, when people compare themselves with others who outperform, their self esteem suffers (Giordano, Wood, & Michela, 2000). Since ISE is a measure of self worth and self evaluation and it is assemed from the empirical evidences that when the outcome, derived from the downward social comparison in marital relationship, is high the participants' self esteem will increase and this comparison may have positive affect on self esteem.

To provide additional information on the convergent validity of SCMRM another construct i.e., Satisfaction With Life Scale was used which is a measure of

global cognitive judgments of one's lives. The downward social comparisons produce increase in positive mood and satisfaction with life (Diener & Fujita, 1995).

Discriminant validity is determined by hypothesizing and examining differential relations between a test and measures of a different construct. For example, if discriminant validity is high, scores on a test designed to assess aggressiveness should not be positively correlated with scores from tests designed to assess intelligence. Discriminant validity of the SCMRM would be demonstrated if it did not show any correlation with measures not related to the downward direction of comparison in marital relationship. Beck Depression Inventory was used to determine the discriminant validity of SCMRM. The BDI was used because feelings of depression are produced by negative inferences about the self, negative inferences about the consequences of negative events. A preference of upward comparison for depressed individuals has been reported by the researchers (Swallow & Kuiper, 1993). The upward comparison can provide an opportunity to produce anxiety, depression, and distress as similar others doing better on a comparison domain could be a source of deprivation.

Objectives

The objectives of this study were as follows:

1. To find out the convergent validity between Scale of Social Comparison in Marital Relationship, Index of Self Esteem, and Satisfaction with Life Scale.
2. To determine the discriminant validity between Social Comparison in Marital Relationship Measure and Beck Depression Inventory.

Sample

Sample of validation study consisted of 50 couples (100 married individuals). Data was obtained from the married couples to take advantage of comparing the direction of social comparison of each one in the couples. Minimum age of sample was 30 years and maximum age was 57 years ($M = 41.50$ years, $SD 7.00$). Their income ranged from Rs. 5000/ to Rs. 200000/ ($M = \text{Rs. } 56680/$). The length of marital life was from 5 years to 32 years ($M = 16.59$). The number of children ranged from 1 to 5. Level of education ranged from Metric to PhD (it is further divided as 53 Up to Graduates and 47 Post Graduates). The sample was drawn from different localities of Islamabad, Rawalpindi, Attock, Hasanabdal, Taxila, and Lahore. Care was taken to include individuals from poor ($n = 22$); middle ($n = 34$); and high ($n = 44$) socio economic backgrounds and from a variety of occupations i.e., Teaching, Banking, Forces, Private Business, Medical, and Engineering profession. It was ensured to include couples with minimum duration of marital life for at least 5 years and having at least one child (See Appendix H for Demographic Characteristics of the sample, $N = 100$).

Instruments

The following instruments were used in this part of the study.

1. Social Comparison in Marital Relationship Measure (SCMRM)
2. Satisfaction with Life Scale (Diener et al., 1985)
3. Back Depression Inventory (Beck, et al., 1961)
4. The Index of Self Esteem (Hudson, 1982)

Social Comparison in Marital Relationship Measure (SCMRM)

Social Comparison in Marital Relationship Measure (SCMRM) developed and finalized during part I of this research was used for the determination of its reliability and validity. The Measure was employed to manipulate a comparative situation in which the participants were given opportunity to compare their spouses with others on different dimensions of marital relationship. In this way the participants were induced to actively engage either in upward or in downward social comparison by comparing their relationship with similar other married couples around them. The SCMRM is 17 items scale with five response categories of 'Always', 'Often', 'Sometimes', 'Rarely', and 'Never' (5, 4, 3, 2 and 1 respectively). Scores range from 17 to 85. There are 11 positively worded statements while the number of negatively worded items is 6 and these items are required to have a reverse scoring. The higher score on SCMRM designates the tendency of downward social comparison in marital relationship while lesser score signifies upward trend in comparing the relationship with others around them.

Index of Self-Esteem (ISE)

For the determination of validity of SCMRM, Urdu version of Index of Self Esteem was administered. It was translated and adopted into Urdu by Khurshid (2003) (See Appendix I for Urdu Version of ISE). Alpha reliability of Urdu version was determined which is .74 while split half reliability of ISE after applying Spearman Brown Correlation is found to be .56 which provides satisfactory proof of the reliability of ISE (Khurshid, 2003). Urdu version of ISE has been used by different researchers in Pakistan very successfully i.e., Khalida, 2001; Khurshid, 2003.

It is one of the nine scales of Clinical Measurement Package (CMP) developed by Hudson (1982) (See, Appendix J for English Version of ISE). This is a 25-item questionnaire, encompassing questions about how a person feels about him. It measures the degree, severity, or magnitude of a problem, the subject has with his self esteem. Hudson reported the reliability estimates of the scale ranging from .91 to .95. According to him this scale has good content, construct, factorial, concurrent, and discriminant validity.

Hudson (1982) found that it discriminated between people who did and did not have significant self-esteem problems as judged by therapists in an independent clinical diagnosis. The scale is arranged in 5 point Likert type scale from 1 to 5, with 1 indicating "rarely or none of the time" and 5 indicating "most or all of the time. For this measure the scores range from 25 to 125. Among the 25 items,12 are positively worded and the rest of the items are negatively worded.

Satisfaction With Life Scale (SWLS)

Another instrument used in the validation study was Satisfaction with Life Scale (SWLS). Urdu translation of SWLS adopted by Siddiq (2001) and improved by Zahid (2002) was used (See Appendix K for Urdu Version of SWLS). The alpha reliability of Urdu version was 0.81 ($N=60$). Later on Zahid (2002) improved the version by having evaluation from experienced psychometricians about the translation and editorial quality of the items. In the present research, the improved version of SWLS (Zahid, 2002) was used to measure the level of satisfaction with life of married individuals. This improved Urdu version of SWLS has an alpha reliability of .60. Urdu version of SWLS has been extensively used in the research area of Pakistan (Aftab, 2002; Ali, 2005; Munawara, 2001, & Saleem, 2004).

SWLS is a measure of life satisfaction developed by Diener, et al. (1985) (See Appendix L for English Version of SWLS). It is a short and reliable 5 item instrument designed to measure global cognitive judgments of one's lives. Life satisfaction is the cognitive component of subjective well being. It allows individual to consider different aspects that are important to him and to evaluate that how much satisfied he is with these aspects. The SWLS measures satisfaction in five domains: living situation, social relationships, work, self and present life. The scale is a Likert - type scale with 5 point response format. Response categories range from 'strongly disagree to strongly agree' and are scored as 1, 2, 3, 4 and 5 respectively. A total life satisfaction score was obtained by summing the five items. Score ranges from 5 to 25.

The SWLS is shown to have favorable psychometric properties, including high internal consistency and high temporal reliability. SWLS has shown adequate internal consistency ($\alpha = 0.87$) and 2-month retest reliability ($r = 0.82$).

Beck Depression Inventory (BDI)

Beck Depression Inventory was used to assess participants' severity of depression. Urdu version of BDI translated and adopted by Khan (1996) was used (See Appendix M for Urdu Version of BDI). Urdu Translation of BDI consists of 20 items as one item having sexual connotation 'I have not felt any change in my sexual desire' was dropped. But for the present study, we decided to include that item as it measures a very important component of marital life.

The original version of the BDI was introduced by Beck et al. (1961). The BDI is a 21 item self-report rating inventory, presented in multiple choice formats, measuring characteristic attitudes, symptoms and supposed manifestation of depression. This form of the BDI is composed of 21 questions or items, each with

four possible responses. The items are weighted to reflect the range of severity of the symptom from neutral to maximum severity.

Internal consistency for the BDI ranges from .73 to .92. The BDI demonstrates high internal consistency, with alpha coefficients of .86 and .81 for psychiatric and non-psychiatric populations, respectively (Beck, 1976).

Procedure

Since the sample comprised of married men and women, they were mostly approached at their home or at work place individually. After taking their willingness to participate in the study they were given all the questionnaires (SCMRM, SWLS, BDI and ISE) while written instructions were provided in the beginning. They were requested to read each statement and to indicate the responses by selecting the appropriate response category, which they considered in their opinion appropriate about their own self and about their spouse. Some personal demographics were also sought on a separate sheet. Respondents were assured about the confidentiality of their responses and were acknowledged for their cooperation and participation in the study.

Results

Concerning the validity of SCMRM, their convergent validity , the extent to which scales' scores correlate with other measures with which it should correlate theoretically, and their discriminant validity, the extent to which these scales' scores

does not correlate with other measures with which it should theoretically not correlate, were examined (Anastasi, 1976; Carmines & Zeller, 1979).

In order to assess the convergent validity of SCMRM, Index of Self Esteem and Satisfaction With Life Scale were used which were expected to be related to the downward comparison attribution and self evaluation in respect of self esteem and the global satisfaction with life. On the other hand, discriminant validity was expected to be determined by a negative correlation between SCMRM and depression.

Alpha Reliability of Social Comparison in Marital relationship Measure, Index of Self Esteem, Satisfaction With Life Scale, and Beck Depression Inventory

The data of the study was analyzed to determine the reliability coefficients of all the scales used in the study.

Table 5

Alpha Reliability Coefficient of SCMRM, BDI, SWLS, and ISE (N=100)

Scales	No of Items	Alpha Coefficients
SCMRM	17	.97
ISE	23	.90
SWLS	05	.88
BDI	21	.90

Note. SCMRM = Social Comparison in Marital Relationship Measure; ISE = Index of Self Esteem; SWLS = Satisfaction With Life Scale; BDI = Beck Depression Inventory.

Table 5 shows an alpha of .97 for Social Comparison in Marital Relationship Measure which is quite high. The Table also indicates a high alpha reliability for BDI

i.e., .90. SWLS and ISE also yield a highly satisfactory reliability coefficients of .88 and .90, respectively.

Correlation of Social Comparison in Marital relationship Measure with Index of Self Esteem, Satisfaction With Life Scale, and Beck Depression Inventory

In order to determine the relationship of direction of social comparison in marital relationship of married individuals with self esteem, depression, and satisfaction with life, Correlations were computed.

Table 6

Correlation of SCMRM with ISE, BDI, and SWLS (N=100)

Measures	I	II	III	IV
I. SCMRM	-	-.41**	.43**	.26**
II. BDI	-	-	-.37**	-.44**
III. ISE	-	-	-	.38**
IV. SWLS	-	-	-	-

Note. SCMRM = Social Comparison in Marital Relationship Measure; ISE = Index of Self Esteem; SWLS = Satisfaction With Life Scale; BDI = Beck Depression Inventory
** $p < .01$.

Table 6 reveals that as expected, SCMRM and BDI are negatively correlated ($r = -.41, p < .00$) indicating discriminant validity of SCMRM. On the other hand, SCMRM exhibited a positive relationship with ISE ($r = .43, p < .00$) and a moderate positive relationship with SWLS ($r = .26, p < .01$) confirming convergent validity of SCMRM.

Concerning the relationships between the SCMRM scores and other measures and its consequences, it was found that the high scores on SCMRM (upward comparison) are significantly positively correlated with the ISE and SWLS confirming the convergent validity of SCMRM.

The results showed that the high score (downward comparison) of the SCMRM did not correlate substantially with BDI and which was expected not to be related to the downward social comparison. Whereas low scores (upward comparison) on SCMRM were related positively with BDI confirming the discriminant validity of SCMRM.

Discussion

This study served as a validation study, conducted to determine the convergent and discriminant validity of Social Comparison in Marital Relationship Measure. The SCMRM was developed to determine the direction of the comparison, either downward or upward, of married individuals that could influence the marital relationship satisfaction. People might do compare themselves with others doing worse than themselves, downward comparison, or with others doing better than themselves, upward comparison during the course of social comparison process. The higher score on SCMRM correlates downward comparison tendency of married individuals in marital relationship while low score shows the individuals' inclination of engaging in upward comparison in marital relationship.

The variables of self esteem and life satisfaction were used to determine the convergent validity of SCMRM on the basis of previous research evidences that downward comparisons can enhance mood affect and subjective well being (Gibbons,

1986; Gibbons & Boney-McCoy, 1991; Hakmiller, 1966; Wills, 1981) and satisfaction with life (Emmons & Diener, 1985). The results of the reliability coefficient analysis indicated that the SCMRM is reliable measure and item total correlation outcomes suggest that the items of the scale are homogeneous. Similarly, the alpha reliability of other scales i.e., ISE and SWLS, were determined. With regard to convergent validity of the scale the data showed that SCMRM correlated significantly with ISE and SWLS. The results indicated that individuals with high self esteem engage more in downward comparison as compared to upward comparison.

These results support the previous evidence that downward comparison generally leads to an increase in relative well being and self-esteem (Van der Zee et al, 1996). People with high self esteem are more likely to seek downward social comparisons (DeCremer, 2001; Dodgson & Wood, 1998).

According to Coopersmith (1967) self-esteem reflects the extent to which people believe themselves to be capable, significant, successful, and worthy. The spouses may think that they have good relationships with their life partners. People with low level of marital satisfaction also suffer from lower levels of self-esteem, overall health, overall happiness, and life satisfaction along with elevated levels of psychological distress, in contrast to those in long-term happy marriages.

Perception of doing better than others is a better predictor of overall life satisfaction and positive affect than objective measures (Emmons & Diener, 1985). The realization of one's own superiority over others may lead to improvement in moods states, life satisfaction, self esteem and optimism (Gibbons & Gerrard, 1991; Wills, 1981, 1991). Satisfaction with life, health and other domains does not depend solely on a person's absolute standing but on the standing of other people with whom he or she might compare (Diener & Fujita, 1995).

The married individuals showed an inclination of downward comparison with higher level of life satisfaction and with high self esteem. Previous research provided evidence that healthy self-esteem has been associated with happiness, success, and high achievement (Diener & Fujita, 1997). Well being is a state in which the person feels happy, feels more pleasures and less pains and the person has more positive emotions than that of negative emotions. As a consequence of having more pleasures the person is satisfied with his life (Diener, 2000).

The results also indicated that the depression was negatively correlated with all these measures. While individuals, when put to a comparative situation in marital relationships, engaged in upward comparison showed lower level of satisfaction with life and lower self esteem. The depression was positively correlated with the comparison tendency of better off others. The direction of the comparison, upward or downward comparison, has been very important concept in social comparison research. Upward or downward comparisons may have a positive or negative impact on well being (Buunk, 1994; Gibbons & Gerrard, 1989; Reis, Gerrard, & Gibbons, 1993) and self esteem (Aspinwall & Taylor, 1993; Morse & Gergen, 1970). It has been demonstrated that upward comparisons produce negative affect i.e., frustration (Martin, 1986); Jealousy (Salovey & Rodin, 1984); hostility (Testa & Major, 1990); and low self esteem (Aspinwall & Taylor, 1993; Morse & Gergen, 1970).

Depression in a spouse is an issue that most couples face at some point in their marriage. Depression is a normal and natural response to loss or grief, whether a death, separation from a loved one, job loss, loss of physical health, or relocation. Marital distress and relationship conflict also contribute to depression. Depression and relationship satisfaction seemed to go together, such that higher depressive symptoms were associated with lower relationship satisfaction (Upward comparison), and lower

depressive symptoms with higher relationship satisfaction (Downward comparison). Beck's (1967, 1976) cognitive model of depression argues that depressives have a 'systematic bias against the self' that is reflected in and maintained by their upward comparisons. The literature mostly refers to feelings of depression in individuals suffering from low self-esteem (Pollack, 1999; Webster, 1990). Comparing with better off others than the self, upward comparison causes negative self evaluation and feelings of depression. This depression might increase in tendency to upward social comparison. Depressed people are characterised by an absence of motivation to protect self esteem (Abramson & Alloy, 1981; Bibring, 1953; Freud, 1957). This is because, given depressed participants' negative views of self (Beck, 1967), it will be more difficult for them to seek the favourable downward social comparison. Comparisons to others who are superior in their relationship tend to prompt depression.

The findings provide excellent support for the discriminant and convergent validity of 17 item measure of Social Comparison in Marital Relationship which assesses an individual's attribution of comparing of spouse with others around him on different domains of marital life.

TRANSLATION OF IOWA NETHERLANDS COMPARISON ORIENTATION MEASURE

Gibbons and Buunk (1999) proposed the concept of Social Comparison Orientation (SCO) to refer to the personality disposition of individuals who are strongly oriented to social comparison. They argued that the extent to which individuals compare themselves with others may vary from one individual to the other. They developed a scale for measuring SCO that was labeled as Iowa Netherlands Comparison Orientation Measure (INCOM) containing eleven items. Nine items are positively worded items and two require reverse coding. The measure consists of items assessing the orientation of individuals towards comparing themselves with others and towards evaluating their characteristics on how others are doing. The scale consists of 11 items such as 'I always pay a lot of attention to how I do things compared to how others do things' and 'I never consider my situation in life relative to that of other people' (reversed).

The research aimed to explore the moderator role of social comparison orientation between the downward or upward direction of social comparison in marital relationship and marital relationship satisfaction among a sample of married individuals. It was also hypothesized that the more the people having social comparison orientation, the less satisfied they are in their marital relationship. Therefore, married individuals, particularly those who are high in social comparison orientation, may get negative consequence from comparing themselves with better off others around them and may show a low level of marital satisfaction. In achieving this

particular objective Iowa Netherlands Comparison Orientation Measure (Gibbons & Buunk, 1999) was required to adapt and translate into Urdu language to make it more comprehensible for the target population (See Appendix N for English version of INCOM).

Research using this measure shows that social comparison orientation may be significant in people's social comparison activities and the degree to which people are affected by comparison with others (Buunk, Zurriaga, Gonzalez-Roma, & Subirats, 2003; Vander Zee, Oldersma, & Buunk, 1998).

Method

In present research the social comparison orientation of couples and married individuals was to be identified by using INCOM. The adaptation and translation of Iowa Netherlands Social Comparison Orientation Measure (INCOM) to be used in the main study was carried out in this part of the research. This part of the research was also conducted to determine the reliability and validity of the measure. For this purpose it was decided to adapt Back Translation Method. This part of the research was comprised of the following steps.

- Step 1: Translation of (INCOM) Iowa Netherlands Comparison Orientation Measure into Urdu language
- Step 2: Back Translation of Urdu Translated INCOM.
- Step 3: Determination of content validity of INCOM.
- Step 4: Determination of reliability and validity of INCOM.

The reason for translating this scale was to be able to use questionnaire that is not available in Urdu language. Since the scale was in English language and it was to be administered on married couples and married individuals of various educational level, therefore, it was decided to translate the scale into Urdu language to make it more comprehensible for the target sample. The translation procedure was carried out with the help of bilinguals who were experts in Urdu and English languages and were proficient in translation. The Scale was translated by using the procedures of translation, back translation and confirmation of interpretive validity of the translated version, as recommended by Brislin (1976) and Newmark (1988).

