

Exploring the Role of Distance in Trust and Marital-Quality in Married Women

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Abstract: Nowadays it is quite common that many of the couples get into a long-distance relationship within few years after their marriage as part of their job. The current research explored the role of distance in trust and marital quality in women. For the purpose of the study a total of 95 women was selected using snowball sampling, among which 65 who are having geographically close with the spouse whereas 30 having a long-distance marital relationship with their spouse. Explanatory sequential design was conducted including both the quantitative and qualitative phases. The quantitative results indicate that there is no significant difference in marital quality except for marital satisfaction dimension. Qualitative phase identified two global themes - marital trust and marital quality. In the former, six major themes were identified and, in the latter, 7 major themes were identified. Technology was found to be helpful in communication especially when having a long-distance relationship. Most of them reported that even if it is useful, communication through phone calls or video calls does not give enough satisfaction.

Key words: Marital quality, Trust, Long distance relationship, Geographically close relationship

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I. INTRODUCTION

“Absence makes the heart grow fonder. Prolonged absence makes the heart forget”

- Thomas Haynes Bayly

Among all the relationships between men and women marriage place an important role both in the structure of life and in the family system¹. Nowadays it is quite common that many of the couples get into a long-distance relationship within few years after their marriage as part of their job²³. This may cause relational uncertainty which can lead to jealousy and decrease in trust which is a major contributor to marital quality⁵. Being in a long-distance relationship after marriage is different than being in a dating relationship. In most cases, women will be there at their home town looking after the kids and the responsibilities at home whereas men will be the one who go abroad. Also, the wives have a major role in contributing to relational perception than husbands. Moreover, advancement in education and technology encourages voluntary marital separation due to scarcity in specialized jobs which causes high demand for employers as in the case of merchant marines and engineers²³. Even though there are several studies done with dating college students, there are no much studies which looked at the long-distance relationship after marriage. Therefore, it is important to study trust and marital quality in women having geographically close and long-distance relation.

This study is to explore trust and marital quality in women having geographically close and long-distance relation. One of the major factor contributing to trust and marital quality is the relational uncertainty. Uncertainty reduction theory (URT) emphasis that, to maintain relationships, relational partners need to manage their uncertainty by continuously updating their knowledge of themselves, their partners and their relationship⁵. One of the means by which they maintain their relationship is through the different existing communication channels²³. The strategies used to communicate is different for the ones having periodic visits with their partner than those with no face to face contact which increases relational uncertainty⁵. The longing to communicate impersonal messages via instant messenger etc. can be described by Media Richness Theory. Media Richness Theory assumes that these media are less rich and they have less social presence. Therefore, this makes them feel that these fewer rich media are more suitable for small talks²³. Also, Rubin et al's Uses and gratifications (U&G) theory states that the media that the individuals choose is based on the expected gratifications that they receive from this media⁵.

Attachment theory put forward by John Bowlby can also be used to explain success in relationships. Studies support that if the partner is not accessible when needed will lead to attachment related distress and

thoughts²⁰. The one with secure attachment is reported to have higher relational satisfaction which in turn leads to greater relational stability.

The relative deprivation theory by Crosby in 1976, proposes that there is preference for equity in relationships, and the perception that they have been unjustly treated will cause distress and will be encouraged to act in order to restore equity¹².

Most of the women in developing countries marry at their young age²⁴. Nowadays it is quite common that many of the couples get into a long-distance relationship within few years after their marriage as part of their job²³. The reaction to the perception of unjust division of household labor among married women may take different forms and can direct it to the system of marriage itself¹². This may cause relational uncertainty which can lead to jealousy and decrease in trust⁵.

Being in a long-distance relationship after marriage is different than being in a dating relationship²³. Long distance relationship makes a physical separation by which the partner will not be available immediately when proximity is desired. In a prototype-based approach which looked at the experience of missing participants they judged central features as part of the category of missing a romantic partner more quickly than non-central features. It was evident that one of the most frequent feature is the experience of loneliness and the feeling of sadness in the case of long-distance relationship. This experience of missing the partner will lead to interdependence between partners which make the missing even more strong. Commitment plays an important role in maintenance of the long-distance relationship. Reminiscing and dreaming about the partner and partner idealization are the methods used to maintain satisfaction in long distance relationship¹⁶.

