

## RELATIONSHIP AMONG NEGATIVE URGENCY, DEPRESSION, ANXIETY, STRESS AND MARITAL SATISFACTION IN MARRIED INDIVIDUALS

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### ABSTRACT

**Objectives:** The present study has carried out to explore the relationship between the negative urgency, depression, Anxiety stress and marital satisfaction in married individuals from Lahore.

**Design:** Correlational study cross-sectional research design.

**Place and duration of Study:** Lahore, Pakistan from September 2019 to April 2020.

**Sample and Method:** In this study, 120 individuals, 60 males and 60 females, with the age range of 21-30, are included. Individuals with the duration of 2-3 years of marriage are included. Purposive sampling technique is used to gather data.

**Results and Conclusion:** The results have shown that there was a significant negative relationship between negative urgency and marital satisfaction which indicated that married individuals with high negative urgency have low marital satisfaction. Moreover, there was also a significant positive relationship found among negative urgency, stress and anxiety. This indicated that married people with high negative urgency also have high level of stress and anxiety. Whereas there was no significant relation found between negative urgency and depression further, positive urgency, perseverance and premeditation had no significant relationship with all study variables.

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**Keywords:** Negative urgency; Depression; Anxiety; stress and Marital Satisfaction

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## INTRODUCTION

Negative urgency according to Whiteside and Lynam (2001), is defined by high Neuroticism, low Conscientiousness, and low Agreeableness, and is characterized by the propensity to behave rashly while feeling highly negative emotion (Settles et al., 2012). Relationship satisfaction is negatively correlated with impulsivity; impulsivity can be viewed as a risk factor that jeopardizes the long-term viability of romantic relationships (Derrick et al., 2016). Marital satisfaction is inversely linked to both one's own and one's spouse's neuroticism (actor effects) (partner effects). Different aspects of neuroticism, especially aggression, may, however, have different effects on the quality of relationships than depression or anxiety. Individual differences in neuroticism or negative affectivity are related to marital dissatisfaction, according to a broad body of evidence. High neuroticism is often related to lower marital satisfaction and is a good indicator of more transient psychological symptoms like depression, anxiety, and anger (Renshaw et al., 2010).

Personality traits are among the elements impacting marital relationships. It is inferred that characteristics anticipated life fulfillment (Karney & Bradbury, 1995). By considering that people who get married with different character attributes, it tends to be supposed that conjugal relationship is a connection between two distinct characters (Sayehmiri et al., 2020). Then accordingly, people will force their conduct and execution attributes to their conjugal partners; and relation with that, their character can appear and act as stimuli that cause stress in their conjugal relationship (Sadeghi, 2016). For a number of years, researcher works to characterize character, hence number of definitions were explained and provided for this concept. Even though, besides having number of character attributes, recently, most analysts agree on the five-factor model can adequately represent various parts of character (Roberts et al., 2005). The model suggests five measurements of character such as neuroticism, extraversion, openness, agreeableness, and conscientiousness (Mazhar, 2020). Neuroticism refers to one's tendency to experience emotions in terms of uneasiness, antagonism, impulsivity, discouragement, and low self-confidence. (Mostafazadeh & Bahreinian, 2019)

Low level of quality of life and marital satisfaction among couples leads to depression. If a person can suffer with low marital satisfaction, then is depression as a result. Moreover, higher marital satisfaction in marriages will lead to lowering depression. (Abbasi et al., 2017). Many researches proved and made assumptions which stated that the negative urgency is the factor that effect

the normal life and predicted the depression in a person (Liu, & Klimian, 2012; Settles et al. 2012). It has observed and experienced by the researchers that in marriages there are different factors that play a role in partner behavior whether positive or negative. Psychological reappraisal weakened the positive relationship between negative urgency and aggressive vocalization however just for couples in excellent relationship. Cognitive reappraisal additionally lessened the negative relationship between relationship qualities and expressed negative effect because of romantic jealousy relationship (Blake et al., 2018).