Translation of instruments is not the only means available to gather information on dimensions and constructs across cultures, but it is generally seen as the only means to ensure item equivalence and scalar equivalence (Flaherty et al., 1988; Hui & Triandis, 1985; Van de Vijver & Leung, 1997). Acquadro, Jambon, Ellis, and Marquis (1996) identified two major arguments for using the same (translated) questionnaire in different countries: one is that “a common international interpretation and analysis of the results is only possible if the data come from the same instrument” and secondly all new data acquired about an instrument contribute to the validation and reputation of the instrument. Translation is at all events the most frequently adopted approach and certainly the approach the majority of researchers see as the most viable option (Guillemin, Bombardier, & Beaton, 1993; Van de Vijver & Leung, 1997).

Back translation procedure was used to translate INCOM as a standard technique of translation in social science researches.

Step 1: English to Urdu Translation

Translation of (INCOM) Iowa Netherlands Social Comparison Orientation Measure (Gibbons & Buunk, 1999) from source language (English) into target language (Urdu) was carried out during this stage of the research. For more authentic results some bilinguals and some educationists who had good fluency in both of the languages were approached and requested to provide as much accurate translation of the INCOM as possible. Generally, the emic-etic distinction (Brislin, 1976, 1986) is used as the theoretical guide to instrument translation. Emic involves the differences in the ways overall constructs are expressed in different cultures and is highlighted by the lack of comparable wording. Etic refers to a concept that has the same meaning across cultures and therefore has comparable wording in both languages. The common reason for translating questionnaires was to be able to use an instrument that was not available in the language required for fielding. In present research the etic distinction was used as the theoretical guide to the measure translation.

Bilingual Experts

Eight bilingual experts were contacted for translation of the INCOM. These bilinguals were chosen on the basis of criteria of having clarity of understanding of the source language as well as high proficiency of finding a readily available target language equivalent. So these bilinguals were assumed to produce target language understandable by the eventual set of respondents. These bilinguals were included Associate Professor and Assistant Professors of Urdu, English, Psychology, and some Researchers, holding degree of M.Phil in Psychology.

These experts were approached individually. They were briefed about the purpose of the research and were provided required information about the translation procedure. These bilinguals were expert proficient both in source and in target language. They were requested to present the best translation while maintaining the original content and meaning of the items.

Committee Approach

After having independent translations of the items of Iowa Netherlands Comparison Orientation Measure from eight bilinguals, a consensus meeting of three judges was held. The committee was consisted of psychologists with a vast background of test translation and test development. The committee members were having competence in understanding of the target language as well as the source language. They were requested to evaluate and scrutinize the translated items and to select the best and closest translations of these items.

Committee members analyzed all the translations of each item critically to arrive at a final version. They compared the translations to reconcile the discrepancies and considered on the closest translations and version which taps the best of the independent translation. Then best translations of each item and closest equivalents across the two languages were selected by the Committee of Judges, who examined the translations with the reference of their context, grammar, and wordings.

On the basis of their evaluation the translations were finalized that could conveyed the best closest meanings to the original version.

Step 2: Back Translation from Urdu to English

The back-translation method, used in translation procedure, involves translating the instrument from the original language into another language by one set of bilingual individuals and then getting another set of bilingual persons to translate the translated version back into the original language (Brislin, 1976). This allows the researchers to judge the quality and equivalence of translation and consult with the translators about the possible reasons for any inconsistencies, mistranslations, lost words, and changes in meaning, which then can be used to revise the translated version of the instrument (McGorry, 2000). Usually the term of back translation is used in research literature and in translation studies which refers to the translation of a translated document back into the original language. The main purpose of back translation is to compare the back translation with the source text to assess the quality of a translation.

Bilingual Experts

Urdu Translation of the items of scale were translated back into the source language, English, by another set of eight bilinguals who had command of both, the source language and the target language. They were unfamiliar with the original version of the INCOM. All the bilingual experts had minimum qualification of Masters in Psychology/ English / Urdu having high fluency and command in Urdu and particularly in English.

These experts were approached individually at their respective job places or at their homes. They were requested to translate the Urdu version of the scale into English. They were asked to translate the items of the scale as accurately as possible.

Committee Approach

The back translated items of INCOM were scrutinized and evaluated by a committee of judges who were Psychologists with M.Phil or having doctorate degrees. These members of committee were having a vast experience of test development and adaptation. During this process the judges compared and matched the back translations with the original ones to get as accurate translation as possible. On the basis of similarities and differences between the original version of the scale and back translations of the scale conclusions were drawn about the equivalence of target language scale and source language scale. Eventually the closest translation with highest frequency that could convey the meanings closest to the original was retained. Finalized items were then administered to the sample population of the study (See Appendix N1 for Back Translation of INCOM)

The translated items were assigned 5 point rating scale having categories of 1, 2, 3, 4 and 5 for 'Disagree Strongly', 'Disagree Slightly', 'Disagree Moderately', 'Agree Slightly' and 'Agree Strongly' respectively (See Appendix O for Urdu Version of INCOM).

Step 3: Determination of the Reliability and Validity of INCOM (Urdu Version)

The reliability and validity of the Urdu version of INCOM was determined.

Sample

The scale was administered to 500 individuals (250 men & 250 women). It is important to note that reliability and validity of the INCOM has been determined on the sample of the main study. The men included in the sample were 250 with varied

educational level from Secondary School Certificate up to Ph. D (from 10 to 19 years of education) and having the age range of 25 to 60 years ($M = 42.94$, $SD = 9.89$). The length of their marital life ranged from 5 years to 25 years ($M = 12.61$). These included volunteer participants taken from lower ($n = 88$), middle ($n = 110$), and upper socio-economic class ($n = 52$) localities of Karachi, Lahore, Rawalpindi / Islamabad, Attock, Taxila, Mangla, and Hasanabdal. The income level of the men sample was of between Rs. 7000/- Rs. 250000/ ($M = 42235.49$).

250 married women who were conveniently selected from areas of different cities of Pakistan i.e., Karachi, Lahore, Rawalpindi / Islamabad, Attock, Taxila, Mangla, and Hasanabdal were also included in the sample. These included having age range from 23 to 55 ($M = 39.74$; $SD = 8.35$). There were 158 working women and 92 house wives included in the sample. Their marriage period was ranged from 5 years to 31 years ($M = 13.10$). The education level ranged from Secondary School Certificate to PhD and professional degrees (10-19 years of education). The income level was of between Rs. 10000/-200000/ ($M = 48480$). It was made sure to include all the socio-economic classes i.e., lower class ($n = 66$), middle class ($n = 100$), and upper class ($n = 84$) in the sample.

Determination of Reliability and Validity

Following statistical analyses were used for the determination of Reliability and validity of Urdu version of INCOM.

1. Cronbach's Alpha Coefficient
2. Item Total Correlation

Cronbach's Alpha Coefficient

Psychometric analysis, using Cronbach's alpha coefficient was computed to determine the internal consistency of the Urdu version of INCOM.

Table 7

Reliability Coefficients for Urdu Version of INCOM (N=500)

Scale	No. of Items	Alpha Coefficients
INCOM	11	.90

Note. INCOM = Iowa Netherlands Social Comparison Orientation Measure; $p < .01$.

The Table 7 indicates, that the value of alpha reliability coefficient of INCOM is considerably high i.e., .90 for our sample. It indicates that it is a reliable scale for assessing of Social Comparison Orientation for Pakistani sample.

Table 8

Item -Total Correlation of INCOM (N=500)

Item No.	R	Item No.	R
1	.88	7	.84
2	.88	8	.85
3	.86	9	.85
4	.76	10	.87
5	.74	11	.83
6	.87		

$p < .01$.

As regards to the internal consistency of the items of INCOM, the correlations of these items with total score were computed. The item total correlation, shown in

Table 8 reveals that all the items are highly positively correlated with the total score of the construct. The values of the correlations range from .74 to .88 ($p < .000$) showing high internal consistency reliability of the Urdu version of INCOM.

Discussion

The purpose of this part of study was to obtain an Urdu translation of INCOM (Gibbons & Buunk, 1999) to be used in the main study. It was hypothesized in the main study that the more the people having social comparison orientation, the less satisfied they are in their marital relationship. It was further assumed that the relationship between direction of social comparison and marital relationship will be moderated by social comparison orientation. The translations obtained through back translation technique were used for translation and for translation assessment. Committee or parallel translation involves several translators who make independent translations of the same questionnaire (Acquadro et al., 1996; Brislin, 1980; Guillemín et al., 1993; Schoua-Glusberg, 1992). At a reconciliation (consensus, revision) meeting, members of the committee approach compare the translations, reconcile discrepancies and agree on a final version which taps the best of the independent translations.

Once translations were obtained from different members, a meeting was held of four bilinguals and researchers and they were requested to examine those translations. Several modifications were suggested in the questionnaire to have a final Urdu version of the INCOM. The items in the INCOM were translated into Urdu by the researcher with the emphasis that the translated version conveys both a literal as well as a comprehensive meaning in Urdu. In addition, every effort has been made to ensure that the original meaning embedded in each item was conveyed in the Urdu translation.

Item total correlations as well as Cronbach's alpha coefficient were computed on a data of 500 sample to determine the internal consistency of the scale.

All the items of the scale indicated high internal consistency of Urdu version of the scale for both of the samples while Cronbach's alpha yielded .90 internal consistence coefficient of the scale. Overall results revealed that the Urdu version of INCOM is highly significant in terms of content, meaning and construct. Results of the study appeared to support the Urdu version of INCOM as valid for the research purpose.

SOCIAL COMPARISON PROCESSES IN COUPLES' MARITAL RELATIONSHIP SATISFACTION

From a social comparison perspective, the egalitarian relationships between husbands and wives imply that social comparison within the relationship has become more and more relevant. In present research, as has been described earlier, a scale has been developed to measure the direction of comparison in marital relationship of married individuals. The instrument was developed to examine the extent of the direction of social comparison which could have an affect on the perceived quality of marital relationship satisfaction especially in the context of Pakistani culture.

This part of the research was conducted to explore the influence of direction of social comparison on the marital relationship of married couples. Furthermore, differences in social comparison of married couples and their relationship with some demographic variables were also explored. It is worth mentioning here that the data of this part of the research was taken from the sample already used for the development of the scale, Social Comparison in Marital relationship Measure in the earlier part of this research.

Method

Objectives

The objectives of this part of the research were as follows:

1. To find out the direction of social comparison in marital relationship of

married couples.

2. To compare the differences in the husbands and wives in respect of the direction of social comparison.
3. To explore the relationship of social comparison in marital relationship of couples with some demographic variables.

Hypotheses

The following hypotheses were formulated to study the above mentioned objectives:

1. Wives are more likely to make upward social comparison in their marital relationships as compared to husbands.
2. Downward social comparison is likely to be made by couples of older aged than middle aged and younger couples.
3. Downward social comparison is expected to be associated with lower socio-economic status of couples as compared to middle and upper socio-economic status couples.
4. The longer duration of marital relationship is associated with downward social comparison as compared to shorter duration of marital relationship.
5. The higher number of children makes the couples to compare upward in marital relationship as compared to couples having less number of children.

Sample

See page 102 for the details of sample used for this part of the research. (See Appendix D for Demographics characteristics of Sample).

Instrument

The following instrument was used in this part of the research:

Social Comparison in Marital Relationship Measure (SCMRM)

The direction of social comparison in the domain of marital relationship was examined by using Social Comparison in Marital Relationship Measure (SCMRM) which was developed and validated in early parts of the present research. The SCMRM is 17 items measure with five response category of 'always', 'Often', 'Sometimes', 'Rarely', and 'Never' (5, 4, 3, 2, and 1 respectively). 11 items are positive phrases (1, 4, 6, 7, 8, 9, 11, 12, 13, 16, and 17) and the remaining 6 items (2, 3, 5, 10, 14, and 15) consist of negative phrases and required reverse coding. All the items are in the context of social comparison in marital relationship satisfaction. The measure was used to examine the inclination of couples to engage in upward or downward comparison by comparing their marital relationship with similar other married couples around them. The higher score is supposed to denote the tendency of downward social comparison while low score signifies the upward inclination of couples in comparing the relationship with other married individuals.

Procedure

Since the sample comprised of the married couples, they were approached individually. They were given written instructions and the information about the purpose of the research. The participants, who showed their consent, were assured of the confidentiality of their responses. The questionnaire along with the written instructions and bio-data sheet, comprising the information regarding their age, education, income, duration of marriage, number of children etc (See Appendix E for Demographic Data Sheet) were handed over to them. They were instructed to read the general instructions of the measure and each statement and to give their responses by selecting the appropriate response category. The participants were acknowledged for their participation and cooperation.

Results

In order to analyze the hypotheses of the study various statistical analyses were performed. The purpose of the analyses performed was to examine the direction of comparison in marital relationship of couples and to find out the gender differences in downward and upward comparison in marital relationship. Some of the demographic variables of couples were also explored in relation of social comparison in marital relationship. By using the measure, SCMRM, the participants were made to engage in an upward or downward social comparison on the dimension of marital relationship. They were asked to compare their partners as better off or worse off than most of others around them on different variables relevant to marital relationships. The downward and upward comparisons in marital relationship were obtained on the

basis of total scores on SCMRM. The higher score indicated downward tendency of comparison while lower score denoted upward inclination of comparison of couples.

The *t*-test and one way analysis of variance were computed to analyze the difference of direction of comparison between husbands and wives on marital relationship. Direction of social comparison in marital relationship and different demographic variables were also measured by computing ANOVA.

Couples differences with some of the Demographic Variables on Social Comparison in Marital Relationship Measure (SCMRM)

Differences between the direction of social comparison in marital relationship and different demographic variables were explored by computing *t*-test and ANOVA. The participants were classified into two groups on the demographic variables of gender, education, and number of children to compute *t*-test while ANOVA was computed on the demographic variables of income, age, and length of marital relationship by dividing the sample into three groups on these particular variables.

Gender

In order to find out the husbands and wives differences on social comparison in marital relationship and to test the hypothesis No. 1 that wives are more likely to make upward social comparison in their marital relationship as compared to husbands, *t*-test was computed.

Table 9*Difference between Husbands and Wives with their Scores on SCMRM (N = 600)*

	Men (n = 300)		Women (n = 300)		<i>t</i>	<i>p</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		
SCMRM	71.78	11.17	65.52	12.83	6.37	.01

Note: SCMRM Social Comparison in Marital Relationship Measure.

The results in table 9 indicate a significant difference in using an upward or downward direction of the social comparison in marital relationship between husbands and wives, ($t = 6.37$, $df = 598$, $p < .01$). The mean score of husbands on SCMRM was 71.78, whereas mean score for wives on this scale was 65.52 which shows a downward comparison inclination of husbands and upward comparison tendency of wives in respect of marital relationships.

Age

For the determination of effect of age on social comparison in marital relationship of couples, the sample was divided into three groups i.e., one, from 22-35 years old couples ($n = 261$), second, from 36-45 years old couples ($n = 158$), and third, from 46-55 years old ($n = 181$) couples. In order to find out the significant differences between three groups and to test the Hypothesis No. 2, that downward social comparison is likely to be made by couples of older age than middle aged and younger aged couples, ANOVA was carried out.

Table 10

Mean and Standard Deviation between Three Different Age Groups of Couples on SCMRM (N = 600)

Measures	Up to 35 Yrs (n = 261)		36-45 Yrs (n = 158)		46-55 Yrs (n = 181)	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
SCMRM	42.40	14.90	48.92	15.26	52.90	14.42

Note. SCMRM = Social comparison in Marital Relationship Measure

The results in Table 10 indicates the highest mean of old aged couples having ($M = 52.90$) following the middle aged group ($M = 48.92$) and younger couples ($M = 38.75$).

Table 11

One Way Analysis of Variance (ANOVA) for Three Different Age Groups of Married Couples on Their Scores of SCMRM (N = 600)

Sources of Variance	<i>SS</i>	<i>df</i>	<i>MS</i>	<i>F</i>	<i>p</i>
Between Groups	12353.180	2	6176.590		
Within Groups	131658.7	597	220.534	28.007	.000
Total	144011.8	599			

Note. SCMRM Social Comparison in Marital Relationship Measure

Table 11 shows significant differences in the married couples' age group and the tendency to compare with better off or worse off others, $F(2, 597) = 28.00, p < .000$. The results indicate that the couples of low age and middle age groups are more likely to make upward comparison in contrast to old age group couples who tend to involve in downward comparison in respect of their marital relationship. The results

exhibit a confirmation of the hypothesis that downward social comparison is likely to be made by couples of older aged than middle aged and younger couples.

Income

In order to examine the influence of socio-economic status of couples on social comparison in marital relationship satisfaction, three groups were formulated i.e., those who were from upper socio-economic class ($n = 190$), those from middle socio-economic class ($n = 228$) and those from lower socio-economic class ($n = 182$). To explore the difference between these three groups and to test the Hypothesis No. 3 that downward social comparison is expected to be associated with lower socio-economic status of couples as compared to middle and upper socio-economic status couples, ANOVA was computed.

Table 12

Mean and Standard Deviation between Three Different Socio-Economic Groups of Couples on SCMRM (N = 600)

Measure	Up to Rs, 20000/ ($n=182$)		Rs. 21000/-50000/ ($n = 228$)		Rs. 51000/ to Rs. 400000/ ($n = 190$)	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
SCMRM	56.07	13.13	47.39	15.20	38.75	13.10

Note. SCMRM Social Comparison in Marital Relationship Measure

The Table 12 indicates the highest mean of married individuals having income up to Rs. 20000/ ($M = 56.07$) following the group with income Rs. 21000- 50000/ ($M = 47.39$) and people with high income of more than Rs. 50000/ ($M = 38.75$) respectively.

Table 13

One Way Analysis of Variance (ANOVA) for Different Groups of Income of Married Couples on their Scores of SCMRM (N = 600)

Sources of Variance	SS	df	MS	F	p
Between Groups	27884.71	2	13942.35		
Within Groups	116127.1	597	194.51	71.67	.000
Total	144011.8	599			

Note. SCMRM Social Comparison in Marital Relationship Measure

Table 13 shows highly significant differences in the couples responses to SCMRM from different socio-economic status, $F(2,597) = 71.67, p < .000$. The data was divided into three groups on the basis of socio economic status of married individuals. The results indicate that low income married individuals made more downward social comparison in marital relationship as compared to middle and high income groups. The results reveal confirmation of our hypothesis that downward social comparison is expected to be associated with lower socio-economic status of couples as compared to middle and upper socio-economic status couples.

Length of Marital life

The difference of duration of marriage of couples on social comparison in marital relationship was measured by dividing the sample into three groups, i.e., one, up to 7 years marital life ($n = 126$), second, from 8-14 years ($n = 206$), and third, from 15-22 years of marital life ($n = 268$). In order to test the hypothesis that the longer duration of marital relationship is associated with downward social comparison as compared to mediocre and shorter duration of marriage, ANOVA was computed.