At the time when couples reunite there are often awkward silences which make each other think that their spouse is someone they do not know will create a conflict in the case of long-distance relations²³. In couples having long distance relationship, dating relationship idealization is found to be a common phenomenon which occur through mediated channels than geographically close dating relationship. This is mainly because of the lack of frequent face to face contact. Interestingly, they perceive themselves as having communication which is of higher quality than the ones who are geographically close. Also, there is a high chance to terminate the relationship when the relationship become geographically close if there is no frequent face to face contact during separation. The extent of computer mediated communication in the course of separation is a negative predictor of stability in reunion. The factors that contribute in making the reunion difficult are the less interaction that they have during separation and the lack of access to the full range of partner's behavior concealing partner's true self. For couples with less idealization during separation make them less difficult to manage the relational turbulence during reunion. Even though idealization is good to some extent it is the extreme levels of idealization which is problematic in long distance dating partners²⁵.

The belief that LDDRs are more likely to last was associated with higher levels of communication and relationship satisfaction, but lower levels of commitment⁷. Effective marital communication is one of the major factor which leads to marital quality and satisfaction. Taking in to account the role of positive regard in marital quality and satisfaction in the context of enrichment-oriented marital communication training programs, for the couples who perceive regard from each other and also acknowledge it for each other will not gain much benefit. The couples who benefit the most will be the ones who acknowledge high regard for each other but who do not perceive it².

The satisfaction in relationship is linked to attachment and closeness. In college students who are not married, avoidance found to have a negative relation with relational satisfaction. Also, if there is a secure attachment relational satisfaction tend to increase despite of having separation among partners. Interestingly, marital partners report less conflict in their long-distance romantic relationship than partners who are geographically close²¹.

In a long-distance relationship insecure attachment among partners will lead their relation in such a way that the person reveals less emotional material to the partner, will have a decrease in the idealization of the partner and a low satisfaction in relationship¹⁷. The studies on marital interaction and satisfaction using the micro analytic observation of behavior using marital interaction coding system and couple's interaction scoring system found that defensiveness, stubbornness and withdrawal indicated dysfunctional in dealing with the conflict in marriages. To the extreme of this, where the couples who avoid conflict in daily life lack the sense of relational efficiency. Interestingly, women expressing anger and contempt in a conflict discussion is predicted to have marital satisfaction than the ones who expresses fear and sadness. If the conflict that rise in marriage is by taking care not to be overly complaint, fearful and sad from the part of wives and husbands not to be stubborn or withdrawn this is considered to be good for marriages in long run. In the case of unhappy marriages, the wives are the ones who engage in conflicts and the husbands will be withdrawn in nature¹⁰.

Parents having small children who are too young to understand the living situation experience more difficulty in long distance marital relationship²³. The greater advantage of marital quality is on the functioning of their children. One of the major factor which influences child functioning is the quality of the parent's marital interaction. Having high quality marital interaction make them able to handle negative emotions during conflicts

which is a determining factor which links marital quality and child functioning. Interestingly, if fathers are maritally dissatisfied child will be more dependent, whereas, if mothers are maritally dissatisfied child will be insecure and unsociable. On the other hand, if there is marital satisfaction fathers will facilitate autonomy whereas mothers facilitate secure attachment. Also, as the mothers spend more time with their child the greater impact on marital relationship will reflect on the quality of mother-child interaction than father-child interactions¹⁵.

The difference in marital attributions cause the difference in relationship between life stressors and marital quality. The ones having distress-maintaining marital attributions tend to have high levels of marital distress. On the other hand, if marital attributions are positive tend to have low levels of stress in turn causing low levels of marital distress¹¹. Not only the small stressors but also the increase in daily life hassles can cause decrease in marital quality. This is especially true in the case of wives¹³. Studies indicate that reduction in marital quality is a predictor of nonspecific depression¹⁹. Individuals with unsatisfactory marriages will experience high levels of depressive symptoms for women. The two major reasons are the lack of available support and an increase in hostility and stress within the marriage¹⁸.