Lowers marital satisfaction leads to making the person feel nervous and worried all of the time, preventing him from feeling relaxed or fulfilled in any way (Ociskova et al., 2018; Mohammadi et al., 2016). General anxiety disorder and depression is associated with the negative urgency. There association is positive in nature. Trait anxiety, depression and impulsivity are associated, which influence the intolerance, the rash behavior and negative emotions (Pawluk, & Koerner. 2016; Altan-Atalay et al., 2020). Researches supported that impulsivity have relationship with high stress and negative affect (Sharpe et al., 2020).

Furthermore, there are many researchers conducted to see the effect of negative urgency on marital satisfaction. Negative urgency is negatively correlated with marital satisfaction. Higher the negative urgency, lower will be the marital satisfaction in couples or in married individuals (Blake et al., 2018).

Another study is to examine the relationship of impulsivity of dysfunction including romantic relationship dysfunction this helps us to predict how impulsivity affects the marriages. The results showed that there is distress is associated with impulsivity that leads to low marital satisfaction. That says, impulsivity undermines the marital satisfaction (Lavner et al., 2017). Moreover, the purpose of this study is to find out the association of negative traits with satisfaction of their marital relationship. The results showed that anxiety is not dependent on the partner's marital satisfaction but it effects the own person's marital satisfaction (Caughlin et al., 2000).

This study will provide a dimension of relation between the negative urgency, depression, Anxiety stress and marital satisfaction in married individuals. In addition to general expectations, even recent work on depression and marriage is more limited and focuses almost entirely on confrontation and marital discontent. The current study assessed the role of negative urgency in the dissolution of adjustment, disharmony, happiness, and satisfaction. Considering the importance of marital life satisfaction this study will elucidate the problems

and conflicts, rising because of the negative urgency. It will provide the clear viewpoint to the families of such couples and as well to the married people. It will help them in better understanding of their problems, so that they can think about the solution of their conflicts. This will in return help in congenial communication between the couples. This study will also help the marriage counselors to read the cause behind the failed early marriages, thus they can work more their marital satisfaction. Following hypotheses have been formulated:

1. There will be a significant relationship among negative urgency, depression, anxiety and stress.
2. There will be a relationship between negative urgency and marital satisfaction in married individuals.

## **METHOD**

### ***Participants***

In this study, 120 married individuals (60 males and 60 females) with the age range of 21-30, are included. Mean and S.D of sample is 24.34 and 8.25 respectively. Individuals with the duration of 2-3 years' marriage, are included. Purposive sampling technique is used to gather data. Cross-sectional research design was used in the study to explore the association between negative urgency, depression, Anxiety stress and marital satisfaction in married individuals. The sample was gathered by using purposive sampling technique in which only those individuals were included who fulfilled the inclusive criteria of the study.

### ***Inclusion criteria***

- Individuals with the duration of 2-3 years marriage are included
- Individuals from nuclear and joint families are included.
- The Participants with age range fall within 21-30 are included
- The minimal education level for the individuals who participated are graduation
- The sample are consisted with Equal number of males and females

*Exclusion criteria*

- Individuals who are divorcee and got married again are not included.
- The included in the study. individuals who are disabled (physical and psychological) are not

***Measures***

1) Demographic Information Form

Demographic inform form is a self- developed form to gather information regarding participant, name, age, gender, marital status, duration of marriage etc.

2) S-UPPS-P Impulsive Behavior Scale short version (Cyders et al., 2014)

The scale (S- UPPS-P): Urgency, Premeditation (lack of), Perseverance (lack of), Sensation Seeking, Positive Urgency, Impulsive Behavior. The UPPS-P model of impulsivity proposes that impulsivity is a vast construct and include multiple dimensions of five impulsive personality traits. It include five different domains of impulsivity (lack of Perseverance, lack of Premeditation, Sensation Seeking, Positive and Negative Urgency). The UPPS scale was established by Whiteside and Lynam (2001) in order to provide clarity in which characteristics are calculated through various impulsivity scales. It is a four-point Likert scales ranging from 1 (agree strongly) to 4 (disagree strongly). Cronbach alpha value of this scale is 0.78.