Table 14

Mean and Standard Deviation between Three Different of Couples of Different Length of Marital Life on SCMRM (N = 600)

Measures	Up to 7 Years (n = 126)		8-14 Years (n = 206)		15-22 Years (n = 268)	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
SCMRM	43.35	7.56	44.51	7.60	44.56	7.16

Note. SCMRM = Social Comparison in Marital Relationship Measure

Table 14 indicates the lowest mean of married individuals having duration of marriage up to 7 years ($M = 43.35$) following the group having 8 to 14 years of length of marital life ($M = 44.51$) and the highest mean for the couples with longest period of marriage ($M = 44.56$) respectively.

Table 15

Mean and Standard Deviation and One Way Analysis of Variance (ANOVA) for three groups of married couples having different marital duration on their scores of SCMRM (N = 600)

Sources of Variance	<i>SS</i>	<i>df</i>	<i>MS</i>	<i>F</i>	<i>p</i>
Between Groups	140.867	2	70.433		
Within Groups	32644.252	597	54.680	1.288	.277
Total	32785.118	599			

Note: SCMRM Social Comparison in Marital Relationship Measure

Table 15 shows non-significant differences in the married couples' responses to SCMRM having different length of marital relationship, $F(2, 597) = 1.28$ $p > .5$. It does not confirm the hypothesis that the longer duration of marital relationship

influences married individual's responses to downward direction of comparison in marital relationship.

Number of Children

The difference of number of children of couples on social comparison in marital relationship was measured by dividing the sample into two groups, i.e., one, having up to 3 children ($n = 417$), second of more than 3 children ($n = 183$). In order to test the hypothesis that the higher number of children make the couples to compare upward in marital relationship as compared to couples having less number of children, t -test was computed.

Table 16

Difference between Couples Having 3 or More Than 3 Children on SCMRM (N = 600)

	Up to 3 children ($n = 417$)		More than 3 children ($n = 183$)		t	p
	M	$S.D$	M	$S.D$		
SCMRM	44.53	7.45	43.74	7.26	1.20	.771

Note: SCMRM Social Comparison in Marital Relationship Measure.

Table 16 shows non-significant differences in the married couples' responses to SCMRM having different number of children, ($t = 1.20$, $df = 598$, $p < .771$). It means that the number of children does not have any influence on couples' tendency to compare upward or downward in respect of their marital relationship indicating not confirmation the hypothesis that the higher number of children make the couples to compare upward in marital relationships as compared to couples having less number of children.

Education

The differences on education of couples on social comparison in marital relationship were measured by dividing the sample into two groups, i.e., one, having up to Graduate ($n = 294$), second of Post Graduate ($n = 306$) education. In order to test the differences between couples on the demographic variable of education t -test was computed.

Table 17

Difference between Couples on the Variable of Education of their Scores on SCMRM (N = 600)

	Up to Graduation ($n = 294$)		Post Graduation ($n = 306$)		t	p
	M	$S.D$	M	$S.D$		
SCMRM	35.16	15.10	41.64	13.70	9.794	.035

Note: SCMRM Social Comparison in Marital Relationship Measure.

Table 17 shows significant differences in the married couples' responses to SCMRM having different level of education, ($t = 9.794$, $df = 598$, $p < .035$). It means that the education does have an influence on couples' tendency to compare upward or downward in respect of their marital relationship.

Discussion

The present study was undertaken to investigate the role of gender and its relations with social comparison in marital relationship. The study also focused to explore the differences on social comparison in marital relationship of couples in respect of some of the demographic variables. For this purpose a 17 items measure, Social Comparison in Marital Relationship Measure, developed in the first part of the research to measure the direction of social comparison in marital relationship of married individuals was used.

This study was conducted by using the data drawn from the sample used in Part I of this research. The objective was to explore the couples' responses on social comparison in marital relationship to determine downward or upward tendency of comparing their spouses with familiar others around them with different demographic variables.

Gender

Based on previous research findings (Van Yperen, & Buunk, 1991; Buunk & Van Yperen, 1989), it was hypothesized that wives are more likely to make upward comparison in marital relationship as compared to husbands. The results support the hypothesis and couples' differences have been found in the results from social comparison perspective. Women more often than men feel deprived (upward comparison) in their relationship and feel under-benefited (worse than other) and that, husbands report greater support for their partner (Vanfossen, 1981). More women than men found themselves deprived and that, more men than women considered themselves over-benefited (Davidson, 1984).

The comparison with same sex others is very important for relationship satisfaction. Feeling worse off than others appears more dissatisfying for women than for men and most men consider themselves better off than same-sex others (Buunk & VanYperen, 1989). Research has shown that men describe themselves as more independent than women do, whereas women describe themselves as more interdependent than men do (Kimmelmeier & Oyserman, 2001). Women view themselves more in terms of their relationships and in terms of their connection with others. They strive to develop self defining relationships and to maintain an interdependent self. On the other hand, men view themselves more as separated from others and to maintain a better view of themselves (downward comparison). Generally, downward comparison reflects an independent self and indicating a strong motivation for proving one's qualities.

Age

It was further hypothesized that downward social comparison is likely to be made by couples of older age than middle aged and younger couples. Our results fully support this hypothesis confirming the previous research review that older couples gain maturity, sobriety, and understanding with growing age and they adopt a realistic approach in their relationships with spouses. They favour the superiority of their relationships in comparison with other couples (downward comparison) (Buunk & Van Yperen, 1991). On the other hand, relatively younger people are highly motivated and they want to get inspiration and to improve themselves by comparing themselves (their relationships) with better off others (Buunk et al., 1990). They have high expectations of their model standard of marital relationships. But sometimes, the

large gap between the ideal and the actual situations triggers the distress regarding their marital relationship.

Socio-Economic Status

Present study also aimed to explore the influence of socio-economic status on the direction of social comparison of couples in respect of their marital relationships satisfaction. Our hypothesis that downward social comparison is expected to be associated with lower socio-economic status of couples as compared to middle and upper socio-economic couples, was confirmed. People may sometimes be satisfied in situations that they perceive as unfair. Members of low status or disadvantaged groups are often satisfied with their social situations (Jost & Banaji, 1994). Rather than focusing on the social comparisons with out-group members that would reveal a disparity in outcomes, in some circumstances the people compare themselves with the members of in-group members and are satisfied to the extent that they are better off than those of other in-group members (Jost, 1997; Major, 1994).

Duration of Marital Life

Another hypothesis was formulated that the longer duration of marital relationship is associated with downward social comparison as compared to shorter duration of relationship. This hypothesis was not confirmed by the results of the present study. The duration of marital life is assumed to be an important predictor of marital relationship satisfaction and the couples with longer duration of marriage are supposed to be involved more in downward comparison in comparing their spouses with other married individuals around them. This hypothesis was not confirmed by the results of the present study. Our results are in line of some of the research review

that longer the couples are married, the lower their marital relationship tends to be (Paris & Luckey, 1966). As has been described earlier that downward comparison is associated with positive feelings and higher level of marital satisfaction so, the couples didn't make downward comparison with longer duration of marital life confirming low level of satisfaction.

Number of Children

Our hypothesis that the higher number of children makes the couples to compare upward in marital relationship as compared to couples having less number of children was not confirmed by the results. The results of study have shown non significant difference for two groups of couples with regard to number of children. The hypothesis was formulated on the basis of general observation but the children can be seen as positive, in that they derive from the love that spouses feel for one another (Hoffman & Manis, 1978). Keeping in view the complexity of marital life, it is understandable to take the children as an important factor in maintaining high level of marital satisfaction. Subsequently, the couples don't seem to compare with better off others regarding their number of children.

Education

The demographic variable of education was also analyzed to explore the differences among couples and the education has come out as an important factor in determining the direction of social comparison in marital relationship satisfaction.

According to the original theory of social comparison, (Festinger, 1954) people use social comparison information because they are driven by a need for accurate perceptions of their abilities and opinions. We assumed that a comparison in

a given direction either upward or downward comparison will lead the couples to a particular affective reaction. Overall, the findings of present study regarding the influence of direction of comparison in marital relationship support that downward comparison in marital relationship predominantly generates positive affect. On the other hand, comparing with better off others may generate feelings of inferiority, which in turn may lead to distress and unhappiness. Assessment of relationships in comparison with worse off others is a strong predictor of satisfaction with the relationships. People are expected to be most satisfied when they feel advantaged by the comparison (downward comparison) (Festinger, 1954; Buunk & VanYperen, 1991) and comparing with others who are better off is likely to be very threatening when one believes it is possible that one's situation will worsen (Wood & VanDer Zee, 1997).

Our findings suggest that men and women tend to evaluate their relationships by comparing their situations with those of others of the same sex. The roles of men and women in their relationships are not congruent and women do more to work out their relationship than men do (Hoschchild & Machung, 1989). Subsequently, women feel more under-benefited than men. This may be due to the different standards that men and women apply in the evaluation of their marital relationships. Women may have lower level of satisfaction and feel that they receive less than what they deserve from their relationships. It may be because of their tendency to compare with better off others that they feel under-benefited. The women may find comparison to more successful couples to be painful (upward contrast).

THE IMPACT OF DOWNWARD AND UPWARD SOCIAL COMPARISON ON THE PERCEIVED QUALITY OF MARITAL RELATIONSHIP SATISFACTION

This part of the research is comprised of main study. The main study was conducted to investigate the extent to which downward and upward social comparison can have an influence on the perceived quality of marital relationship satisfaction. Moreover, the main study also examined the moderator role of social comparison orientation in determining the direction of social comparison and marital relationship satisfaction. Subsequently marital relationship satisfaction of married individuals was also identified to explore the differences of relationship in respect of different demographic variables. The study was carried out with a sample of married men and women (not couples) to explore the objectives of the present research.

Objectives of the Research

The objective of the main study was to find out the effects of direction of social comparison on the perceived quality of their relationship satisfaction. The study also aimed to identify the social comparison orientation of married men and women and to explore its moderator role on the direction of social comparison and marital relationship satisfaction. The main objectives of this part of the research were as follows:

1. To study the contrastive effects of direction of comparison on the individuals' relationships with their spouses.
2. To find out the marital relationships satisfaction of the people who are highly inclined to social comparison.
3. To identify the moderator role of social comparison orientation between direction of social comparison and marital relationship satisfaction.
4. To explore the differences of demographic variables (e.g., age, gender, income, duration of marriage, education, number of children) on marital relationship satisfaction and direction of comparison.

Hypotheses

On the basis of the objectives of the study, following hypotheses were formulated for the study.

1. Participants will evaluate their relationship positively when engaging in downward comparison in marital relationship as compared to those who engage in upward comparison.
2. The more the people having social comparison orientation, the less satisfied they are in their marital relationship.
3. The relationship between social comparison and marital relationship satisfaction will be moderated by social comparison orientation.
4. The people from upper socio economic status are more likely to make upward comparison as compared to the people from lower and middle socio economic status.

5. Participants from upper socio economic status are likely to have low marital relationship satisfaction than participants from middle and lower socio-economic status.
6. Highly educated participants are more likely to involve in upward comparison process as compared to relatively less educated married individuals.
7. Higher level of educational attainment is associated with lower level of relationship satisfaction.
8. Working women will show high orientation to compare themselves with other people as compared to non-working women.
9. Working women are less satisfied in their marital relationship as compared to non working women.
10. The higher duration of marital life will result in greater marital satisfaction
11. The presence of more children tends to have a negative impact on the marital relationship quality.
12. Marital relationship is positively related with older age level of married individuals as compared to relatively younger individuals.

Sample

The sample was comprised of 500 participants who were married men and women and were conveniently selected from Karachi, Lahore, Rawalpindi / Islamabad, Attock, Taxila, Hasanabdal, and Fateh Jang. The men sample of 250 married individuals was in the age range of 25 to 60 years ($M = 42.94$ years, $SD = 9.89$). The length of their marital life ranged from 5 to 25 years ($M = 12.61$). The education of the participants ranged from Secondary School Certificate to Ph.D (119

Up to graduates and 131 Post graduates). The income level of men participants ranged from Rs. 7000/- to 250000 per month ($M = 42235.49$). They represented all the three socio-economic classes (88 from lower class, 110 from middle class, and 52 from upper class).

The sample of women was ranged in age from 23-55 ($M = 39.74$, $SD = 8.35$). The education of the women participants was ranged from Secondary School Certificate to Ph.D. The income level of women sample was from Rs. 10000/ to 200000/ per month ($M = 48480.00$). The average duration of their relationship was 13.10 years (ranging from 5 year to 31 years). The participants were approached after having their consent as some individuals refused to accept to participate in the study because it involved exploring information of their very personal and most intimate relationship (See Appendix P for demographic Characteristics of Sample $N = 500$).

Instruments

The following instruments, developed and translated in the earlier stages of the research, were used in the study.

- 1). Social Comparison in Marital Relationship Measure (SCMRM)
- 2). Iowa Netherlands Comparison of Orientation Measure (Gibbons & Buunk, 1999)
- 3). Dyadic Adjustment Scale (Spainer, 1976)

Social Comparison in Marital Relationship Measure (SCMRM)

Social Comparison in Marital Relationship Measure developed by the researcher was used to measure the direction of social comparison in marital

relationship of married individuals in the main study. The scale was comprised of 17 items out of which 11 items: items number 1, 4, 6, 7, 8, 9, 11, 12, 13, 16 and 17 are positively phrased and 6 items : items numbers 2, 3, 5, 10, 14 and 15 are negatively phrased items pertaining to different dimensions of family matters. The responses of the participants were recorded on a Likert type five point scale with response categories of 'Never', 'Sometimes', 'Often', 'Very Often', and 'Always'. The scores assigned to these categories were 1, 2, 3, 4 and 5 respectively. The reversal scoring was used for the negatively phrased items. The score of the participants was sum of the scores on all of the items. The score range could be from 17 to 85. The higher score indicates downward social comparison, comparison with worse off others, and lower score was to determine the tendency of comparing with better off others, the upward social comparison.

Iowa-Netherlands Comparison Orientation Measure (INCOM)

The scale of Social Comparison Orientation originally developed by Gibbons and Buunk (1999) and labeled as the Iowa-Netherlands Comparison Orientation Measure (INCOM) was used in the main study of the present research. This 11 item scale was developed on the basis of a larger item pool and was tested in more than 30 studies. 9 out of 11 items are positively worded and remaining 2 require reverse scoring. The alpha was very consistent across a variety of samples, ranging from .78 to .85 in the US and the Netherlands. Test-retest correlations have ranged from .71 for 3-4 week, to .60 for a year in the US and Spain to .72 for 7.5 months, in the Netherlands. INCOM was adapted in Urdu language for the purpose of present research and its Urdu Version was used to determine the orientation of social comparison of married individuals. INCOM (Urdu Version) was also used to

examine its moderator role in the relationship of the direction of social comparison of married individuals and marital relationship satisfaction.

Dyadic Adjustment Scale (DAS)

The Dyadic Adjustment Scale (DAS) originally developed by Spanier (1976) was adapted and translated into Urdu language by Naseer (2000). In the present research the adapted and translated version of DAS was used to measure the marital adjustment of the married individuals (See Appendix Q for Urdu Version of DAS). It consists of 26 items. Items no. 1-20, 22, 23, 24, and 25 were responded on a 6 point rating scale. In translated version item No. 9 was split into two parts by Naseer (2000) because it was administered to both, husbands and wives. Item no. 21 was rated on a 4 point rating scale. Item no. 26 was dichotomous with 1 and 0 (2 point) rating scale. High score indicate high marital adjustment. The translated version has reliability coefficients of .80 as reported by Naseer (2000) and validity is also satisfactory.

Married individuals are asked to indicate the approximate extent of agreement or disagreement in thirteen areas (e.g., family finances, household tasks). They are asked to indicate how often they engage in behavior in seven areas (e.g., confiding in mate, quarreling with mate), how often they do things together, how recently they have been too tired for sex, how happy the relationship is, and how they feel about the future of the relationship. The four subscales are dyadic satisfaction, dyadic cohesion, dyadic consensus, and affectional expression.

Dyadic is a self report measure of relationship adjustment (See Appendix R for English Version of DAS). Spanier presented DAS as an improvement on Locke Wallace Marital Adjustment Test (Locke & Wallace, 1959). Spanier (1976) concluded that it could be used as an overall measure of marital adjustment, or the

specific subscales could be used independently without losing confidence in the reliability or validity of the measure. Since the creation of the DAS, it has become one of the most widely used instruments in the family field (Crane, Allgood, Larson, & Griffin, 1990; Sabatelli, 1988). The Dyadic Adjustment Scale (DAS; Spanier, 1976) is a frequently used instrument for measuring adjustment in relationships. The DAS has particular value for both researchers and clinicians since it is relatively short yet is multidimensional in that it contains four subscales. DAS has been frequently used in the research area of marital relationship satisfaction in Pakistan (Mushtaq, 2004; Qadir et al., 2005; Zafar, 2005).

Demographic Sheet

The participants were also given a personal bio-data form to have their demographic information about the research relevant variables i.e., age, education, occupation, monthly income, no of children, and length of marital relationship, etc. (See Appendix S for Demographic Data Sheet).

Procedure

In order to collect data the married women and married men were approached individually at their work places or homes and were informed about the research. The participants who voluntarily agreed to participate in the research were included. They were told that they would require completing different questionnaires measuring their direction of comparison in marital relationship, social comparison orientation, and marital adjustment. Further, participants were assured about the confidentiality and anonymity of the data. They were given written instructions before completing each

questionnaire. They were instructed to read the general instructions and individual instructions as well of all the tests carefully before responding them.

Results

In order to assess the hypotheses of the study different statistical analyses were performed. The purpose of the analysis performed was to examine the direction of comparison in marital relationship and to find out the impact of downward and upward comparison in marital relationship on the perceived quality of marital relationship satisfaction. By using SCMRM the participants were made to engage in an upward or downward social comparison on the dimension of marital relationship. They were asked to compare their partners than most of others around them on different variables relevant to marital relationships. The downward and upward comparisons in marital relationship were obtained on the basis of total scores on SCMRM. The higher score indicated downward tendency of comparison while lower score denoted upward inclination of comparison.

Item total correlation was computed on the scores of all the tests. Mean scores and standard deviation of all the subscales as well as total test scores were computed. The t-test and one way analysis of variance were also computed to analyze the difference of direction of comparison on marital relationship between different demographic variables.

Reliability of the Instruments

To determine the reliability of Social Comparison in Marital Relationship Measure, Iowa Netherlands Comparison Orientation Measure, and Dyadic Adjustment Scale, Alpha coefficients were calculated.

Table 18

Alpha Reliability Coefficients of SCMRM, INCOM and DAS (N= 500)

Measures	No. of Items	Alpha Coefficients
SCMRM	17	.90
INCOM	11	.91
DAS	27	.97

Note. SCMRM = Social Comparison in Marital Relationship Measure; INCOM = Iowa Netherlands Comparison Orientation Measure; DAS = Dyadic Adjustment Scale.

The data of main study was analyzed to determine the reliability coefficients of all the scales used in the study. Table 18 shows an alpha of .90 for Social Comparison in Marital Relationship Measure. The Table also indicates a highly significant reliability for Iowa Netherlands Comparison Orientation Measure (INCOM, Urdu Version) i.e., an alpha coefficient of .92 and for the scale of Dyadic Adjustment Scale (DAS) of .97.