The mode of communication that is used has an influence on the quality of the relationship. Phone calls is found to be positively associated with both relationship satisfaction and commitment, whereas communication via the internet is shown to be positively associated with trust³. Even if having frequent phone contact longer duration between visits, makes separation more difficult causing strain on the marriage. Discussing personal issues frequently and the amount of time they work on their relationship discussing their situation and future is contributing success in long distance marital relationship. The limited amount of time available for couples make them missing the small talk about day-to-day events of life and they spend their time sharing only the important things. As compared to geographically close relationship in which each day builds on the previous one, in a long-distance relationship the time and space dimension make them unable to share various life experiences, thus, creating a distance between the partners²³.

Information and communication technology have integrated and have become a part of our everyday communication in personal relationships. Research in the area of human computer interaction found that it is the uncertainty that make link between people and technology. The main challenge is that it is difficult to match the transmission of the observable physical act to facilitate intimacy via human computer interaction. Thus, there exist a dilemma in creating technological support for intimate relationship which reflects that despite having advanced technologies, the creators of technologies itself is not confident enough that they can create intimacy²².

One of the Psychological factor linked with increased risk of atherosclerosis and coronary heart disease is marital distress. Also, the various physiological effects in a strained marriage impact biological system which can cause metabolic syndrome. This is true for women than men. Depression is the mediating link between marital distress and metabolic syndrome. Interestingly, there is an indirect association of marital quality with metabolic syndrome through depressive symptoms¹⁴. Environmental contexts play an important role in relationship outcomes. The various stressful events in life can cause deterioration in the quality of family interaction. Neighborhood-level economic disadvantage is one of the predictor and have a negative relation to warmth in relationship. Interestingly, there is a significant positive association between education and hostility and in the case of women there is no relation between education and hostility⁴.

However, there are studies which support that being in a long-distance relationship does not predict low levels of relational quality⁷. Even though physical distance bring stress to the individuals an optimistic attitude on the relationship appears can make couples to understand and accept that the distance is a necessary yet impermanent phase of their relationship³.

II. MATERIAL AND METHODS

Aim of the current research was to explore the role of distance in trust and marital quality in women. For the purpose of the study a total of 95 women was selected using snowball sampling among which 65 having geographically close marital relationship with the spouse whereas, 30 having a long-distance marital relationship with their spouse.

Study Design: Explanatory sequential design

Study Location: This study was conducted in Kerala

Study Duration: October 2017 to November 2018.

Sample size: 95

Subjects & selection method: For the purpose of the study, by using snowball sampling method a total sample of 90 was chosen. Among them 65 having geographically close marital relationship with the spouse whereas the other 30 having a long-distance marital relationship with their spouse. In the qualitative phase the questionnaire was provided. From them a total of 8 sample was selected to do the semi structured interview. The selection was based on the scores on the questionnaire (high = 4 and low = 4).

Inclusion criteria:

1. Women have started their long-distance relationship within 2-3 years after their marriage.
2. Heterosexual couples

Exclusion criteria:

1. Participants who have the history of psychological disturbances

Procedure methodology

After written informed consent was obtained, an explanatory sequential design was done for the purpose of the study involving both quantitative and qualitative phases. The first phase of the research was quantitative in nature providing questionnaire (Marital Quality Scale). The second phase of the research was a qualitative method using a semi-structured interview to explore the variables trust and marital quality.

Statistical analysis

For the qualitative phase SPSS software version 21 was used to do the normality test and Mann Whitney U test for the obtained data. Qualitative phase was done in women sample who scored high on marital quality and for the ones who scored low on marital quality. Thematic network analysis will be done to analyze the qualitative data. The different themes emerged can be interpreted using this method of analysis. Thematic network analysis involves:

- Forming basic themes
- Organizing themes
- Finding global themes

The steps in thematic network analysis are:

- Coding the material
- Identifying themes
- Constructing thematic networks
- Describing and exploring thematic networks
- Summarizing thematic networks
- Interpreting patterns

III. RESULT

The quantitative phase was done using Marital Quality Scale. Table 1. And Table 2. indicate the results.