3) Depression, Anxiety and Stress Scales (DASS-42) ( Lovibond & Lovibond,1995)

The DASS is a 42-item self-report instrument that assesses depression, anxiety, and tension/stress, three negative emotional states that are related. The 14 items on each of the three DASS scales are divided into subscales of 2-5 items with similar content. Subjects are requested to respond each item over the previous week, in terms of intensity as well as frequency by using 4-point severity/frequency scales. The total scores of related item is used to measure the depression, anxiety, and stress scores. The reliability of DASS scale is .92.

4) ENRICH Marital Satisfaction (EMS) Scale (Fowers,1990)

EMS is a 15 items scale developed by Fower in 1990. ENRICH Inventory assesses (e.g., communication or sexual relationship. It provides both dyadic and individual satisfaction mean scores. It includes scale's items surveys which consist of 10 items and ten domains of marital quality. The other 5 items comprise a marital conventionalization scale to correct for the tendency to validate unrealistically positive descriptions of the marriage. It consists of five point Likert scale ranging from strongly disagree to strongly agree. Item were rated in a positive or negative direction. The Items that were rated in a negative direction would be reverse-scored such as if it is marked 5, it would be scored 1: if it is marked 4, it would be scored 2: if marked 3 it remains same). Items 1, 4, 6, 9, and 13 represent the Idealistic Distortion scale. Other items are in the Marital Satisfaction scale. 3. Individual raw scores for the Marital Satisfaction and Idealistic Distortion scales are scored by first reverse-scoring the negative items and then adding the appropriate items for each scale. Reliability coefficient was calculated by Cronbach's alpha, which was.77.

***Procedure***

Due to the current situation regarding the COVID-19, individuals who fulfilling the falling the inclusion criteria was contacted through different online mediums. Permissions were requested for the printing of the answered scales before administration of the scales. After permission, data was collected from the target population. The objective of current study was explained to the participants and their informed consents were taken as their willingness of participation in this research. Participants were informed that if they choose to participate, their provided data could be used for publication purposes but their privacy and confidentiality will be maintained even in that case. Participants were informed to ask as many questions as they would like. Participants were informed, counselling or therapy will be provided if they felt disturbed while filling or after completing the questionnaire. Then the participants were provided with the assessment tools. After completion of the data collection, the researcher paid gratitude to the participants for their cooperation and time.

All statistical analysis were done by using SPSS. Descriptive statistics is used to calculate the frequency, mean and percentages of demographics. Regression analysis is used to analyze the scores.

## RESULTS

**Table 1**

*Psychometric Properties of Scales and Subscales of the study variables (N=120)*

Scales	<i>M</i>	<i>SD</i>	<i>Range</i>	<i>Cronbach's α</i>
Negative urgency	9.8	3.49	.108	.89
Marital satisfaction	48.13	9.47	.45	.77
DASS	22.99	7.95	.60	.92
Depression	7.95	23.31	.490	.88
Anxiety	25.00	9.38	.492	.88
Stress	24.97	9.88	.492	.89

**Table 2***Socio demographic Characteristics of Participants at Baseline (N=120)*

Baseline characteristics	<i>F</i>	%
Gender		
Male	60	50
Female	60	50
Age		
21-25	59	49.2
26-30	61	50.8
Qualification		
Graduation	88	73.3
Post-graduation	32	26.7
Years of marriage		
3 years	21	17.5
4 years	50	41.7
5 years	49	40.8
Family system		
Nuclear	66	55
Joint	54	45

**Table 3**

*Linear regression for negative urgency, anxiety, stress and Depression in married males and females (N=120)*

Variables	<i>Anxiety</i>		<i>Stress</i>		<i>Depression</i>	
	<i>B</i>	<i>S. E</i>	$\beta$	<i>S. E</i>	$\beta$	<i>S. E</i>
Negative urgency	.23	.39	.23	.16	.062	.21
R	.23		.23		.06	
R <sup>2</sup>	.053		.053		.004	
F	6.63		6.65		.47	

*Note: \*p<.05*

**Table 4**

*Linear regression for negative urgency with marital satisfaction in married males and females (N=120)*

Variables	<i>Marital satisfaction</i>	
	<i>B</i>	<i>S. E</i>
Negative urgency	-.21	.16
R	.21	
R <sup>2</sup>	.046	
F	5.63	