Relationship between marital relationship comparison, social comparison orientation and marital satisfaction

In order to determine the relationship of Social Comparison in Marital Relationship Measure with Iowa Netherlands Comparison Orientation Measure, and Dyadic Adjustment Scale, correlations were computed.

Table 19*Correlation of SCMRM with INCOM, and DAS (N=500)*

Measures	I	II	III
I SCMRM	-	-.36***	.42***
II INCOM	-	-	-.89***
III DAS	-	-	-

Note. SCMRM = Social Comparison in Marital Relationship Measure; INCOM = Iowa Netherlands Comparison Orientation Measure; DAS = Dyadic Adjustment Scale.

*** $p < .000$

The Table 19 indicates correlation of Social Comparison in Marital Relationship Measure developed by the researcher with INCOM (Urdu) and DAS (Urdu). The results show a positive correlation between Social Comparison in Marital Relationship Measure and Dyadic Adjustment Scale ($r = .42, p < .000$). These results provide a confirmation for Hypothesis No.1 that participants will evaluate their relationship more positively when engaging in downward comparison in marital relationship as compared to those who engage in upward comparison. Concerning the relationships between the Iowa Netherlands Comparison Orientation Measure (INCOM) and SCMRM, it is indicated that INCOM scores correlated negatively with the SCMRM ($r = -.36, p < .00$). The significant negative relationship is found between INCOM and DAS ($r = -.89, p < .001$) confirming the Hypothesis No.2 that the more the people having social comparison orientation, the less satisfied they are in their relationships. The negative correlation of these scales show that the married individuals having high orientation of social comparison do more upward comparison with low marital satisfaction. There is a positive relationship between high marital

satisfaction and high score on SCMRM (downward social comparison tendency of married persons).

Hierarchical Moderated Multiple Regression Analysis

To explore the moderator role of social comparison orientation in the relationship of direction of social comparison and marital relationship satisfaction hierarchical moderated regression analysis was computed.

Table 20

Model Summary of Hierarchical Multiple Regression Analysis of SCMRM, INCOM, and DAS (N = 500)

Model	R	R Square	Adjusted R Square
1	.897	.805	.804
2	.901	.811	.810

Note. SCMRM = Social Comparison in Marital Relationship Measure; INCOM =Iowa Netherlands Comparison Orientation Measure; DAS = Dyadic Adjustment Scale.

Table 20 indicates summary of both of the models of marital comparison, social comparison orientation, and marital relationships showing R, R², and Adjusted R² for model 1 and model 2 of moderated regression analysis which suggested the relation of social comparison orientation with marital comparison and marital relationship satisfaction. In the first stage of hierarchy only social comparison in marital relationship was used as a predictor. In the next stage of hierarchy two predictors, social comparison in marital relationship and social comparison orientation were used. The values of R are the correlation coefficient between predictors, social comparison orientation and direction of comparison in marital relationship, and

dependent variable, the marital relationship satisfaction. When only marital comparison is used as a predictor, this is the simple correlation between marital comparison and life satisfaction (.897). R square is a measure of how much of the variability in the outcome is accounted for by the predictors. By using only one predictor, marital comparison, its value is .805 which means marital comparison accounts for 80 % of the variance in life satisfaction. However, when the other predictor, social comparison orientation, is included as well, this value increases to .811 of the variance of life satisfaction.

Table 21

Hierarchical Multiple Regression Analysis of SCMRM, INCOM, and DAS (N = 500)

Model	B	SE	Beta	t
Constant				
SCMRM	.121	.026	.104	4.638
INCOM	-2.108	.056	-.845	-37.853
SCMRM x INCOM	1.052	.003	.246	4.073**

Note. SCMRM = Social Comparison in Marital Relationship Measure; INCOM = Iowa Netherlands Comparison Orientation Measure; DAS = Dyadic Adjustment Scale.

** $p < .01$

$R = .897$ $R^2 = .805$, $F = 711.681^{**}$

The results in Table 21 indicate R (% of the dependent explained by the independent) .80 % of the variance. The change in R is .006 with $F = 711.681$ ($df = 2, 497$) $p < .01$. The beta value for moderating variable is .246 with $t = 4.073$, $p < .01$. The results show that social comparison orientation is significantly moderating the relationships between direction of social comparison and marital relationship

satisfaction. It confirms Hypothesis No. 3 that the relationship between social comparison and marital relationship will be moderated by social comparison orientation.

Differences of Demographic Variables on social comparison in marital relationships, social comparison orientation, and marital adjustment (satisfaction)

One Way Analysis of Variance were performed by dividing the sample into different groups. Participants' inclination of upward or downward social comparison, marital satisfaction, and social comparison orientation were subjected to ANOVA to find out the demographic variables' influences on participant's responses. Various statistical analyses were carried out to examine different hypotheses i.e., the demographic variables of education, number of children, and occupation of women were analyzed by computing *t*-test while age, socio-economic status, and length of marital life were explored by computing ANOVA. The results of sample are as follows:

Income

To determine the influence of socio-economic status of married individuals and to test the hypothesis that the people from upper socio-economic status are more likely to make upward comparison as compared to the people from lower and middle socio-economic status, One Way Analysis of Variance was computed by dividing the sample into three different groups on the basis of their income one, up to Rs. 19000/, second from Rs. 20000/ 50000/, and third, from Rs. 51000/-250000.

Table 22

Mean and Standard Deviation of Different Income Groups of Married Individuals on SCMRM, INCOM, and DAS (N= 500)

Measures	Up to Rs. 19000/- (n = 93)		Rs. 20000/-50000 (n = 271)		Rs. 51000/- 250000 (n = 136)	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
SCMRM	75.33	25.33	64.89	25.84	49.32	18.63
INCOM	21.96	8.54	27.59	12.10	35.74	10.07
DAS	96.29	21.06	81.08	29.53	59.55	25.45

Note. SCMRM = Social Comparison in Marital Relationship; INCOM = Iowa Netherlands Comparison Orientation Measure; DAS = Dyadic Adjustment Scale

The Table 22 indicates the highest mean of married individuals having income of less than Rs. 20000/ following the group with income of Rs. 50000 / and people with income of more than Rs. 50000/ respectively. The table also suggests highest mean values of married individuals from upper socio-economic status on INCOM and high marital adjustment of individuals from lower socio-economic class.

Table 23

One Way Analysis of Variance (ANOVA) for Different Groups of Income of Married Individuals on their Scores of SCMRM (N= 500)

Sources of Variance	<i>SS</i>	<i>Df</i>	<i>MS</i>	<i>F</i>	<i>p</i>
Between Groups	40475.67	2	20237.836		
Within Groups	286188.33	497	575.832	35.145	.000
Total	326664.00	499			

Note. SCMRM Social Comparison in Marital Relationship Measure

Income-wise One Way Analysis of Variance (ANOVA) was performed on the scores of married people on SCMRM on the basis of their belongingness to different socio-economic groups. The data was divided into three groups on the basis of cumulative frequencies of income of the participants. The results in Table 23 indicate highly significant differences in the scores of the sample on the basis of having different socio-economic class, $F, (2, 497) = 35.145, p < .000$. The results present a confirmation of Hypothesis No. 4 that people from upper socio-economic status are more likely to make upward comparison in marital relationship as compared to middle and lower socio economic class.

Table 24

One Way Analysis of Variance (ANOVA) for Groups of Income of Married Individuals on their Scores of INCOM (N= 500)

Sources of Variance	SS	Df	MS	F	p
Between Groups	11303.507	2	5651.753		
Within Groups	59913.171	497	120.550	46.883	.000
Total	71216.678	499			

Note. INCOM = Iowa Netherlands Comparison Orientation Measure

Income-wise One Way Analysis of Variance (ANOVA) was performed on the scores of married people on INCOM on the basis of different socio-economic groups. The data was divided into three groups i.e., lower, middle, and upper class. The results in Table 24 indicate highly significant differences in the scores of the married individuals on INCOM from different socio-economic status $F, (2, 497) = 46.883, p < .000$ indicating high orientation of individuals from upper socio-economic class as compared to middle and lower class.

Table 25

One Way Analysis of Variance (ANOVA) for Different Groups of Income of Married Individuals on their Scores of DAS (N= 500)

Sources of Variance	SS	Df	MS	F	p
Between Groups	79976.583	2	39988.292		
Within Groups	363607.85	497	731.605	54.658	.000
Total	44358.43	499			

Note. DAS = Dyadic Adjustment Scale

Income-wise One Way Analysis of Variance (ANOVA) was carried out on the scores of DAS on the basis of different socio-economic groups. The data was divided into three groups on the basis of cumulative frequencies of income of the participants. The results in Table 25 indicate highly significant differences in the scores of the married individuals from different socio-economic status $F, (2, 497) = 54.658, p < .000$. The results confirm the Hypothesis No. 5 that participants from upper socio-economic status are likely to have low marital relationship satisfaction than participants from middle and lower socio-economic status.

Education

In order to find out the effect of education on the responses of married individuals on SCMRM, INCOM, and DAS *t*-test was carried out. The data was divided into two different groups (248 Up to Graduates, 252 Graduates) on the basis of their education.

Table 26

Mean, Standard Deviations and T-Values of Married Individuals with Educational Level up to Graduate and Postgraduate on the Scores of SCMRM, INCOM, and DAS (N= 500)

Measures	Up to Graduate (n = 248)		Post Graduate (n = 252)		t	p
	M	SD	M	SD		
SCMRM	72.06	25.88	53.29	21.60	8.809	.000
INCOM	25.00	10.28	32.46	12.33	7.338	.000
DAS	87.83	25.99	68.44	30.25	7.680	.000

Note. SCMRM Social Comparison in Marital Relationship Measure; INCOM = Iowa Netherlands Comparison Orientation Measure; DAS = Dyadic Adjustment Scale

The results in Table 26 indicate a significant difference in the inclination of Up to Graduate and Post Graduate married individuals' making upward or downward social comparison in marital relationship with others around them , ($t = 8.809$, $df = 498$, $p < .001$). The higher educational level of married individuals denotes upward tendency of comparing their spouses with others around them and vice versa. The results confirm the Hypothesis No. 6 that highly educated participants are more likely to involve in upward comparison process as compared to relatively less educated married individuals.

t -analysis was carried out on the scores of INCOM to explore the differences on the basis of education. The data was divided into two groups i.e., one, up to graduates and second, post graduates. The results show a significant difference in these two groups ($t = 7.338$, $df = 498$, $p < .001$). The table suggests that highly educated married individuals are more likely to have high social comparison orientation as compared to relatively less educated married individuals.

t-analysis was also performed on the scores of DAS on two groups of married individuals having varying educational level. The results show a significant difference in the responses of these two groups on marital adjustment scale ($t = 7.680$, $df = 498$, $p < .001$) confirming the Hypothesis No. 7 that higher level of educational attainment is associated with lower level of marital relationship satisfaction.

Working VS Non-working Women

To examine the differences of working and non-working women on the score of SCMRM, INCOM, and DAS t -test was computed on the sample of women. There were 158 working and 92 non-working women in the women sample.

Table 27

Differences between Working and Non-Working Women on INCOM (N= 500)

Measures	Working Women ($n = 158$)		Non-Working Women ($n = 92$)		t	p
	M	SD	M	SD		
	INCOM	29.98	10.12	23.66		

Note. INCOM. Iowa Netherlands Comparison Orientation Measure

The results in Table 27 indicate a significant difference in the orientation of the working and non-working women of comparing themselves with others around them, ($t = 5.05$, $df = 248$, $p < .001$). These results employ that working women are high in orientation of comparison with others as compared to non-working women confirming our Hypothesis No. 8 that working women will show high orientation to compare themselves with other people as compared to non-working women (house wives).

Working and Non-working Women and DAS

In order to examine the differences between working and non-working women on their marital adjustment, *t*-analysis was computed.

Table 28

Mean, Standard Deviations and t-Values of Working and Non – Working Women on the Scores of DAS (N= 500)

Measures	Working Women (<i>n</i> = 158)		Non-Working Women (<i>n</i> = 92)		<i>t</i>	<i>p</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		
DAS	71.75	29.67	90.36	27.32	4.92	.000

Note. DAS = Dyadic Adjustment Scale

The results in Table 28 indicate that the married women by their working or non working status have highly significant differences on DAS ($t = 4.921$, $df = 247$, $p < .001$). The results show low marital adjustment of working women as compared to non-working women which confirm our Hypothesis No. 9 that working women are less satisfied in their marital relationship as compared to non-working women (house women).

Length of Marital Life

To establish the effect of duration of marital life on marital relationship, marital relationship comparison and social comparison orientation, the sample was divided into three groups having varying length of marriage. To find out the differences of these groups on SCMRM, INCOM, and DAS, ANOVA was computed.

Table 29

Mean and Standard Deviation of Married Individuals with Different Length of Marital Relationship on SCMRM, INCOM, and DAS (N= 500)

Measures	First Group Up to 8 Yrs of Length (<i>n</i> = 172)		Second Group 16 Yrs of Length (<i>n</i> = 174)		Third Group 17 to 25 Yrs of Length (<i>n</i> = 154)	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
SCMRM	57.41	24.47	62.66	24.68	68.34	26.71
INCOM	31.52	11.92	28.28	11.57	26.25	11.85
DAS	70.26	26.89	79.09	29.68	82.59	31.12

Note: SCMRM = Social Comparison in Marital Relationship Measure; INCOM = Iowa Netherlands Comparison Orientation Measure; DAS = Dyadic Adjustment Scale

The Table 29 indicates the highest mean values of married individuals having highest length of marital relationship on SCMRM indicating downward comparison tendency of married individuals with higher duration of marital life. The results also indicate low orientation of social comparison of married individuals with higher duration of marital life. On DAS the individuals with higher duration of marriage are having high marital relationship adjustment confirming Hypothesis No. 10 that the higher duration of marital life will result in greater marital satisfaction.

Table 30

One Way Analysis of Variance (ANOVA) of Married Persons having Different Length of Marital Relationships for their Scores on SCMRM (N= 500)

Sources of Variance	SS	df	MS	F	p
Between Groups	9708.736	2	4854.368		
Within Groups	316955.26	497	637.737	7.612	.001
Total	326664.00	499			

Note. SCMRM = Social Comparison in Marital Relationship Measure

The results in Table 30 indicate the highly significant differences in the scores of the sample on SCMRM on the basis of having different length of marital relationship, $F, (2, 497) = 7.612, p < .001$. It implies that married individuals with different length of marital relationships are different in their inclination to compare their marital relationship with others. The individuals with high duration of marital life are more likely to engage in downward comparison in marital relationship as compared to relatively less duration of marriage.

Table 31

One Way Analysis of Variance (ANOVA) of Married Persons having Different Length of Marital Relationships for their Scores on INCOM (N= 500)

Sources of Variance	SS	df	MS	F	p
Between Groups	2310.302	2	1155.151		
Within Groups	68906.376	497	138.645	8.332	.001
Total	71216.678	499			

Note. INCOM = Iowa Netherlands Comparison Orientation

The results in Table 31 indicate the significant differences in the scores of the sample on INCOM for different length of marital relationship, $F, (2, 497) = 8.332$, $p < .001$. It implies that married individuals with different length of marital relationship are different in their social comparison orientations. The individuals with high duration of marital life are less likely to compare themselves with others as compared to relatively less duration of marriage.

Table 32

One Way Analysis of Variance (ANOVA) of Married Persons Having Different Length of Marital Relationships for their Scores on DAS (N= 500)

Sources of Variance	SS	df	MS	F	p
Between Groups	19379.449	2	9689.725		
Within Groups	424204.98	497	853.531	11.353	.000
Total	443584.43	499			

Note. DAS = Dyadic Adjustment Scale

The results in Table 32 indicate the highly significant differences in the scores of the sample on DAS on the basis of having different length of marital relationship, $F, (2, 497) = 11.353$, $p < .000$. It implies that married individuals with different length of marital relationships are having different marital relationship. The individuals with high duration of marital life are more likely to have greater marital satisfaction as compared to married individuals with relatively less duration of marriage. The results confirm our Hypothesis No. 10 that the higher duration of marital life will result in greater marital satisfaction.

Number of Children

For the determination of effect of number of children on marital relationship social comparison, social comparison orientation, and marital adjustment of the sample of the study *t*-analysis was computed.

Table 33

Mean, Standard Deviations and t-values of Married Individuals with Educational level up to Graduate and Postgraduate on the Scores of SCMRM, INCOM, and DAS (N= 500)

Measures	Up to 3 Children (<i>n</i> = 306)		More than 3 children (<i>n</i> = 194)		<i>t</i>	<i>p</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		
SCMRM	66.96	25.30	55.72	24.56	4.895	.026
INCOM	26.92	11.19	31.66	12.54	4.405	.001
DAS	81.38	28.55	72.81	31.07	3.161	.008

Note. SCMRM Social Comparison in Marital Relationship Measure; INCOM = Iowa Netherlands Comparison Orientation Measure; DAS = Dyadic Adjustment Scale

The results in Table 33 indicate differences in mean scores and standard deviation for the two groups of married individuals having different number of children on SCMRM, INCOM, and DAS. The results of *t*-analysis reveal significant difference on SCMRM, ($t = 4.895$, $df = 498$, $p > .026$). These findings suggest that married individuals with more than 3 children engage in upward comparison as compared to people with up to 3 children. On the other hand, the results also indicate a significant difference on INCOM ($t = 4.405$, $df = 498$, $p > .001$) indicating high social comparison orientation of married individuals with more than 3 children. The table also suggests significant difference in the score of married individuals on DAS

on the basis of more or less number of children ($t = 3.161$, $df = 498$, $p > .008$). The results indicate that the married individuals with up to 3 children are well adjusted marital life as compared to married persons having more than 3 children. The results confirm Hypothesis No. 11 that the presence of more children tends to have a negative impact on the marital relationship quality.

Age

To determine the effect of age on marital relationship of married individuals, the sample was divided into three groups i.e., one, from 23-35 years old, second, from 36-45 years old, and third, from 46-60 years old married individuals. In order to test the differences among these three groups on SCMRM, INCOM, and DAS, ANOVA was computed.

Table 34

Mean and Standard Deviation of Different Income Groups of Married Individuals on SCMRM, INCOM, and DAS (N= 500)

Measures	Age					
	23-35 years (<i>n</i> = 219)		36-45 Years (<i>n</i> = 143)		46-60 Years (<i>n</i> = 138)	
	M	SD	M	SD	M	SD
SCMRM	57.26	24.59	66.55	25.64	66.99	25.68
INCOM	31.43	11.49	26.47	11.42	26.91	12.42
DAS	69.33	27.31	85.27	28.33	84.43	31.65

Note. SCMRM = Social Comparison in Marital Relationship; INCOM = Iowa Netherlands Comparison Orientation Measure; DAS = Dyadic Adjustment Scale

The Table 34 indicates the highest mean values of older age group people for comparing their marital relationship with others following the middle and young aged

married individuals. Social comparison orientation is likely to have by married individuals with younger age as compared to middle aged and older aged married people.