Table no 1: Sample size, Mean age, Average years of marriage and Mean number of children of both LD and GD

	LD	GD
Sample size	30	65
Mean age	29.20	28.40
Average years of marriage	7.13	6.52
Mean number of children	2	2

Table no 2: Mean, Standard deviation, U Value and Significance of both LD and GD

Variable	Type	Mean	SD	U Value	Significance
Understanding	LD	24.7	4.95	883.00	0.441
	GD	25.74	3.30		
Rejection	LD	17.33	5.79	880.50	0.448
	GD	18.20	5.45		
Satisfaction	LD	18.03	3.45	665.50	0.004*
	GD	19.37	1.24		
Affection	LD	12.17	2.15	855.50	0.302
	GD	12.15	2.48		
Despair	LD	3.63	1.16	849.00	0.289
	GD	3.85	1.06		
Decision making	LD	21.4	3.58	918.50	0.643
	GD	21.82	2.76		
Discontent	LD	3.10	1.65	942.50	0.775
	GD	3.03	1.35		

Dissolution potential	LD	1.23	0.77	903.50	0.366
	GD	1.22	0.48		
Dominance	LD	4.50	1.93	957.50	0.887
	GD	4.45	1.80		
Self-disclosure	LD	8.13	1.66	931.50	0.704
	GD	8.29	1.45		
Trust	LD	3.83	0.59	935.50	0.485
	GD	3.94	0.24		
Role functioning	LD	14.10	2.62	953.00	0.855
	GD	14.46	1.75		
Others	LD	5.00	1.31	857.50	0.286
	GD	5.17	0.88		
Total MQS	LD	137.37	18.55	876.50	0.430
	GD	142.00	7.12		

* $p < 0.05$

Table no 3: Thematic network analysis

Global theme	Organizing theme	Basic theme
Trust in marital relationship	Meaning of trust in marital relationship	Fidelity
		Transparency
	Factors harming trust in marital relationship	Lack of sharing
		Breaking trust
		Lack of love
		Lack of forgiveness
		Having doubt
		Breaking promise
	Factors for determining trust in marital relationship	Lack of support
		Faithfulness
		Mutual interaction
	Change in the concept of trust over the course of time in marital relationship	Openness in relationship
		Importance for each other
		More importance for children after marriage
	Predictability in marital relationship	Trust will increase over time
		Predicting husband's behavior is possible
Personal reputation as a hostage in marital relationship	Predicting husbands likes and dislikes	
	No need of sharing marital problems	
	Problems should be solved with in themselves	

Global theme	Organizing theme	Basic theme
	Important factors in marital relationship	Loving each other
		Trusting each other
		Mutual understanding
		Adjustment
		Respecting each other
		Being open in relationship

Marital quality	Understanding of being in marital relationship	Personal space
		Give happiness
		Difficult
		Demands adjustment
		Supportive figure
		Good if better
		Husbands home environment
		Limitations
	Influence of geographical distance in marital relationship	External influence
		Personal gap
		Being far more than one month
		Being together is good for a healthy relationship
Role of technology in long distance relationship	Having a long-distance relationship is sometimes good and sometimes bad	
	Technology is useful for communication	
Marital quality	Openness in marital relationship	Communication through technology is not giving satisfaction
		Will be open in a relationship
		Listening partner
	Role of religious practices in marital relationship	Clarification of incidents
		Maintenance of marital relationship
		Building trust
	Expectations before entering into marriage	Had expectation about a good family and husband
		More or less the same life as expected
		Had no expectations before entering into marriage