*Note: \*p<.05*

## DISCUSSION

The aim of this current research was to check the relationship of negative urgency with depression anxiety, stress and marital satisfaction in newlywed married individuals. First hypothesis of the study was proposed to investigate the relationship between negative urgency with depression anxiety and stress. Results supported the main hypothesis that had been framed in the present study and were also in accordance with the previous literature (Pawluk & Koerner, 2016). Results showed that there is significant positive relationship of negative urgency with stress and anxiety; it means negative urgency is positively correlated with anxiety and stress, and contributes 23% for the change for both the variable (table 3). So, it is stated that married people who are experiencing rash behaviors or impulsivity because of negative emotion or distress will have stress and anxiety. Previous researches also supported the result of the present study. According to (Pawluk & Koerner, 2016) symptoms of anxiety, intolerance of negative emotional stress and intolerance of uncertainty is highly correlated with the negative urgency. A rash conduct might be capable as acting intuitively upon feelings or compulsory driving forces and can be trailed by lament, blame, or disgrace (Zorrilla & Koob, 2019). Because of the impulsivity or rash behaviors, the daily life, attitudes, behaviors of the person will be frequently changing. The person will experience unpleasant emotions and feelings. Thus negative urgency will show great impact on the mental health of person and in this way the marital satisfaction of the person.

Stress is inevitable in human lives, it often hinders the ability to function in the healthy and prosperous way among adolescents, the self-regulation mechanism is the extremely essential to have a sound physical, mental and social health. Negative urgency disturbs the life quality of an individual and as a partner in their married life. It creates stressful events, which directly effects the relationship and life of a person.

Negative urgency shows insignificant results with depression (table 3) in both genders in this study. The research sample was limited (M=60, F=60), it could be the possible reason of non-significant relationship of depression. Studies show that with reference to depressive disorders, women account for 41.9% of cases whereas 29.3% cases among men.

The 2<sup>nd</sup> hypothesis got approved that there is a significant negative relationship of negative urgency and marital satisfaction negative urgency accounts 21% change in marital satisfaction. (Table 4). Another research (Lanver

et al., 2017) proves the results; high impulsivity lowers the marital satisfaction. In this way, if the partner is impulsive and has aggressive traits, these traits will have effect on the spouse and overall it will affect the marital satisfaction. Impulsivity and marital dissatisfaction will have positive relationship. According to (Lanver et al., 2017) results showed that impulsivity negativity correlates the marital satisfaction.

### ***Conclusion***

This study's purpose is to explore the relationship among negative urgency, marital satisfaction, depression, anxiety and stress. How negative urgency play a vital role in marital satisfaction and how marital satisfaction effects the depression, anxiety and stress. Our study consists of four hypothesis. These four hypotheses stated that 1) there is a significant relationship among negative urgency, depression, anxiety and stress. 2) There is a significant relationship between negative urgency and marital satisfaction 3) individuals with high negative urgency will have depression, anxiety, stress and low marital satisfaction. Results showed that there are a significant relationship among negative urgency, anxiety and stress but non-significant with depression. Furthermore, there is a significant relationship between negative urgency and marital satisfaction. Both 3, 4 hypotheses are significant in nature. Moreover, there are subscales of the negative urgency which states that positive urgency, lack of perseverance and lack of premeditation have insignificant relationship with the other variables of the study.

### ***Limitations and Recommendations***

The sample of the study was taken from the couples rather than considering dyadic couple due to COVID-19 situation in Pakistan. Our society doesn't give the space for the married men to burst out when it's comes to their marital satisfaction. Men hide their emotions; this is the major issues that could affect our results. Data was gathered from the single city of the Pakistan so; the result cannot be generalized to the whole population. The items of UPPS were not related to this study that may confuse the participants or reader. Demographic of data has no variation that makes the finding effective as the data was taken from the restricted localities of Lahore.

In future, to make research more extensive and useful, researcher should control other demographics such as marriages within the family or marriages out of family, cousin/non-cousin marriages, family structure, and social status.

This would help to analyze and understand the result in a more comprehensive way. Lengthy scales make the participants bothered. Additionally, future investigators should include participants with long-term marriages because new-wedding doesn't give the authentic data to analyze.

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