Whereas, the Table indicates higher mean values of middle aged and older aged married individuals as compared to younger married persons on DAS revealing low marital relationship adjustment of younger individuals.

Table 35

One Way Analysis of Variance (ANOVA) of Married Individuals with Different Age Group for their Scores on SCMRM (N= 500)

Sources of Variance	SS	df	MS	F	p
Between Groups	11142.992	2	5571.496		
Within Groups	315521.01	497	634.851	8.776	.000
Total	326664.00	499			

Note. SCMRM = Social Comparison in Marital Relationship Measure

The results in Table 35 indicate the highly significant differences in the scores of the sample on SCMRM on the basis of having different age, $F, (2, 497) = 8.776, p < .000$. It implies that married individuals with different groups are having different direction of social comparison in marital relationship. The individuals with older age are more likely to have downward social comparison in marital relationship as compared to younger married individuals.

Table 36

One Way Analysis of Variance (ANOVA) of Married Individuals with Different Age Group for their Scores on INCOM (N= 500)

Sources of Variance	SS	df	MS	F	p
Between Groups	2785.641	2	1392.821		
Within Groups	68431.037	497	137.688	10.116	.000
Total	71216.678	499			

Note. INCOM = Iowa Netherlands Comparison Orientation Measure

The result in Table 36 shows the highly significant differences in the scores of the married individuals of their orientation of comparing themselves with others on the basis of having different age, $F, (2, 497) = 8.776, p < .000$. It implies that married individuals with different age groups are having different social comparison orientation. The individuals with older age are likely to be less oriented to compare themselves with others as compared to middle aged and younger married individuals.

Table 37

One Way Analysis of Variance (ANOVA) of Married Individuals with Different Age Group for their Scores on DAS (N= 500)

Sources of Variance	SS	df	MS	F	p
Between Groups	29728.288	2	14864.144		
Within Groups	413856.1	497	832.709	17.850	.000
Total	443584.4	499			

Note. DAS = Dyadic Adjustment Scale

The results in Table 37 show a highly significant difference in the scores of married individuals of different age groups on the marital adjustment, $F (2, 247) =$

17.850, $p < .001$ which implies that the marital adjustment level of married people of young age group is not as high as of middle and high age level individuals. The results confirm our Hypothesis No. 12 that marital relationship is positively related with older age level of married individuals as compared to relatively younger individuals.

Discussion

The present research was conducted to examine the downward and upward social comparison and its influences on perceived quality of marital relationship satisfaction. More specifically, the marital adjustment of married individuals was explored as a function of individual differences in social comparison orientation. The research also aimed to explore the moderator role of social comparison orientation in the relationship of social comparison and marital relationship. The research also focused to find out the relationship of some demographic variables of married individuals with the direction of social comparison in marital relationships and with marital relationship satisfaction.

SCMRM was designed by the researcher to measure the direction of the comparison in marital relationship of married individuals. The participants were exposed to a comparison situation through which they are made to compare their spouses with better off or worse off others, and , subsequently show a negative or positive marital relationship satisfaction. The higher score of married individuals on SCMRM indicates the tendency of downward social comparison in marital relationship while low score means upward inclination of the individuals in comparing their spouses with those of others around them on domain of marital life.

To measure the orientation of social comparison of married individuals, Iowa Netherlands Comparison Orientation Measure (INCOM), originally developed by Gibbons and Buunk (1999), was adapted and translated into Urdu language in Part III by using back translation technique, a standard procedure of translating a measure in social sciences research.

Another scale used in the main study was Dyadic Adjustment Scale (DAS) developed by Spanier (1976) and adapted and translated in Urdu by (Naseer, 2000). Urdu version of DAS was used to investigate the marital adjustment of married individuals.

Main study of the research was carried out in part VII to explore the main objectives of the study mentioned in the earlier section of this study. The main study was conducted by using a larger sample of married men and women with the help of the scales developed and adapted in earlier parts of the research. The major objective of the study was to find out that how the comparison with better off others, upward comparison, or with worse off others, downward direction of social comparison exert an effect on the perceived quality of marital relationship satisfaction and to explore the moderating role of social comparison orientation in making downward or upward comparison and marital relationship.

Social comparison process plays a significant role in determining marital satisfaction (VanYperen & Buunk, 1991) and comparison with others may play a vital role in people's self evaluations (Buunk & Gibbons, 1997; Collins, 1996; Suls and Miller, 1977; Suls & Wills, 1991; Wood, 1989). However in the last decade research has more focused on the effects of social comparison on individuals' self evaluation and subjective well being (Diener & Fujita, 1997; Diener, 2000) and close relationship (Oldersma & Buunk, 1997).

Many studies, conducted other than in Pakistan, have focused the potential importance of social comparison in intimate relationships (Surra & Milardo, 1991; Titus, 1980), while a few studies have explored social comparison processes regarding an intimate relationship in general, and some have examined the consequences of social comparison for the evaluation of the quality of a relationship

(Lockwood et al., 2004; & McNulty Karney, 2004; Oldersma & Buunk, 1997). Pakistan has yet to be studied with reference to the influences of social comparison in marital relationships. The present research attempts to draw conclusions from such comparisons about the perceived quality of marital relationship satisfaction.

It was hypothesized that participants will evaluate their marital relationship positively when engaging in downward comparison in marital relationship as compared to those who engage in upward comparison. The correlation coefficient was calculated between SCMRM and DAS. The results showed a positive correlation between social comparison in marital relationship and marital adjustment, confirming the hypothesis that individuals will evaluate their relationship more positively while engaging in downward comparison and negatively when engaging in upward comparison. The direction of comparison, one is comparing oneself with a better performing or upward other or one is comparing oneself with a worse performing or downward other, will determine whether comparison would evoke more positive or negative feelings (Hakmiller, 1966; Wills, 1981). The present research attempted to examine the potential beneficial consequences of downward social comparison on the perceived quality of marital relationships. In fact the individuals can face with superiority of their own marital relationships by perceiving worse off others than their own. Individuals who feel better about their own situation may be enhanced through comparisons of themselves with other people who are less fortunate than themselves (Taylor et al., 1983; Wills, 1987). Downward comparison provides an opportunity for assessing oneself compared to others and provide feedback and information about the shortcomings of the self (Kemmelmier & Oyserman, 2001).

On the other hand, people may avoid making upward comparisons (Wood, 1989) and they are especially reluctant to expose themselves to information that will

be unfavorable to them (Brickman & Bulman, 1977). By comparing oneself with better off others, one may confront with one's own inferiority, which in turn may lead to marital distress. The research attempted to examine the non-beneficial consequences of upward social comparison on the perceived quality of marital relationships. Individuals could have the feelings of inferiority of their own relationships by perceiving others relationship as better off than their own and will feel bad when perceiving others are doing better (Taylor et al., 1983; Wills, 1987). Individuals high in marital dissatisfaction have a preference for upward affiliation and the desire to affiliate when facing marital stress was particularly strong among individuals high in interpersonal orientation (Buunk et al., 1991). It can be concluded that individuals will contrast themselves when comparing with others (Mettee & Smith, 1977) and feel good when perceiving others are doing worse and feel bad when perceiving others are doing better. In the context of marital relationship downward comparisons produce positive effect by contrasting with worse off others and upward comparison produce negative effect by contrasting with better off comparison target. Our results are in line of the previous research that the evaluation of one's own relationship was more positive after being engaged to a downward target than after being to an upward target (Buunk & Ybema, 2003).

Evidence was found that individuals high in social comparison orientation tend to respond particularly negatively to downward comparisons (Buunk & Dijkstra, 2001) confirming second hypothesis that more the people having social comparison orientation the less satisfied they are in their relationships. Higher levels of uncertainty are associated with frequent upward comparisons leading to dissatisfaction (Buunk et al., 2006). The individuals high in social comparison orientation are more inclined to identify themselves with upward target and they

would subsequently feel good on the greater resemblance with that target and feel bad on having a difference with upward target. Our results support that individuals high in social comparison orientation showed dissatisfied relationship following the upward comparison target as it generated a difference between their partners and those of others around them. Individuals having strong orientation to social comparison tend to need, and employ, others more often as a basis to evaluate their own situation, while facing relational distress, are more likely to develop feelings of satisfaction through comparison with others doing worse. The individuals high in social comparison orientation are more affected by engaging in social comparison, as particularly for them, social comparison increased the perception of relative deprivation (Buunk et al., 2003) and the reason is that they mostly engage in upward comparison.

It was further hypothesized that the relationship between social comparison and marital relationship satisfaction will be moderated by social comparison orientation. The results fully support the hypothesis. Individual differences in social comparison orientation determined married individuals' perceived quality of marital relationship after a better or worse off others comparison. Social comparison orientation was assumed to moderate these effects. This finding is in line with the findings of other studies showing that individuals high in SCO respond negatively to social comparison (Buunk et al., 2001) leading to distress in marital relationships. To explore the moderator role of social comparison orientation in the relationship of directions of social comparison and marital relationship, moderated regression analysis was carried out. A significant positive correlation was found between downward social comparison and marital relationship satisfaction. Social comparison orientation was significantly negatively correlated with downward comparison and marital relationship satisfaction. Regression analysis showed that marital relationship

was significantly and independently predicted by social comparison orientation and it can play a role of moderator in the relationship of social comparison and marital relationship satisfaction.

Some of the demographic variables i.e., socio-economic status, education, occupation, length of marital life, number of children, and age were analyzed to find out the association between SCMRM, INCOM, and DAS on these variables.

Socio-Economic Status

One hypothesis of the present research was that the people from upper socio economic status are more likely to make upward comparisons in marital relationship as compared to the people from middle and lower socio economic status. The results support our hypothesis confirming more tendency of engaging in comparison with better off other individuals from higher Socio-Economic Status (SES). These findings support those hypotheses come from earlier studies indicating that an upward comparison (to those whose performance or outcomes are better than one's own) may cause one to strive to improve one's own economic situation. That is, comparisons are made to close (friends, relatives, neighbors) others whose income is higher than their own (Stiles & Kaplan, 2004). Perhaps experiencing negative self-feelings leads to a negative view of one's income thus causing one to see others' income levels as better than one's own. Another suggestion is that an upward comparison may serve the purpose of self-improvement motivations by those who are experiencing negative self-feelings. An upward comparison may cause one to strive to improve one's own economic situation (Stiles & Kaplan, 2004).

The finding may partly be explained by the fact that in Pakistan, where majority of the population belongs to lower and middle SES, the people live very hard financial life. They are not viewed having inclination to compare themselves with better off others. Whereas individuals from higher SES have greater opportunities to compare themselves with more well off others. The results are in line of previous research evidences that individuals interested to reach the stage of higher social status, may seek upward comparisons (Tesser & Campbell, 1985). Upward contact may provide high inspiration and achievement for self enhancement. The differentiated social class system in Pakistan not only provides the requisite circumstances of social comparison but also to select the particular direction of comparison on the basis of their resources, achievements and capacities.

Education

The results also confirm the hypothesis that highly educated participants are more likely to involve in upward comparison process as compared to relatively less educated married individuals. The results are in accordance to the previous research evidences that people may be unlikely to draw analogies between themselves and the worse off others. Because individuals have positive opinion about their abilities and future prospects (Taylor & Brown, 1988), they will see greater parallels between themselves and the successful (highly educated) rather than unsuccessful (less educated) others (Buunk & Ybema, 1997) and in addition, upward comparison sometimes provides a source of inspiration (Buunk et al., 1990; Major et al., 1991; Taylor & Lobel, 1989). Individuals with strong desire for success inclined to involve in upward comparison to prove that they are as good as superior others (Wheeler, 1966). Sometimes those experiencing negative self-feelings are significantly more

likely to make comparison to friends, neighbors, relatives, and to those with the same education who are better off than themselves. A suggestion is that an upward comparison may serve the purpose of self-improvement motivations by those highly educated individuals who are experiencing negative self-feelings (Stiles & Kaplan, 2004).

Educated individuals are usually very optimistic about their future and the individuals who are optimistic about their future prospects (Taylor & Brown, 1988) they do not expect to face problems in achieving their targets (Buehler et al., 1994). So, it is very unlikely for such a person to perceive a worse off target as a source of information about the self. They protect their own perceived superiority by exaggerating the dissimilarities between themselves and a worse off target (Gump & Kulik, 1995).

Another hypothesis was formulated to explore the relationship between marital relationship and demographic variable of education. It was hypothesized that higher level of educational attainment is associated with lower level of relationship satisfaction. Our results confirm this hypothesis and it is in line with previous research that the more education a couple has, the less hostility and affection they are likely to show toward one another; consequently these couples may devote more time to their work than to their relationship with their spouse (Susan & Herick, 2006).

Working Vs Non-Working Women

Another hypothesis was formulated that working women will be high in their orientation to compare themselves with other people as compared to non-working women (house wives). This hypothesis was confirmed for our female sample. Working women may engage in comparison with colleagues who are performing in a

more competent and adequate way than they do. Observing others doing well can endow individuals with a sense of their own potential (e.g., Buunk et al., 1990), and this can raise self-confidence and feelings of self-efficacy at the task.

The data was further analyzed to explore the differences in the perceived quality of marital relationship of working women and house wives (non-working women) to test the hypothesis that working women are less satisfied in their marital relationship as compared to non-working women. Our results confirm the hypothesis and these findings are in line of the previous researches (Hashmi, Khurshid, & Hassan, 2006). Non-working married women are better adjusted in their married life than working married women. This indicates that working married women get disadvantage of establishing their careers as they lose their marital stability by not paying full attention to their marital relationship. Whereas, the nonworking married women can have plenty of time to maintain smooth marital relationships.

Duration of Marital Relationship

It was further hypothesized that the higher duration of marital life will result in greater marital satisfaction. The results indicated a significant difference in the scores on DAS with regard to the duration of married life. Length of marriage has been found to be an important factor of marital interaction. Some researches have suggested that the longer couples are married, the lower their marital satisfaction tends to be (Luckey, 1966; Mathews & Milhanovich, 1963; Paris & Luckey, 1966). However, still other studies have shown that this satisfaction does not merely decrease steadily, but rather it revives and increases later in the marriage (Burr, 1970; Figley, 1973; Rollins & Cannon, 1974). It has been acknowledged that marital satisfaction has been represented by a U-shaped curve. More negative statements, disagreements

and higher hostility ratings among married couples who have been married for a short time but fewer negative impacts of these factors are expected to be prominent among couples who have been married for a long time (Davidson & Moore, 1996).

Number of Children

Another hypothesis was formulated that the presence of more children tends to have a negative impact on the marital quality of married individuals and it was confirmed by our results. The results of research have shown significant differences with regard to number of children. The data was divided into two groups each, one group with three children and another group with more than three children. The hypothesis was formulated on the basis of general observation and the results are in the line of previous empirical evidences which reported that children can decrease relationship satisfaction (Belsky, Spanier, & Rovine, 1983). Feldman (1964) also noted that the presence of children tends to be disruptive to marital communication and to marital satisfaction. A decrease in the quality of the marital relationship is correlated with an increase in child disturbances (Dadds, 1987). This is thought largely to be due to the fact that the parents are putting more time into their children than they are into their relationship (Bradbury et al., 2000).

Age

A hypothesis was formulated about the influence of age of the married individuals on their marital relationship and it was assumed that marital relationship is positively related with higher age level of married individuals as compared to relatively younger individuals. Research suggests that age is very important factor of marital interaction (Giblin, 1996). The results support our hypothesis and these

findings are consistent with previous research evidences that marital interaction is more affectively positive for relatively older couples (Levenson, Cartensen, & Gottman, 1994) and marital happiness increases with age (Guilford & Bengston, 1979). If there is a relationship between marital interaction and happiness in marriages, then relatively older couples may interact more positively.

GENERAL DISCUSSION

Comparing one's own standing on a particular dimension to the standing of other individuals on that dimension is the subject matter of social comparison theory. Social comparison plays a significant role to the area considered to be private domain such as marital relationship; VanYperen and Buunk (1991) have provided evidences that social comparison process plays a significant role in determining marital satisfaction.

Social comparison is a pervasive phenomenon that affects every aspect of our life (Wood 1989). This basic relativity of human judgement has always been very important in social psychological theory and research. In the course of years many social psychologists have acknowledged that comparisons with others may play an important role in people's self evaluation (Buunk & Gibbons, 1997; Collins, 1996; Suls & Miller, 1977; Suls & Wills, 1991; Wood, 1989).

It has also been acknowledged that marriage is one of the most important relationships between men and women. It involves emotional and legal commitment that is highly significant in an adult life. Marital adjustment is the state of an over all feeling of happiness and satisfaction with their marriage and with each other (Hashmi et al., 2007). Social comparison has been studied with respect to a wide variety of issues, including satisfaction in romantic and intimate relationships (Buunk & Ybema, 2003; Buunk et al., 1991; Oldersma & Buunk, 1997).

The present research focused upon social comparison with regard to its direction in the context of marital relationship. It examined the impact of upward and downward comparison on the perceived quality of marital relationship. In achieving

these particular objectives two measures were developed, adapted and subsequently validated in the earlier parts of this research. The first part of the research was carried out to develop Social Comparison in Marital Relationship Measure (SCMRM) to determine the direction of comparison in marital relationship of married individuals. A validation study was conducted to determine the psychometric properties of this scale in part 11 of the research. The new measure of SCMRM was evaluated in terms of internal consistency and validity by administering the questionnaire to a small sample (N= 100) in order to determine the psychometric properties. Thus, empirical data indicated that the scale has sufficient reliability and validity thus supported the measures as valid for the research purposes. The findings provide excellent support for the discriminant and convergent validity of 17 item measure of Social Comparison in Marital Relationship which assesses an individual's attribution of comparing of spouse with others around him on different domains of marital life.

The next part of the research was comprised of translation and adaptation of Iowa Netherlands Comparison Orientation Measure (Gibbons & Buunk, 1999). The main research aimed to explore the moderator role of social comparison orientation between the downward or upward direction of social comparison in marital relationship and marital relationship satisfaction of married individuals. In achieving this particular objective INCOM (Gibbons & Buunk, 1999) was required to adapt and translate into Urdu language to make it more comprehensible for the target population.

Another study was conducted to explore the role of gender and its relations with social comparison processes in couples' marital relationship satisfaction. The study provided evidence of couples' differences from social comparison perspective. Feeling worse than others appeared more dissatisfying for women as compared to men and men considered themselves better than others as compared to women. The

study also focused to explore the differences on social comparison in marital relationship of couples in respect of some of the demographic variables. Couples of relatively older age were found to be more engaged in downward comparison in marital relationship. Lower socio-economic status was also associated with downward social comparison tendency of couples.

Lastly, main research was conducted to find out the affects of the direction of social comparison on the perceived quality of their relationship satisfaction of married individuals. The study also aimed to identify the social comparison orientation of the married men and women and to explore its moderator role on the direction of social comparison and marital relationship satisfaction. The findings of our research revealed that downward comparison in marital relationship exerted a positive affect on the relationship satisfaction and upward comparison put a negative influence on the quality of marital relationship. The findings also suggested that the orientation of social comparison is highly significant moderator in evaluating the relationship with those of others and in marital relationship. After comparison with more happily married individuals (upward comparison) married individual feel worse about themselves by contrastive effects. The individuals may find comparison to more successful couples to be painful (upward contrast). The potential cost of such comparisons may be threatening for both for the self and to the relationship. On the other hand, individuals can bolster their relationship satisfaction by focusing on the poor relationship of other couples (downward contrast).