The qualitative part of the research explored trust and marital quality in women having long distance and geographically close marital relationship with their spouse. Altogether, across the study two global themes were derived – trust in marital relationship and marital quality. Under the global theme of trust in marital relationship six major themes were recognized: Meaning of trust in marital relationship, Factors harming trust in marital relationship, Factors for determining trust in marital relationship, Change in the concept of trust over the course of time in marital relationship, Predictability in marital relationship, Influence of personal reputation in marital relationship. Under the global theme of marital quality seven major themes were recognized: Expectations before entering into marriage, factors defining marital relationship, understanding of being in marital relationship, Influence of geographical distance in marital relationship, Role of technology in long distance relationship, Openness in marital relationship, Role of religious practices in marital relationship. The thematic network is illustrated in fig.1 and fig.2.

Trust in marital relationship

1. Meaning of trust in marital relationship

Participants reported that fidelity and transparency in the relationship defined trust in marital relationship. It was found that most of the participants gave importance to sharing as an important factor for defining trust in their marital relationship. It was mentioned that:

“Trust in a relationship means.... we should share everything with our husband and also the husband should do the same.... all things have to be said....no things should be there left unshared.... this is what I had felt in my marital relationship” (SG2).

Also, another thing that was reported was about cheating in relationship. Fidelity thus remains another defining factor for trust. It was reported that:

“Trust for me is... the assurance that our partner will not cheat me in the relationship... will not hide anything from me... these believes are important for me to have trust” (SL6)

2. Factors harming trust in marital relationship

It was seen that from the data the important factors that harm the trust in relationship are: Lack of sharing, Lack of love, Lack of forgiveness, Having doubt, Breaking promise and Lack of support. It was mentioned that:

“The first thing is... lying... then... breaking promises... doing things without letting us know... even it is a small thing... also, when the husband is not supporting in a critical event... will harm the trust in marital relationship” (SL7).

3. Factors for determining trust in marital relationship

In the current data mainly three major factors were identified which determines trust in marital relationship: Faithfulness, Interaction with each other and Openness in relationship. It was reported that, if we see that the couples are faithful to each other and if their way interaction reveals openness in their relationship, trust will be definitely there in a marital relationship. One of the participants mentioned that:

“If there is trust... the actions will be more free... movements will be free... husband and wife will not be preoccupied with the thought of being observed... they will be free... it reveals that there is the element of faith in their relationship... it is sign of openness...” (SG2)

4. Change in the concept of trust over the course of time in marital relationship

It was seen across the data that trust is an element which increase over the course of time in the case of marital relationship. After having children, the inclusion of children strengthens the element of trust. Even if trust increases, it was widely reported that when children are included there is only less time to talk about and think about each other and more importance will be given to children over the course of time. It was also seen that even if they try to spend time on each other, it does not happen as if in the earlier times. One of the participants reported that:

“ I had felt the change over the course of time... in the case of trust, when children becomes part of life it will further make trust stronger... in the case of marital relationship in the previous times when had no kids... we had a lot of time to spend on each other... we only think about ourselves... we are more free... but, after having children, as women I should focus my attention parallelly to both the needs of my children and my husband...” (SG2)

5. Predictability in marital relationship

It was seen across the participants that most of them were able to predict the husband behaviour in particular instances. Also, they were able to recognize the likes and dislikes of their husband even without husband saying that to them which is an important element of trust in marital relationship. It was reported that:

“Yes, of course... I have no doubt in that... I can accurately predict it... if staying together... with experience of living together with them... I had many incidents regarding this... for example we both drive... if someone hit on our car... I know what will be his reaction... I know that he only will try to solve it... and if the one who hit the car crosses the limits... he will also be reacting badly... I know that very accurately...” (SG2)

6. Influence of personal reputation in marital relationship

From the data it was seen that, most of them would like to solve the marital problems within themselves. It was reported that it is not because what friends will think or not, but because of the fact that they are not feeling a need for the same. Thus, it was seen that personal reputation is not hindering them in a marital relationship which contributes to trust in marital relationship. It was reported that:

“If any problems happen in marital relationship... there is no need of sharing this to friends... it is my opinion... even there is no need of sharing with our parents... it is not because what others think about us... but the thing is... it should be solved within ourselves... this is what I have felt...” (SL8)

Marital quality

1. Expectations before entering into marriage

In the current data, most of them had expectations about a good family and a good husband before entering into marriage. It was reported that most of them got a better life that expected which contributed to marital quality in marital relationship. It was reported that:

“I used to have a negative expectation before entering into marriage... but it was no like that... I had only usual kind of expectations of having a good husband and a family... everything seems to be good now... it was not like what I have expected... it is far good than what I expected...”

