



De La Salle University

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**THE EFFECTIVENESS OF MARITAL SATISFACTION IMPROVEMENT
PROGRAM FOR MILITARY COUPLES**

**A Dissertation Presented to the Faculty of the Counseling and
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ABSTRACT

This study aimed to determine the effectiveness of the Marital Satisfaction Improvement Program (MSIP) designed for military couples in improving the marital satisfaction of the participants. The MSIP was designed along the dimensions of conventionalization, global distress, affective communication, problem solving communication, time togetherness, disagreement about finances, sexual dissatisfaction, role orientation, family history of distress, dissatisfaction with children and conflict over child rearing which are aspects measured by the Marital Satisfaction Inventory. Moderator variables such as military affiliation, length of marriage and age were also considered. Pre-experimental design, specifically the one-group pretest posttest research design was employed and purposive sampling technique was used to determine the participants of the study. Selected as participants of the program were 18 officers of the Armed Forces of the Philippines officers and their ladies.

A standardized test named the Marital Satisfaction Inventory (MSI) was utilized to measure the marital satisfaction level of the participants before and after they attended the program. *Ginabayang talakayan*, an indigenous data gathering technique, was also used to make a pre-survey of the degree of marital satisfaction, marital problems and concerns of the target population. The t-test for dependent samples, Mann-Whitney U-test and Kruskal Wallis H-test were used to analyze the data gathered.



Findings revealed that the Marital Satisfaction Improvement Program made a significant improvement in all the MSI dimensions except for conventionalization. The participants reported greater marital satisfaction after the MSIP.





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