Participants who involved in downward comparison reported perceiving high quality of marital relationship than did those who made upward comparison. However, this effect was moderated by social comparison orientation. Individuals high in social comparison orientation are more inclined to engage in social

comparison, as for them social comparison increased the perception of relative deprivation (Buunk et al, 2001; & Vanderzee et al., 1998).

The findings of the study highlighted the fact that downward comparison as well as low orientation of social comparison is important factor in maintaining positive and satisfied marital relationships. The importance of these variables is manifested in the positive approach of married individuals toward their marital relationship and their spouses. Keeping in mind that downward comparison might not have positive influence in some other domains of life but marital relationship is the facet where it assigns significant positive impact. Individuals are more likely to develop feelings of satisfaction through comparison with others doing worse because this comparison produce the salience of superiority of their own relationships over those of others. On the other hand, it may cause to develop feelings of dissatisfaction while comparing with better off others. It has been generally assumed that upward comparisons (to those doing better than the self) produce negative affect and the downward comparisons (to those doing worse than the self) produce positive affects. It seems that people generally evaluate themselves more positively when the comparison information reflects favorably (downward comparison) rather than unfavorably (upward comparison) on their characteristics, abilities and relationships when they receive feedback about their own performance, relations or abilities.

Pakistan is an Islamic country and downward comparison in everyday life is the concept which is recommended and appreciated in Islam as it makes possible to avoid unnecessary anxiety, depression, and distress in marital relation. The Prophet Mohammad (PBUH) has always recommended adopting a downward comparison in worldly affairs, but with utmost efforts. Comparing with better off others, upward comparisons can cause to develop stress and anxiety as the spouses could have feelings that they are not doing well and their marriage is not working out unlike of

some other couples around them. Contented approach toward marital life is the best strategy to feel satisfaction and happiness in marital relationship. It has been generally acknowledged that people with high orientation of social comparison are more likely to compare themselves with better off others on different domains of life and subsequently experience dissatisfaction and unhappiness. It should keep in mind that there are always some expectations of spouses for each other and if one is having his or her sufficient input in marriage, the frustration is natural in case of not returning the reward or output of that input from the other partner.

The results of the study also showed significant relation between some demographic variables and social comparison in marital relationship. Socio economic status and higher educational level proved to be significantly correlated with upward comparison and low marital relationship satisfaction. Another important finding of the study was that participants with higher age level showed higher marital satisfaction as predicted. Confirming our hypothesis, the presence of higher number of children tends to have a negative impact on the marital quality, was supported by our results. The number of children comes out to put negative influence on the marital satisfaction. The length of marriage appeared as favourable determinant in marital relationship.

Some researches conducted in the last decades suggest that affective consequences of a given comparison may not be intrinsic to its direction (Buunk et al., 1990). The affective consequences of a social comparison very often depends less on its direction than on the manner on which it is interpreted (Brickman & Bulman, 1977; Buunk et al., 1990; Taylor & Lobel, 1989; Tesser, 1988). On the other hand some of the research evidences have confirmed the affective consequences of direction of social comparison (Diener, 2000; Diener & Fujita, 1997). Thus how people feel in affect depends on how they interpret the social comparison information. The high

variability of affective reactions among people exposed to upward or downward comparisons has prompted researchers to consider individual differences. It has been acknowledged that affected reactions are affected not only by the characteristics of comparison context but also by individual differences variables.

In present research it has confirmed that social comparison has an impact on perceived quality of marital relationship satisfaction because people usually evaluate their spouses by comparing them on different dimensions of marital life to a standard determined by themselves or by other people. So the individuals may feel favorable while comparing with others who are not on good marital relationship having an idea that they could have that much bad relationship. Theory would support that if individuals compared themselves to someone perceived to be worse off, the individuals would make their own situation look more promising thus enhancing self esteem (marital satisfaction). It happens very often in real life that individuals confront with a situation where they enjoy the bad fortune of others despite of the fact that it is dislikeable to elaborate their own success or good fortune by taking advantage of others bad circumstances.

CONCLUSION

To conclude, the present research has established that downward comparisons are not only rewarding to threatened individuals but also to the people with high self esteem and with high relationship satisfaction as has been earlier expressed by Wenzlaff and Prohaska (1989). Quite strongly the evidence presented in the present research is consistent with cognitive model of depression presented by Beck (1976) rather than with downward social comparison theory (Wills, 1981).

Overall, the satisfaction with marital relationships appeared to be more closely related to downward comparison rather than comparing with better off others. The more the people make downward comparisons in relationship the more satisfied they are in their relationship and experience dissatisfaction with their relationship when engaging in upward comparison. One way to sustain a satisfying relationship is through contrasting one's own relationship to others less happy relationships.

Our findings suggest that individuals compare their spouses and their marital relationship to those of others around them and they draw conclusions from these comparisons about the perceived quality of their own marital relationship satisfaction. Over the course of developing close relationship people engage in comparison with others in their social circle to evaluate their beliefs about close relationship, about the spouses, and experiences in relationships. The findings also suggest that close relationships are the context in which gender differences appeared in the perspective of social comparison phenomenon. In summary, social comparison provides a window for understanding marital relationship satisfaction.

IMPLICATIONS

The implications of the findings for research on social comparison processes, direction of comparison and for the literature on the perceived quality of marital relationship satisfaction may be elaborate as follows:

- a). The present research may have methodological implications for social comparison research. The development of Social Comparison in Marital Relationship Measure (SCMRM) may offer a useful construct to identify the direction of comparison of married individuals in the personal setting of marital relationship. It may be used to explore the possible beneficial consequences of downward comparison and negative consequences of upward social comparison regarding the marital relationship in the eastern cultural background.
- b). The present research also has a number of theoretical implications for social comparison research. Not only does the present research clarify how downward and upward comparison may affect the way married individuals evaluate their marital relationships, the research also underlines that there are individual differences in the social comparison orientation.
- c). By including social comparison orientation in the current research, it became possible to acknowledge the role of social comparison orientation in future research.
- d). This research may contribute to a better understanding of the maintenance and enhancement of relationship quality specifically for those who experience dissatisfaction with the relationship with their spouses and consequently suffer a decline in the quality of the relationship.

- e). The results of the study clearly emphasize the negative influence of upward direction of social comparison because such information may have non beneficial effects on the quality of marital relationships.
- f). The people who experience problems in their relationship can use downward comparison as a successful strategy to reevaluate their situation and to feel relatively more satisfied with the relationship.
- g). The findings can be used as a possible strategy for the couples during the course of marriage and couples therapy.
- h). The present research may contribute to the marital relationship literature as well as to the social comparison literature.

LIMITATIONS AND SUGGESTIONS

Although the current research provided an important contribution to research in the area of social comparison in marital relationship satisfaction yet there are a number of limitations that need to be considered.

- a) The sample of married men and women, used in the main research were independent individuals and not couples. By using couples we could have some other good analysis. We have tried to compensate this shortcoming by putting effort to have some analysis on couples as well by using the sample of 300 couples (N = 600) of the development of SCMRM.
- b) Another limitation lies in the fact that the sample used in the current research was not representative of the population of Pakistan as the sample was taken only from few cities of Pakistan and only the educated married individuals were included in the sample. Keeping in view the third world perspective of comparison and marital relationship, it can be conclude that the generalization of our results to the overall Pakistani couples may be limited.
- c) This study has focused on the direction of comparison, social comparison orientation and its potential influences on the quality of marital relationship. Further research would benefit from exploring the directions by doing experimental studies.
- d) This broader research would help to identify further components of social comparison in marital relationship.
- e) Another limitation is that this is a cross-sectional study and thus it can not assess the casual relationship between social comparison and marital relationship. This cross-sectional sample provides us with a snapshot of the

sample population, at that one point in time. It may be that direction of comparison may influences

- f) There are several directions open for the future research. For instance, further research could be described in respect of cross cultural differences.
- g) In addition, longitudinal research on this topic would be valuable. More research needs to be performed on the steps hypothesized to lead from these comparisons in marital relationships.
- h) Social comparison is a set of several different processes (Wood, 1996). A few have been touched in the current research, but others have yet to be explored. For instance, only contrast effects have been explored in respect of direction of comparison in marital relationships. How does identification process play into the selection of direction of comparison in the personal setting of marriage of married individuals, would be encouraged to incorporate such effects in future studies of social comparison in Pakistan.
- i) Social comparison is a set of several different processes (Wood, 1996). We have touched on a few of these, but others have yet to be explored.

Despite the above limitations, the present investigation adds support to previous research (see for example, McNulty & Karney, 2004; Buunk, 2001; Surra & Milardo, 1991). which indicates that the direction of social comparison in marital relationship influenced the perceived quality of marital relationship satisfaction.

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APPENDIXES

Appendix A**Focus Group Guidelines**

The purpose of the study was to generate a comprehensive list of items surrounding diverse dimensions of social comparison in the domain of marital relationship. Below is a general guide for leading our focus groups.

1. How do you compare your marital relationships with other married individuals around you?
2. How do you compare your relationship with familiar others who you consider are having better relationship as compared to yours?
3. How do you like to make a comparison with other couples not having better relationship than yours?
4. What are the important areas of social comparisons considered to be prevalent in the domain of marital relationship?
5. What do you think about the role of social comparison in maintaining relationship with your spouse?
6. What are different categories of social comparison in the context of marital relationships which become the source of satisfaction in your relationships?
7. What are various dimensions of social comparison in marital relationship which can create distress in your relationships?
8. In what ways husbands compare their intimate relationship with other couples?

9. What are the wives concerns about marital relationship in comparison with other couples?
10. How both of the spouses' expectations different from each other in respect of marital relationship.
11. What do you think about the influence of children and other family members on the quality of marital relationship satisfaction?
12. Give your ideas and views on the whole about the positive as well as negative consequences of comparing your spouses with familiar other around you.

Initial Form of SCMRM

Family Matters:

میرے جاننے والوں، دوستوں اور رشتے داروں کے شوہر/بیوی ایسے / ایسی نہیں ہیں جبکہ میر شوہر / بیوی-----

- ۱۔ گھر کا سودا سلف لانے کی ذمہ داری مجھ پر ڈالتے / ڈالتی ہیں۔
- ۲۔ کام کے دوران بچے شور کرنے لگیں تو انہیں منع نہیں کرتے / کرتی۔
- ۳۔ مہمانوں کے آنے پر کھانا پکانے میں میری مدد کرتے / کرتی ہیں۔
- ۴۔ کھانے کی میز لگانے کی ذمہ داری خوشی سے ادا کرتے / کرتی ہے۔
- ۵۔ سامان خانہ داری کی خریداری ہمیشہ مل کر کرتے / کرتی ہیں۔
- ۶۔ گھر کی اشیاء کی خریداری میں میری مرضی کا کوئی خیال نہیں رکھتے / رکھتی۔
- ۷۔ میری اخلاقی طور پر حوصلہ افزائی کرتے / کرتی ہیں۔
- ۸۔ گھر کے اہم فیصلوں میں مجھ سے مشورہ لینا گوارا نہیں کرتے / کرتی۔
- ۹۔ گھر کے تمام معاملات مجھ کو نبھانا پڑتے ہیں۔
- ۱۰۔ کھانے میں بہت زیادہ تکلفات کی ر کے قائل نہیں ہیں۔
- ۱۱۔ مجھے گھر بیلو مسائل پر فیصلہ کرنے کی آزادی نہیں دیتے / دیتی۔
- ۱۲۔ گھر بیلو کاموں میں میری مدد نہیں کرتے / کرتی ہیں۔
- ۱۳۔ بخوبی کام سرانجام دینے پر میری تعریف نہیں کرتے / کرتی۔
- ۱۴۔ گھر کے مختلف معاملات باہمی رضامندی سے طے کرتے / کرتی ہیں۔
- ۱۵۔ گھر کے کاموں میں انتہائی غیر ذمہ دار ہیں۔
- ۱۶۔ گھر بیلو معاملات کے فیصلوں میں مجھ سے مشورہ نہیں کرتے / کرتی۔

Social and Emotional Matters

- ۱۷۔ ہم معاملات پر بات چیت کرنے سے گریز کرتے / کرتی ہیں۔
- ۱۸۔ اکثر و بیشتر دوستوں کو کھانے پر مدعو کرتے / کرتی ہیں۔
- ۱۹۔ مجھے باہر آنے جانے کی مکمل آزادی دے رکھی ہے
- ۲۰۔ سسرالی رشتے داروں سے خلوص سے ملتے / ملتی ہیں۔
- ۲۱۔ باہر جانے سے پہلے مجھے مطلع کرنا ضروری نہیں سمجھتے / سمجھتی۔
- ۲۲۔ تقریبات میں جانے کے لئے وقت کی پابندی کرتے / کرتی ہیں۔
- ۲۳۔ اگر کسی کام کا غلط نتیجہ نکلے تو اپنے آپ کو اس کی ذمہ داری سے مبرا سمجھتے / سمجھتی ہیں۔
- ۲۴۔ ہر اچھے کام کا کریڈٹ خود لینے کی کوشش کرتے / کرتی ہیں۔
- ۲۵۔ بہت زیادہ خود پسند ہیں۔
- ۲۶۔ سوشل سرگرمیوں میں بہ خوشی حصہ لیتے / لیتی ہیں۔
- ۲۷۔ میری دوستوں کی موجودگی میں بہت خوش مزاجی کا مظاہرہ کرتے / کرتی ہیں۔
- ۲۸۔ تفریحی سرگرمیوں میں حصہ لیتے / لیتی ہیں۔
- ۲۹۔ اپنا زیادہ تر وقت دوستوں کے ساتھ گزارنا پسند کرتے / کرتی ہیں۔

Religious Matters:

- ۳۰۔ نماز روزے کی پابندی بہت شوق سے کرتے / کرتی ہیں۔
- ۳۱۔ مذہب کے معاملے میں لاپرواہ ہیں۔
- ۳۲۔ بچوں کے لیے مذہبی تعلیم پر توجہ دیتے / دیتی ہیں۔
- ۳۳۔ جمعے کی نماز بھی مشکل سے پڑھتے / پڑھتی ہیں۔
- ۳۴۔ عورتوں کی آزادی کے رکی قائل ہیں۔
- ۳۵۔ عورتوں پر تھوڑی بہت پابندیاں لگانے کے حق میں ہیں۔

Marital and Sexual Matters

- ۳۶۔ دل کھول کر میری تعریف نہیں کرتے رکرتی۔
- ۳۷۔ شام کو خوشگوار موڈ کی توقع کرتے رکرتی ہیں۔
- ۳۸۔ دیر تک سونے کے رکی عادی ہیں۔
- ۳۹۔ میرے نئے کپڑوں کا کوئی نوٹس نہیں لیتے رلیتی۔
- ۴۰۔ اچھی لگنے والی خواتین کی تعریف دل کھول کر کرتے رکرتی ہیں۔
- ۴۱۔ میرے بیمار پڑنے پر رات گئے تک میرے ساتھ جاگتے رجاگتی ہیں۔
- ۴۲۔ میری سالگرہ کے دن ہر سال تحفہ دینا یاد رکھتے رکھتی ہیں۔
- ۴۳۔ میرے جذبات کی بالکل پرواہ نہیں کرتے رکرتی۔
- ۴۴۔ اگر میں کسی بات پر ناراض ہو جاؤں تو مجھے مناتے رمناتی ہیں۔
- ۴۵۔ اپنی تعریف کروا کے خوش ہوتے رہوتی ہیں۔
- ۴۶۔ اپنی شاپنگ میرے بغیر نہیں کرتے رکرتی ہیں۔
- ۴۷۔ میرے لئے تمام اہم موقعوں پر تحفے لے کر آتی ہیں۔
- ۴۸۔ ہر کام میں میری حوصلہ افزائی کرتے رکرتی ہیں۔
- ۴۹۔ تعلقات میں گرم جوشی کو پسند کرتے رکرتی ہیں۔
- ۵۰۔ مرضی کی بات پوری نہ ہونے پر موڈ آف کر لیتے رلیتی ہیں۔
- ۵۱۔ رات دیر تک کاموں میں مصروف رہتے ررہتی ہیں۔
- ۵۲۔ اپنی غلطی کا اعتراف جلد کر لیتے رلیتی ہیں۔
- ۵۳۔ ضدی اور سخت مزاج ہیں۔
- ۵۴۔ رات کو میرے تھکے ہونے پر اور جلد نیند آنے پر خفا ہوتے رہوتی ہیں۔
- ۵۵۔ شکی مزاج ہیں
- ۵۶۔ عام طور پر محبت پر مبنی رویہ اختیار کرتے رکرتی ہیں۔
- ۵۷۔ اپنی موجودگی میں میرا کاموں میں مصروف ہونا پسند نہیں کرتے ہی رکرتی۔
- ۵۸۔ ازدواجی تعلقات میں میرے راضی ہونے یا نہ ہونے کی کوئی پرواہ نہیں کرتے رکرتی۔

- ۵۹- تقریبات میں مجھے نظر انداز کر کے دوسرے لوگوں کی طرف متوجہ ہو جاتے / جاتی ہیں۔
- ۶۰- میرے بغیر گھر سے باہر سرگرمیوں میں وقت گزارنا پسند کرتے / کرتی ہیں۔
- ۶۱- اختلافی مسائل پر بحث کرنا پسند کرتے / کرتی ہیں۔
- ۶۲- میرے آرام کا خیال رکھتے / رکھتی ہیں۔
- ۶۳- میرے مسائل کو سمجھنے کی بھرپور کوشش کرتے / کرتی ہیں۔
- ۶۴- مجھ سے تعاون کرتے / کرتی ہیں۔
- ۶۵- مجھ سے وقت کی کمی کا گلہ کرتے / کرتی ہیں۔
- ۶۶- ازدواجی تعلقات میں سرد رویہ اختیار کرتے / کرتی ہیں۔
- ۶۷- چھوٹی چھوٹی باتوں کو انا کا مسئلہ نہیں بناتے / بناتی۔
- ۶۸- میرے لباس اور کھانے پینے کا بہت خیال رکھتے / رکھتی ہیں۔
- ۶۹- مجھ سے میل جول میں پہل کرنے سے کتراتے / کتراتتی ہیں۔
- ۷۰- وقت گزاری کی لیے نئے نئے مشغلے اپناتے / اپناتی ہیں۔
- ۷۱- دوسرے لوگوں کے سامنے مجھ پر بے جا تنقید کرتے / کرتی ہیں۔
- ۷۲- چھوٹی چھوٹی باتوں پر مجھ سے جھگڑا کرتے / کرتی ہیں۔
- ۷۳- میرا بہت خیال رکھتے / رکھتی ہیں۔