2. Factors defining marital relationship

It was seen across the data, that, loving each other, Trusting each other, Mutual understanding, Adjustment, respecting each other, Being open in relationship and Giving personal space for each other defined marital relationship for most of them. It was reported that adjustment is needed along with love, trust, respect and openness. One of the participants reported that:

“We need trust, love, passion, respect ... this is the first thing that should have... then should stand for other partners dream... should not rule much... should consider our family... also should give a personal space for each other...” (SL3)

3. Understanding of being in marital relationship

In the current data, most of them reported that being in a marital relationship is giving them happiness as having one person to support. At the same time, it was reported that, it is difficult being in a marital relationship in the sense that, it needs lot of adjustment. There will be a lot of limitations staying at husbands' home as it is not the same that one stay in their own home. It was reported that:

“It is not like the situation when we were alone... it will be difficult sometimes... at that time we need to adjust a lot... if husband is supporting then there is no problem... if we are staying at husbands' home it will bring a lot of limitations... even if we want to sleep ten minutes more... we cannot...” (SL3)

It was also seen that success of marriage depends on husbands home atmosphere which will contribute to marital quality. Another participant responded that:

“Marriage has it own good side as well as bad side... it depends on husbands home...” (SL6)

4. Influence of geographical distance in marital relationship

From the data, it was reported that being far more than one month will influence marital relationship. If the marital relationship is long distant there will the external influence injecting negativity in most cases. Also, as there is personal gap, it will altogether destroy the relationship. It was reported that:

“If is far more than one month... there will be external influences in their life... as there is already a gap... there is more chance of negativity to get injected in their minds... it will harm the relationship...” (SG2)

Also, it was reported that having a long-distance relationship is sometimes good. It is because of the fact that if staying away for some time and meeting again, there is some of amount of special love that both are feeling towards each other. One of the participants reported that:

“When staying together... sometimes feel that ... there is nothing to talk about... but when I am away I used to feel that...when calling... our talking seems to never end...” (SL6)

5. Role of technology in long distance relationship

It was seen from the data that technology is found to be helpful in communication especially when having a long-distance relationship. Most of them reported that even if it is useful, communication through phone calls or video calls does not give enough satisfaction. Even if it is able to see and talk the respondents reported that, the same feeling of being together is not getting through such communication. It was reported that:

“Even if there happens communication... it is not giving satisfaction... the thing is that we can hear him or see him...but the thing is very different and is a special feeling when husband is along with us than seeing through video calling...” (SL6)

6. Openness in marital relationship

Participants reported to be open in their marital relationship across the data. The reason is that most of them find their husband as a listening partner. It was seen that being open can lead to clarification of what had actually happened thus leading to have marital quality. It was reported that:

“I am open... because I know my husband will listen to what I have to say... he is of that kind... also it is better to be open then we can clarify if there are any misunderstandings...” (SL8)

7. Role of religious practices in marital relationship

It was seen across the data that being actively involved in religious practices is contributing to better marital quality. It was reported that reading religious books, active participation in associations related to religions, following rituals will help in maintenance of marital relationship. It was reported that:

“Yes... of course... I strongly believe in it. It is only because as I am following my religious practices that I am able to maintain my marital relationship... I am a Christian... those Christian concepts and especially Bible is helping me a lot...” (SG2)

IV. DISCUSSION

Aim of the current research is to explore the role of distance in trust and marital quality in women. Being in a long-distance relationship after marriage is different than being in a dating relationship. Physical distance and unequal levels of commitment between partners in long distance relationship are the potential sources that cause relational uncertainty in their relationship in turn influencing trust and marital quality compared to those who are geographically close.