Financial and Monetary Matters

- ۷۴- مالی معاملات اپنے کنٹرول میں رکھتے / رکھتی ہیں۔
- ۷۵- گھر کے مالی معاملات کی ذمہ داری مجھ پر ڈال کر بے فکر ہو جاتے / جاتی ہیں۔
- ۷۶- میرے علم کے بغیر پیسے اپنی مرضی سے خرچ کرتے / کرتی ہیں۔
- ۷۷- جوائنٹ اکاؤنٹ میں سے مجھے بتائے بغیر رقم نکال لیتے / لیتی ہیں۔
- ۷۸- بہت فضول خرچ ہیں۔

- ۷۹۔ دوستوں اور رشتے داروں میں تحفوں کا لین دین دل کھول کر کرتے / کرتی ہیں۔
- ۸۰۔ گھر کی بڑی اور اہم اشیاء کی خریداری باہمی رضامندی سے کرتے / کرتی ہیں۔
- ۸۱۔ اپنے بہن بھائیوں اور ان کے بچوں پر بے دریغ خرچ کرتے / کرتی ہیں۔
- ۸۲۔ میرے بہن بھائیوں اور ان کے بچوں پر ہاتھ روک کر خرچ کرتے / کرتی ہیں۔
- ۸۳۔ تنخواہ کے ایک ایک پیسے کا حساب لیتے / لیتی ہیں۔
- ۸۴۔ مجھے کبھی بھی پوری تنخواہ لا کر نہیں دیتے / دیتی۔
- ۸۵۔ مالی معاملات میں جھوٹ بولتے / بولتی ہیں۔
- ۸۶۔ گھر کے مالی معاملات سے متعلق بڑے فیصلے خود کرتے / کرتی ہیں۔
- ۸۷۔ اپنے کپڑوں پر دل کھول کر خرچ کرتے / کرتی ہیں۔

Childrens' Related Matters

- ۸۸۔ بچوں کو روزانہ سکول اور کالج سے لاتے / لاتی اور لے جاتے / جاتی ہیں۔
- ۸۹۔ بچوں کے بیمار پڑنے پر تشویش کا اظہار کرتے / کرتی ہیں۔
- ۹۰۔ بچوں کی پرورش میں انتہائی غیر ذمہ دار ہیں۔
- ۹۱۔ بچوں کے تعلیمی امور کے لئے سکول نہیں جاتے / جاتی۔
- ۹۲۔ عید پر بچوں کے لیے خاص خریداری کرتے / کرتی ہیں۔
- ۹۳۔ بچوں کی سالگرہ کا دن ضرور یاد رکھتے / رکھتی ہیں۔
- ۹۴۔ بچوں کی شادی بیاہ کے معاملات باہمی مشورے سے طے کرتے / کرتی ہیں۔
- ۹۵۔ بچوں کی پسند اور ناپسند کا خیال رکھتے / رکھتی ہیں۔
- ۹۶۔ بچوں کی سکول میں اچھی پوزیشن کو میری محنت قرار دیتے / دیتی ہیں۔
- ۹۷۔ بچوں کے کردار کی تعمیر میں بہت حصہ لیتے / لیتی ہیں۔
- ۹۸۔ بچوں کی صحت کی پرواہ نہیں کرتے / کرتی۔
- ۹۹۔ بچوں پر اپنی مرضی مسلط نہیں کرتے / کرتی ہیں۔
- ۱۰۰۔ بچوں کی پڑھائی میں بالکل بھی مدد نہیں کرتے / کرتی۔

- ۱۰۱۔ بچوں کے بے جا لاڈ نہیں اٹھاتے / اٹھاتی۔
- ۱۰۲۔ بچوں کو سختی سے نظم و ضبط کا عادی بنایا ہے۔
- ۱۰۳۔ بچوں کو بھرپور توجہ نہیں دے پاتے / پاتی ہیں۔
- ۱۰۴۔ بچوں کی جائز خواہشات کو ہر ممکن پورا کرنے کی کوشش کرتے / کرتی ہیں
- ۱۰۵۔ بچوں کے ساتھ دوستانہ ماحول میں رہتے / رہتی ہیں۔
- ۱۰۶۔ گھر میں لڑائی جھگڑوں سے گریز کرتے / کرتی ہیں کیونکہ بچوں پر برا اثر پڑتا ہے۔
- ۱۰۷۔ بچوں کے اعلیٰ تعلیمی اور پروفیشنل اداروں میں داخلے پر شوہر / بیوی کا بڑا کردار ہے۔
- ۱۰۸۔ میرے شوہر / بیوی نے بچوں کی پرورش اور تعلیم و تربیت کے لیے اپنی مصروفیات ترک کر دیں تھیں۔
- ۱۰۹۔ بچوں کے معاملے بہت سخت ہیں۔
- ۱۱۰۔ جب ہم سیر و تفریح کے لئے جاتے ہیں تو بچوں کی پرواہ نہیں کرتے / کرتی۔

List of Items Excluded from the Initial Form of SCMRM

- 1 گھر کا سودا سلف لانے کی ذمہ داری مجھ پر ڈالتے رڈالتی ہیں۔
- 2 کھانے کی میز لگانے کی ذمہ داری خوشی سے ادا کرتے کرتی ہے۔
- 3 گھر کی معاملات کے فیصلوں میں مجھ سے مشورہ نہیں کرتے کرتی۔
- 4 جمعے کی نماز بھی مشکل سے پڑھتے پڑھتی ہیں۔
- 5 اپنی شاپنگ میرے بغیر کرتے کرتی۔
- 6 میرے علم کے بغیر پیسے اپنی مرضی سے خرچ کرتے کرتی ہیں۔
- 7 تنخواہ کے ایک ایک پیسے کا حساب لیتے لیتی ہیں۔
- 8 جب ہم سیر و تفریح کے لئے جاتے ہیں تو بچوں کی پرواہ نہیں کرتے کرتی۔
- 9 دیر تک سونے کے رکی عادی ہیں۔
- 10 مہمانوں کے آنے پر کھانا پکانے میں میری مدد کرتے کرتی ہیں

Appendix D

Demographic Characteristics of the Sample (N = 600)

Demographic Characteristics	Men		Women		Total	
	f	%	f	%	f	%
Age						
22-35 Years	106	35.33	155	51.66	261	43.50
36-45 Years	80	26.66	78	26.0	158	26.33
46-55 Years	114	38.0	67	22.33	181	30.17
Income						
Up to Rs. 20000/	100	33.33	82	27.33	182	30.33
Rs. 21000- 50000/	98	32.66	130	43.33	228	40.66
Rs. 51000-400000/	102	34.01	88	29.34	190	29.01
Education						
Up to Graduate	156	52.0	180	60.0	336	60.0
Post Graduate	144	48.0	120	40.0	264	40.0
Length of Marriage						
5-10 Yrs of Marriag	70	23.33	56	18.67	126	21.00
11-16 Yrs of Marriag	100	33.33	106	35.33	206	34.34
17-22 Yrs of Marriag	130	43.34	138	46.00	268	44.66
No of Children						
Up to 3Children	217	72.33	200	66.66	417	69.50
More than 3 children	83	27.67	100	33.34	183	30.50

Appendix E

ذاتی معلومات (Demographic Data Sheet)

نام: _____

عمر: _____

جنس: _____

تعلیم: _____

گھریلو آمدنی: _____

بچوں کی تعداد: _____

پیشہ: _____

شادی شدہ زندگی کا دورانیہ: _____

Appendix F

ہدایات

ہم قومی ادارہ نفسیات کی طرف سے شادی شدہ افراد کے سماجی تقابل کے مسائل اور ازدواجی زندگی پر ان کے اثرات کے بارے میں تحقیق کر رہے ہیں۔ روزمرہ ازدواجی زندگی میں لوگوں کو بہت سے مسائل کا اس وقت سامنا کرنا پڑتا ہے جب وہ اپنی صورت حال اور اپنے زندگی کے ساتھی کا موازنہ دوسرے شادی شدہ افراد اور ان کی صورت حال سے کرتے ہیں۔ ہم یہ جاننا چاہتے ہیں کہ شادی شدہ افراد مندرجہ ذیل سوالنامہ میں دیئے گئے مسائل کے بارے میں کیا رائے رکھتے ہیں۔ برائے مہربانی تمام بیانات کو توجہ سے پڑھیں اور واضح کریں کہ ان بیانات سے آپ کس حد تک متفق ہیں۔

اگر آپ کسی بیان سے مکمل متفق ہیں تو اس کے لئے ہمیشہ پر نشان لگادیں۔ اسی طرح اگر کسی بیان کے بارے میں بالکل بھی متفق نہیں ہیں تو کبھی نہیں کونشان لگادیں مختلف بیانات کے لئے آپ درمیانی درجے بھی استعمال کر سکتے ہیں۔

آپ کی فراہم کی گئی معلومات صرف تحقیق کے لئے استعمال کی جائیں گی۔ ہم آپ کے تعاون کے لئے بہت شکر گزار ہیں۔

Appendix G1

Translation of SCMRM

The spouse of my acquaintance is / isn't like this whereas my spouse

1.Encourages me in every place of work.
2.Quarrels with me over petty matters.
3.Is obstinate and quick tempered.
4.Usually adopts temperament of love.
5. Hurts my feeling.
6. Avoids quarreling in the house because it adversely affects the children.
7. Takes care of my rest.
8.Cooperates with me a lot.
9.Likes enthusiasm in relationships.
10.Can not pay full attention to the kids.
11.Keeps on waking till late at night, whenever I fall ill.
12.Tries to understand my problems
13.Ask for my opinion in deciding domestic issues
14.Pays no regards to my choice in marital relationship
15.Gets annoyed if goes against his/ her desire
16.Buys all the important and big domestic items with mutual
understanding and co-operation.
17.Takes care of religious education of the children.

Appendix H

**Demographic Characteristics of Sample
(N = 100)**

Demographic Characteristics	Men		Women		Total	
	f	%	f	%	f	%
Age						
30-38 Years	25	50.0	22	44.0	47	48.0
39-47 Years	14	28.0	11	22.0	18	29.0
48-57 Years	11	22.0	17	34.0	35	23.0
Income						
Up to Rs. 19000/	11	22.0	11	22	22	22.0
Rs. 20000- 50000/	20	40.0	14	28.0	34	34.0
Rs. 51000-250000/	19	38.0	25	50.0	44	44.0
Education						
Up to Graduate	24	48.0	29	58.0	53	53.0
Post Graduate	26	52.0	12	42.0	47	47.0
Length of Marriage						
1-11 Yrs of Marraig	26	52.0	26	52.0	52	52.0
12-22 Yrs of Marriag	15	30.0	13	26.0	28	28.0
23 to Onward	9	18.0	11	22.0	20	20.0
No of Children						
Up to 3Children	32	64.0	33	33.0	66.0	65.0
More than 3 children	18	32.0	17	17.0	34.0	35.0
Occupation						
Govt Servants/ Armed Forces	34	68.0	15	30.0	49	49.0
Professional	8	16.0	14	28.0	22	22.0
Private Jobs/self Employees	8	16.0	8	16.0	16	16.0
House Wives			13	26.0	13	13.0

INDEX OF SELF ESTEEM

(Urdu Version)

ہدایات:

اس سوالنامے میں کچھ بیانات لکھے ہوئے ہیں۔ ہر بیان کو غور سے پڑھیں اور جواب دیں کہ آپ کے متعلق یہ بیان صحیح ہے یا غلط یا ان دونوں میں سے ایک بھی صورت نہیں۔ یعنی نہ صحیح ہے نہ غلط۔ اگر آپ کے متعلق یہ بیان صحیح ہے تو مزید سوچیں کہ کتنا اور کس قدر صحیح ہے۔ اسی طرح آپ ایک بیان سے اتفاق نہ کرتے ہوں تو بتائیں کی وہ بیان آپ کے متعلق کس قدر غلط ہے؟ یا بالکل غلط ہے۔ ہر بیان باقی بیانات سے الگ ہے اس لئے ہر بیان کے لئے صرف ایک جواب دیں۔ ہر بیان کے سامنے دی گئی خالی جگہوں میں سے (جو کہ پانچ درجوں کی عکاسی کرتی ہیں)، جو آپ کے لئے سب سے مناسب ہے اس پر () کا نشان لگائیں۔

- 1- میرا خیال ہے کہ اگر لوگ مجھے حقیقتاً جان گئے تو وہ مجھے بالکل غلط کسی قدر غلط صحیح نہ غلط کسی قدر صحیح بالکل صحیح پسند نہیں کریں گے۔
- 2- میرے خیال میں دوسرے لوگ مجھ سے زیادہ اچھے طریقے سے گذراوقات کرتے ہیں۔
- 3- میرا خیال ہے کہ میں ایک خوبصورت انسان ہوں۔
- 4- میرا خیال ہے کہ جب میں دوسروں کے ساتھ ہوتا ہوں تو یہ ان کے لئے خوشی کا باعث ہے۔
- 5- لوگ مجھ سے بات کرنا پسند کرتے ہیں۔
- 6- میرے خیال میں، میں ایک قابل انسان ہوں۔
- 7- میرے خیال میں، میں متاثر کن شخصیت کا حامل ہوں۔
- 8- میرے خیال میں مجھے مزید خود اعتمادی کی ضرورت ہے۔
- 9- میں اجنبی لوگوں کی موجودگی میں گھبراتا ہوں۔

بالکل غلط کسی قدر غلط نہ صحیح نہ غلط کسی قدر صحیح بالکل صحیح

- 10- میرے خیال میں، میں ایک نکما انسان ہوں۔
- 11- مجھے اپنا آپ برا لگتا ہے۔
- 12- میرے خیال میں لوگ میری نسبت زیادہ خوش رہتے ہیں۔
- 13- میرے خیال میں، میں لوگوں کو بیزار کر دیتا ہوں۔
- 14- میرے خیال میں میرے دوست مجھے دلچسپ انسان سمجھتے ہیں۔
- 15- میرے خیال میں میری حس مزاح اچھی ہے۔
- 16- مجھے لگتا ہے کہ اگر میں دوسروں کی طرح ہوتا تو کچھ کر پاتا۔
- 17- میرے خیال میں لوگ میرے ساتھ اچھا وقت گزارتے ہیں۔
- 18- جب میں باہر جاتا ہوں تو خود کو تنہا محسوس کرتا ہوں۔
- 19- میرے خیال میں مجھے دوسروں کی نسبت زیادہ نظر انداز کیا جاتا ہے۔
- 20- میرے خیال میں میں ایک اچھا انسان ہوں۔
- 21- میرا خیال ہے کہ لوگ واقعی مجھے بہت پسند کرتے ہیں۔
- 22- میرے خیال میں، میں پسندیدہ شخصیت کا حامل ہوں۔
- 23- میرے دوست مجھے بہت اہمیت دیتے ہیں۔

Appendix J

INDEX OF SELF-ESTEEM

By Walter Hudson

This questionnaire is designed to measure how you see yourself. It is not a test, so there are no right or wrong answers. Please answer each item as carefully and accurately as you can by placing a number by each one as follows

- 1 - Rarely or none of the time
- 2 - A little of the time
- 3 - Sometime
- 4 - A good part of the time
- 5 - Most or all of the time

1. I feel that people would not like me if they really knew me well.
2. I feel that others get along much better than I do.
3. I feel that I am a beautiful person.
4. When I am with other people I feel they are glad I am with them.
5. I feel that people really like to talk with me.
6. I feel that I am a very competent person.
7. I think I make a good impression on others.
8. I feel that I need more self-confidence.
9. When I am with strangers I am very nervous.
10. I think that I am a dull person.
11. I feel ugly.
12. I feel that others have more fun than I do.
13. I feel that I bore people.
14. I think my friends find me interesting.
15. I think I have a good sense of humor.
16. I feel very self-conscious when I am with strangers.
17. I feel that if I could be more like other people I would have it made.
18. I feel that people have a good time when they are with me.
19. I feel like a wallflower when I go out.
20. I feel I get pushed around more than others.
21. I think I am a rather nice person.
22. I feel that people really like me very much.
23. I feel that I am a likeable person.
24. I am afraid I will appear foolish to others.
25. My friends think very highly of me.

Scoring: questions 3, 4, 5, 6, 7, 14, 15, 18, 21, 22, 23, and 25 are reverse scored.

Appendix K

Satisfaction With Life Scale

مکمل متفق کسی حد تک متفق معمولی غیر متفق کسی حد تک غیر متفق مکمل غیر متفق

1- میری زندگی بہت حد تک ایک مثالی زندگی ہے۔ _____ " _____

2- میں بہترین زندگی گزار رہا رہی ہوں۔

3- میں اپنی زندگی سے مطمئن ہوں۔

4- میں نے زندگی میں جو جن اہم چیزوں کی خواہش کی وہ مجھے مل گئیں۔

5- اگر مجھے نئے سرے سے زندگی گزارنے کا موقع ملے تو میں اس میں کوئی خاص تبدیلی نہیں کروں گا۔

Appendix L**Satisfaction With Life Scale**

1. In most ways, my life is close to my ideal.
2. The conditions in my life are excellent.
3. I am satisfied with my life.
4. So far, I have gotten the important things I want in life.
5. If I could live my life over, I would change almost

Appendix M

Back Depression Inventory (BDI)

ہدایات

یہ سوالنامہ ۲۱ حصوں پر تقسیم کیا گیا ہے۔ ہر حصہ چار بیانات پر مشتمل ہے۔ برائے مہربانی ہر حصے کے بیانات کو توجہ سے پڑھیں۔ اس کے بعد ہر حصے سے اس بیان کا انتخاب کریں جو آپ پر موجودہ ہفتے میں بشمول آج کے دن لاگو ہوتا ہو۔ جو بیان آپ پر لاگو ہوتا ہو اس ہندسے کے گرد نشان یا دائرہ لگادیں۔

- 1- 0- میں اداس نہیں ہوں۔
- 1- 1- میں اداس ہوں۔
- 2- 2- میں ہر وقت اداس رہتا رہتی ہوں اور اس حالت پر قابو نہیں پاسکتا/سکتی۔
- 3- 3- میں اتنا راتنی اداس یا ناخوش نہیں ہوں کہ یہ میرے لئے ناقابل برداشت ہو۔
- 2- 0- میں مستقبل کے بارے میں بددل نہیں ہوں۔
- 1- 1- میں مستقبل کے بارے میں بددل ہوں۔
- 2- 2- مجھے ایسا لگتا ہے اب میرے لئے کچھ نہیں رہا۔
- 3- 3- مجھے ایسا لگتا ہے کہ میرا کوئی مستقبل نہیں ہے اور میرے حالات بہتر نہیں ہو سکتے۔
- 3- 0- مجھے احساس ناکامی نہیں ہے۔
- 1- 1- مجھے ایسا لگتا ہے کہ میں ایک اوسط فرد کے مقابلے میں زیادہ ناکام رہ رہا رہی ہوں۔
- 2- 2- جب میں اپنی گذشتہ زندگی پر نظر ڈالتا/ڈالتی ہوں تو مجھے سوائے ناکامی کے کچھ نظر نہیں آتا۔
- 3- 3- مجھے ایسا لگتا ہے کہ میں مکمل طور پر ناکام انسان ہوں۔

- 4-0 میں اتنا راتی مطمئن ہوں جتنا جتنی پہلے تھا تھی۔
- 1- مجھے پہلے کی طرح چیزوں کا لطف نہیں آتا۔
- 2- مجھے اب کسی بھی چیز سے بھرپور لطف نہیں آتا۔
- 3- میں ہر چیز سے اکتایا اکتائی ہوئی ہوں۔
- 5-0 مجھے کوئی احساس جرم نہیں ستاتا۔
- 1- مجھے کوئی احساس جرم ستاتا رہتا ہے۔
- 2- مجھے زیادہ تر وقت احساس جرم ستاتا رہتا ہے۔
- 3- میں ہر وقت احساس جرم میں مبتلا رہتا رہتی ہوں۔
- 6-0 میں یہ محسوس نہیں کرتا کرتی کہ مجھے کوئی سزا مل رہی ہے۔
- 1- مجھے ایسا لگتا ہے کہ جیسے مجھے کوئی سزا مل رہی ہے۔
- 2- میں اپنے لئے سزا کی توقع رکھتا رکھتی ہوں۔
- 3- مجھے ایسا محسوس ہوتا ہے جیسے مجھے کوئی سزا مل رہی ہے۔
- 7-0 میں اپنی ذات سے مایوس نہیں ہوں۔
- 1- میں اپنی ذات سے مایوس ہوں۔
- 2- میں اپنی ذات سے بددل ہوں۔
- 3- میں اپنی ذات سے نفرت کرتا کرتی ہوں۔
- 8-0 مجھے ایسا نہیں لگتا کہ میں کسی بھی دوسرے انسان سے زیادہ گیا گزرا گزری ہوں۔
- 1- میں اپنی کمزوریوں یا غلطیوں کی وجہ سے اپنی ذات پر تنقید کرتا کرتی ہوں۔
- 2- میں اپنی غلطیوں کی وجہ سے اپنی ذات کو قابل الزام ٹھہراتا ٹھہراتی ہوں۔
- 3- میں ہر خراب کام کا ذمہ دار اپنی ذات کو ٹھہراتا ٹھہراتی ہوں۔

- 9-0 مجھے اپنے آپ کو ختم کرنے کے بارے میں کوئی خیال نہیں آتا۔
- 9-1 مجھے اپنے آپ کو ختم کرنے کا خیال رہتا ہے مگر میں ایسا نہیں کروں گا رگی۔
- 9-2 میں اپنے آپ کو ختم کرنا پسند کروں گا رگی۔
- 9-3 اگر مجھے موقع ملے تو میں اپنے آپ کو ختم کر لوں گا۔
- 10-0 میں معمول سے زیادہ نہیں روتا روتی۔
- 10-1 میں پہلے کی نسبت زیادہ روتا روتی ہوں۔
- 10-2 میں اب ہر وقت روتا رہتا رہتی ہوں۔
- 10-3 میں پہلے رولیا کرتا تھا کرتی تھی لیکن اب چاہنے کے باوجود نہیں رو سکتا رکتی۔
- 11-0 میں ان چیزوں سے بالکل نہیں چڑتا چڑتی جن سے پہلے چڑتا جاتا جاتی تھی۔
- 11-1 میں پہلے کے مقابلے میں زیادہ چڑتا چڑتی ہوں۔
- 11-2 میں پہلے کی نسبت جلد چڑتا جاتا جاتی ہوں۔
- 11-3 میں ہر وقت چڑتا چڑتی ہوں۔
- 12-0 میری دلچسپی دوسرے لوگوں میں ختم نہیں ہوئی۔
- 12-1 میں اب پہلے کی نسبت دوسرے لوگوں میں کم دلچسپی لیتا لیتی ہوں۔
- 12-2 میری دلچسپی دوسرے لوگوں کے بارے میں کافی حد تک ختم ہو گئی ہے۔
- 12-3 میں دوسرے لوگوں میں اپنی دلچسپی کھو چکا کھو چکی ہوں۔
- 13-0 میری قوت فیصلہ پہلے ہی کی طرح ہے۔
- 13-1 میں پہلے سے زیادہ فیصلے ملتوی کرنے کی کوشش کرتا کرتی ہوں۔
- 13-2 میں اب فیصلے کرنے میں کافی دشواری محسوس کرتا کرتی ہوں۔
- 13-3 میں اب مزید کسی قسم کا کوئی فیصلہ نہیں کر سکتا۔

- 14-0 مجھے ایسا نہیں لگتا ہے کہ میں پہلے کے مقابلے میں برابر ہی نظر آتا رہتی ہوں۔
- 1-1 میں پریشان ہوں کہ میں عمر رسیدہ یا بے کش نظر آتا رہتی ہوں۔
- 2-2 مجھے ایسا نہیں لگتا ہے کہ میری شکل میں مستقل تبدیلیاں آرہی ہیں جن کی وجہ سے میں بھدا لگتا رہتی ہوں۔
- 3-3 مجھے ایسا نہیں لگتا ہے کہ میں بد صورت لگتا رہتی ہوں۔
- 15-0 میں پہلے کی طرح کام کر سکتا رہتی ہوں۔
- 1-1 مجھے کسی کام کو شروع کرنے میں غیر معمولی کوشش کرنی پڑتی ہے۔
- 2-2 مجھے کسی کام کو شروع کرنے کے لئے اپنے آپ پر بہت زور ڈالنا پڑتا ہے۔
- 3-3 میں کوئی بھی کام نہیں کر سکتا رہتی ہوں۔
- 16-0 میں پہلے ہی کی طرح اچھی نیند سو سکتا رہتی ہوں۔
- 1-1 میری نیند پہلے کی طرح اچھی نہیں رہی۔
- 2-2 میں برخلاف عادت ایک دو گھنٹے پہلے جاگ جاتا رہتی ہوں اور پھر دوبارہ سونے میں کافی دشواری محسوس ہوتی ہے
- 3-3 میں کئی گھنٹے پہلے جاگ جاتا رہتی ہوں اور پھر دوبارہ سونے میں پاتا رہتی ہوں۔
- 17-0 میں پہلے کی نسبت زیادہ تھکاوٹ محسوس نہیں کرتا رہتی ہوں۔
- 1-1 میں پہلے کے مقابلے میں جلد تھک جاتا رہتی ہوں۔
- 2-2 میں کوئی بھی کام کرنے سے تھک جاتا رہتی ہوں۔
- 3-3 مجھے اتنی تھکاوٹ ہو جاتی ہے کہ میں کوئی بھی کام نہیں کر سکتا رہتی۔
- 18-0 میری بھوک اپنے معمول کے مطابق ہے۔
- 1-1 میری بھوک پہلے کے مقابلے میں اچھی نہیں ہے۔
- 2-2 میری بھوک اب بہت خراب ہو گئی ہے۔
- 3-3 میری بھوک اب بالکل ختم ہو گئی ہے۔

- 19-0- پچھلے دنوں میرے وزن میں کوئی کمی نہیں ہوئی ہے۔
- 1- میرے وزن میں پانچ پونڈ سے زیادہ کمی ہوئی ہے۔
- 2- میرے وزن میں دس پونڈ سے زیادہ کمی ہوئی ہے۔
- 3- میرے وزن میں پندرہ پونڈ سے زیادہ کمی ہوئی ہے۔
- میں کم خوراک سے آج کل اپنا وزن کم کرنے کی کوشش کر رہا ہوں۔ ہاں۔۔۔۔۔ نہیں۔۔۔۔۔

- 20-0- میں اپنی صحت کے بارے میں پہلے سے زیادہ فکر مند نہیں ہوں۔
- 1- میں جسمانی تکالیف مثلاً درد، خرابی ہاضمہ یا قبض کے متعلق کافی فکر مند ہوں۔
- 2- مجھے نئی صحت کے بارے میں اتنی فکر ہے کہ میرا کسی اور چیز کے بارے میں سوچنا مشکل ہے۔
- 3- میں اپنی پریشانی میں ہر وقت غرق رہتا رہتی ہوں۔

- 21-0- میں نے اپنی جنسی خواہش میں کوئی نئی تبدیلی محسوس نہیں کی۔
- 1- میں جنسی تعلقات میں پہلے کی نسبت بہت کم دلچسپی لیتا رہتی ہوں۔
- 2- میں اب جنسی تعلقات میں بہت کم دلچسپی لیتا رہتی ہوں۔
- 3- جنسی تعلقات میں میری دلچسپی مکمل طور پر ختم ہو چکی ہے۔

Appendix N

Iowa Netherlands Comparison Orientation Measure (INCOM)

(Gibbons & Buunk, 1999)

1. I often compare how my loved ones (boy or girlfriend, family members,) are doing with others are doing.
 - Disagree strongly
 - Disagree slightly
 - Disagree moderately
 - Agree slightly
 - Agree strongly

2. I always pay a lot of attention to how I do things compared to how others do things.
 - Disagree strongly
 - Disagree slightly
 - Disagree moderately
 - Agree slightly
 - Agree strongly

3. If I want to find out how well I have done something, I compare what I have done with how others have done.
 - Disagree strongly
 - Disagree slightly
 - Disagree moderately
 - Agree slightly
 - Agree strongly

4. I often compare how I am doing socially (e.g., social skills, popularity) with other people.
 - Disagree strongly
 - Disagree slightly
 - Disagree moderately
 - Agree slightly
 - Agree strongly

5. **I am not the type of person who compares often with others.**
- Disagree strongly
 - Disagree slightly
 - Disagree moderately
 - Agree slightly
 - Agree strongly
6. **I often compare myself with others with respect to what I have accomplished in life.**
- Disagree strongly
 - Disagree slightly
 - Disagree moderately
 - Agree slightly
 - Agree strongly
7. **I often like to talk with others about mutual opinions and experiences.**
- Disagree strongly
 - Disagree slightly
 - Disagree moderately
 - Agree slightly
 - Agree strongly
8. **I often try to find out what others think who face similar problems as I face.**
- Disagree strongly
 - Disagree slightly
 - Disagree moderately
 - Agree slightly
 - Agree strongly
9. **I always like to know what others in a similar situation would do.**
- Disagree strongly
 - Disagree slightly
 - Disagree moderately
 - Agree slightly
 - Agree strongly

10. **If I want to learn about something, I try to find out what others think about it.**
- **Disagree strongly**
 - **Disagree slightly**
 - **Disagree moderately**
 - **Agree slightly**
 - **Agree strongly**
11. **I never consider my situation in life relative to that of other people.**
- **Disagree strongly**
 - **Disagree slightly**
 - **Disagree moderately**
 - **Agree slightly**
 - **Agree strongly**

Appendix N1**Back translation of INCOM**

- 1) I often compare that how those, who love me (friends, family members) are doing as compared to others.
- 2) I always pay a lot of attention that how I do work as compared to others
- 3) If I want to know that how well I have done task then I compare my task with those of others.
- 4) I often compare with other people how I am doing socially (social abilities, popularity).
- 5) I am not the type of person who often compares with others.
- 6) Whatever I have achieved in my life I often compare it with others.
- 7) I often like to talk with others about mutual opinions and experiences.
- 8) I often try to find out that what others think who face problem like me.
- 9) I always want to know that what others would do in a similar situation.
- 10) If I want to learn more about something, I try to find out what others think about it.
- 11) I never view my life situation with those of others.

Appendix O

IOWA Netherlands Social Comparison Orientation Measure

کامل متفق کسی حد تک متفق معمولی غیر متفق کسی حد تک غیر متفق مکمل غیر متفق

۱۔ میں اکثر موازنہ کرتا کرتی ہوں کہ میرے چاہنے والے (اہل خانہ،

دوست، احباب وغیرہ) دوسروں کی نسبت کیسا کر رہے ہیں۔

۲۔ میں ہمیشہ اس بات پر بہت زیادہ توجہ دیتا رہتی ہوں کہ میں دوسروں

کی نسبت کیسے کام کرتا کرتی ہوں۔

۳۔ اگر میں یہ معلوم کرنا چاہوں کہ میں نے کوئی کام کتنا اچھا کیا ہے

تو میں اپنے کام کا موازنہ دوسرے لوگوں سے کرتا کرتی ہوں۔

۴۔ میں اکثر دوسرے لوگوں سے موازنہ کرتا ہوں کہ میں سماجی طور پر

(سماجی صلاحیتیں، مقبولیت) میں کیسا کیسی ہوں۔

۵۔ میں اس قسم کا شخص نہیں ہوں جو اکثر دوسروں کے ساتھ موازنہ

کرتا کرتی رہوں۔

۶۔ میں نے زندگی میں جو کچھ حاصل کیا ہے اس کا موازنہ میں اکثر

دوسروں سے کرتا کرتی ہوں۔

۷۔ میں اکثر دوسروں کے ساتھ باہمی آرا اور تجربات کے بارے میں

بات کرنا پسند کرتا کرتی ہوں۔

مکمل متفق کسی حد تک متفق معمولی غیر متفق کسی حد تک غیر متفق مکمل غیر متفق

۸۔ میں اکثر یہ معلوم کرنے کی کوشش کرتا کرتی ہوں کہ میرے جیسے

مسائل کا سامنا کرنے والے کیا سوچتے ہیں

۹۔ میں ہمیشہ یہ جاننا چاہتا چاہتی ہوں کہ دوسرے اس جیسی صورت

حال میں کیا کریں گے۔

۱۰۔ اگر میں کسی چیز کے بارے میں سیکھنا چاہتا چاہتی ہوں تو میں یہ

معلوم کرنے کی کوشش کرتا کرتی ہوں کہ دوسرے اس کے بارے

میں کیا سوچتے ہیں۔

۱۱۔ میں اپنی زندگی کے حالات کا موازنہ دوسروں سے کبھی نہیں کرتا

کرتی ہوں۔

Appendix P

Demographic Characteristics of Main Study Sample (N = 500)

Demographic Characteristics	Men		Women		Total	
	f	%	f	%	f	%
Age						
23-35 Years	104	41.6	115	46.0	219	43.8
36-45 Years	66	27.4	77	30.8	143	29.1
46-60 Years	80	31.0	58	23.2	138	27.1
Income						
Up to Rs. 19000/	48	19.20	45	18.0	93	18.6
Rs. 20000- 50000/	150	60.0	121	48.4	271	54.2
Rs. 51000-250000/	52	20.8	84	33.6	136	27.2
Education						
Up to Graduate	119	47.6	129	51.6	248	48.0
Post Graduate	131	52.4	121	48.4	252	52.0
Length of Marriage						
1-8 Yrs of Marriag	91	36.4	81	32.4	172	29.3
9-16 Yrs of Marriag	80	32.0	94	40.6	174	34.4
17 to Onward	79	31.6	75	27.0	154	36.3
No of Children						
Up to 3Children	141	56.4	165	66.0	306	61.2
More than 3 children	109	43.6	85	34.0	194	38.8
Occupation						
Govt Servants/Professional/ Armed Forces	169	67.6	109	43.6	278	55.6
Private Jobs/self Employees	81	32.4	141	56.4	222	44.4

Dyadic Adjustment Scale (DAS)

ہدایات:

ہم قومی ادارہ نفسیات کی طرف سے شادی شدہ لوگوں کے خیالات کے بارے میں تحقیق (Research) کر رہے ہیں۔ آپ کے علم میں یہ بات ہوگی کہ روزمرہ زندگی میں شادی شدہ لوگوں کو بہت سی مشکلات کا سامنا کرنا پڑتا ہے۔ ہم یہ چاہتے ہیں کہ آپ اپنی شادی شدہ زندگی کے بارے میں بتائیں کہ مختلف باتوں میں آپ دونوں میاں بیوی کے درمیان کتنا اتفاق ہے اور آپ کو کتنی مشکلات کا سامنا کرنا پڑتا ہے۔

جو بھی معلومات آپ دیں گے وہ صرف تحقیق (Research) کے لئے استعمال کی جائیں گی اس لئے برائے مہربانی کسے سوال یا بیان کو خالی نہ چھوڑیں۔ ہم آپ کی مدد کے شکر گزار ہیں۔

اکثر شادی شدہ خواتین و حضرات کے باہمی تعلقات میں بعض اختلافات دیکھنے میں آتے ہیں۔ آپ نے یہ بتانا ہے کہ مندرجہ ذیل معاملات میں آپ کی اور آپ کی شریک حیات کے درمیان کس حد اتفاق پایا جاتا ہے۔

نمبر شمار
بیشہ متفق تقریباً متفق کبھی کبھار اکثر غیر متفق تقریباً غیر متفق ہمیشہ غیر متفق
غیر متفق متفق

- 1- گھریلو اخراجات کرنے میں
- 2- شفقت و رحمت کا اظہار
- 3- دوست احباب
- 4- جنسی تعلقات
- 5- روایت پسندی (رسم و رواج کے مطابق درست یا صحیح رویہ)
- 6- فلسفہء حیات (زندگی گزارنے کا طریقہ)
- 7- والدین سے برتاؤ
- 8- سرال سے والوں سے برتاؤ
- 9- عزائم مقاصد اور اہم معاملات
- 10- اکٹھے وقت گزارنا
- 11- اہم فیصلے کرنا
- 12- فارغ اوقات کے مشاغل
- 13- روزگار اور پیشے کے بارے میں فیصلے

- نمبر شمار
14- ہم میں طلاق، علیحدگی یا اپنے تعلقات ختم کرنے سے متعلق بحث ربات چیت ہوتی ہے۔
- 15- میں شریک حیات سے لڑائی کے بعد گھر چھوڑتا رہتا ہوں۔
- 16- میں سوچتا رہتا ہوں کہ ہمارا ایک دوسرے کے ساتھ اچھا وقت گزار رہا ہے۔
- 17- ہم ایک دوسرے پر مکمل اعتماد رکھتے ہیں۔
- 18- مجھے اپنے شادی شدہ ہونے پر بچھتا ہوتا ہے۔
- 19- میرا شریک حیات سے جھگڑا ہے۔
- 20- ہمیں محسوس ہوتا ہے کہ ہم ایک دوسرے کے اعصاب پر سوار ہو رہے ہیں۔

- نمبر شمار
21- ہم گھر سے باہر مشاغل اور سیر و تفریح میں اکٹھے شریک ہوتے ہیں۔

- نمبر شمار
22- گرم جوشی سے تبادلہ خیال کرنا۔
- 23- اکٹھے ہنسنا، قہقہہ لگانا۔
- 24- کسی معاملے پر اطمینان سے بحث کرنا۔
- 25- کسی منصوبے پر اکٹھے کام کرنا۔

بعض امور میں شادی شدہ جوڑوں میں اتفاق دیکھنے میں آتا ہے۔ آپ کو یہ بتانا ہے کہ پچھلے کچھ ہفتوں میں ان میں سے کون سے امور آپ کے لئے اختلاف رائے یا کشیدگی کا باعث بنے۔
(ہاں یا نہیں میں جواب دیں)

26- تھکن کی وجہ سے جنسی تعلقات سے انکار۔