The quantitative phase results indicate that there is no significant difference in marital quality except in the dimension of marital satisfaction (0.004) at .05 level of significance. Research have shown that division of house hold plays a major role in marital satisfaction²⁶.

The qualitative part of the research explored trust and marital quality in women having long distance and geographically close marital relationship with their spouse. Altogether, across the study two global themes were derived – trust in marital relationship and marital quality. Under the global theme of trust in marital relationship six major themes were recognized and under the global theme of marital quality seven major themes were recognized. It is found that geographical distance influence both trust and marital quality.

Across the global theme of trust in marital relationship it was found that fidelity and transparency in the relationship defined trust in marital relationship. The factors which harm trust included Lack of sharing, Lack of love, Lack of forgiveness, Having doubt, Breaking promise and Lack of support. The three major trust determining factors are Faithfulness, Interaction with each other and Openness in relationship. Trust seemed to increase over the course of time especially when children get included in the marital relationship. Research stated that love understanding, sharing agreement, trust, honesty, respect, children, fidelity and religion are important areas of assessment in marital relationship²⁷. It was seen across the participants that most of them were able to predict the husband behaviour in particular instances. Involvement of friends to the marital problems was not entertained, but it was not because that their personal reputation gets harmed.

Across the global theme of marital quality, it was found that most of them had expectations about a good family and a good husband before entering into marriage and got a better life than expected. Loving each other, Trusting each other, Mutual understanding, Adjustment, respecting each other, Being open in relationship and Giving personal space for each other defined marital relationship. Studies states that, women expressing anger and contempt in a conflict discussion is predicted to have marital satisfaction than the ones who expresses fear and sadness¹⁰. Marriage was understood as happy thing at the same time a difficult thing as it demands a lot of adjustment. From the data, it was reported that being far more than one month will influence marital relationship. Evidence supporting the data states that experience of missing the partner will lead to interdependence between partners which make the missing even more strong¹⁶. If the marital relationship is long distant there will be the external influence injecting negativity in most cases. Technology was found to be helpful in communication especially when having a long-distance relationship. Most of them reported that even if it is useful, communication through phone calls or video calls does not give enough satisfaction. It is found that main challenge of information and communication technology when used to communicate is that it is difficult to match the transmission of the observable physical act to facilitate intimacy via human computer interaction²². Most of them preferred to be open in relationship as it helps in clarification. Research state that, effective marital communication is one of the major factor which leads to marital quality and satisfaction². Also, reading religious books, active participation in associations related to religions, following rituals helped in maintenance of marital relationship.

V. CONCLUSION

The results indicate that there is no significant difference in marital quality except in marital satisfaction. Also, qualitative phase identified two global themes - marital trust and marital quality. In the former one six major themes were identified and in the latter one 7 major themes were identified. Technology was found to be helpful in communication especially when having a long-distance relationship. Most of them reported that even if it is useful, communication through phone calls or video calls does not give enough satisfaction.

The present study has implication in the current scenario where, long distance relationship after marriage is getting common nowadays. In most cases, women will be there at their home town looking after the kids and the responsibilities at home whereas men will be the one who go abroad. Also, the wives have a major role in contributing to relational perception than husbands. This study helps in getting better knowledge about their psychological wellness and also in knowing about how distance is perceived also, how trust and marital quality is established in such situations. This research implies to throw limelight to the present scenario, there by

coming up with better interventions to deal with the problem's women face being in a long-distance relationship.

The present research has different limitations. The population for the study can further be extended in order to get more clarifications especially in the quantitative phase of this research. It will be better if husband population is also included in the research. This will thus provide a deeper understanding by getting perspectives from both sides. Also, the research is subjected to geographical restrictions, which can be expanded thus getting to know weather cultural differences play a role. Despite of having these limitations, in the current scenario this research has a great implication considering fewer researches conducted in this area.

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