



**CONSTRUCTIVE COMMUNICATION AND PERCEIVED PARTNER SUPPORT
AS CORRELATES OF MARITAL SATISFACTION**

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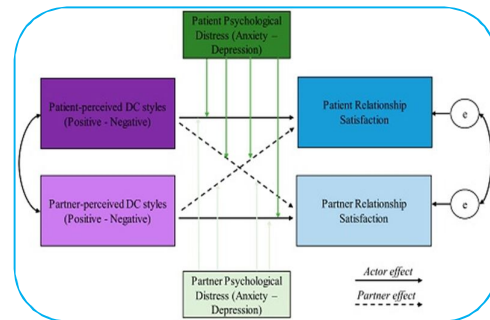
1. INTRODUCTION

Marital relationships represent one of the most significant and enduring social bonds in adulthood, influencing not only individual well-being but also broader family and societal functioning (Thomas et al., 2017). Within this context, marital satisfaction is widely regarded as a key indicator of the overall quality and success of a marriage. It refers to an individual's subjective evaluation of their relationship, encompassing emotional fulfillment, mutual understanding, stability, and overall happiness within the marital bond. Research consistently demonstrates that individuals who report higher marital satisfaction tend to experience better psychological health, greater life satisfaction, and more adaptive coping mechanisms, whereas lower satisfaction is often associated with stress, emotional distress, and relational instability (Aksu et al., 2023). Given its central role, understanding the factors that contribute to marital satisfaction remains a major focus in relationship and family studies.

One of the most influential determinants of marital satisfaction is the way couples communicate with one another (Haris & Kumar, 2018). Constructive communication refers to a pattern of interaction characterized by openness, empathy, mutual respect, and a willingness to engage in problem-solving rather than blame or avoidance. It involves skills such as active listening, expressing thoughts and feelings clearly, validating the partner's perspective, and working collaboratively to resolve disagreements. Unlike destructive communication patterns—such as criticism, defensiveness, contempt, and withdrawal—constructive communication fosters an environment in which both partners feel heard, respected, and emotionally secure (Fatih et al., 2025).

Constructive communication plays a vital role not only during conflict situations but also in everyday interactions (Itzchakov et al., 2022). In many marriages, dissatisfaction does not arise solely from major disagreements but from the accumulation of minor misunderstandings and unmet emotional needs. When partners communicate constructively, they are better equipped to navigate these daily challenges, clarify expectations, and maintain emotional closeness. Over time, such communication patterns contribute to a sense of partnership and shared meaning within the relationship. Empirical evidence suggests that couples who consistently engage in constructive communication report higher levels of marital satisfaction and relationship stability compared to those who rely on negative or avoidant communication styles (Omoboye et al., 2024).

Closely related to communication processes is the concept of perceived partner support, which refers to an individual's belief that their spouse is available, responsive, and willing to provide emotional, informational, or practical assistance when needed. It is important to emphasize that perceived support is inherently subjective; it reflects how individuals interpret their partner's behavior rather than the objective amount of support provided. Two individuals in similar situations may differ



significantly in how supported they feel, depending on their expectations, communication patterns, and emotional sensitivity. Perceived partner support is particularly critical in the context of marital relationships because spouses often serve as primary sources of emotional and instrumental support. When individuals perceive their partners as supportive, they are more likely to experience feelings of security, trust, and intimacy (Labonté et al., 2022). This perception strengthens the emotional bond between partners and enhances their ability to cope with external stressors, such as work demands, financial pressures, or family responsibilities. Conversely, when support is perceived as lacking or inconsistent, individuals may feel neglected, misunderstood, or emotionally distant, which can negatively impact marital satisfaction (Tougas et al., 2016).

It is important to note that constructive communication and perceived partner support are not independent processes; rather, they are deeply interconnected and mutually reinforcing. Effective communication creates opportunities for partners to express care, empathy, and support in ways that are meaningful and understandable (Vanamali, 2023). For instance, a partner's supportive intention may go unrecognized if it is communicated poorly or during a moment of conflict. On the other hand, constructive communication enhances the clarity and emotional impact of supportive behaviors, increasing the likelihood that they will be perceived positively (Ramezani et al., 2020; Garg, 2023). In this way, communication serves as a vehicle through which support is both conveyed and interpreted within the relationship.

The significance of this study lies in its potential contributions to both theoretical understanding and practical application. From a theoretical perspective, the study emphasizes relational processes rather than focusing solely on individual characteristics. While factors such as personality traits and demographic variables are important, interpersonal dynamics such as communication and support are more directly linked to day-to-day relationship functioning and are more amenable to change. By examining constructive communication and perceived partner support as correlates of marital satisfaction, the study contributes to a more process-oriented understanding of marital relationships. From a practical standpoint, the findings of this study can inform interventions aimed at improving marital quality. Communication patterns and supportive behaviors are modifiable through counseling, training, and relationship education programs. Identifying their role in marital satisfaction can help practitioners design targeted interventions that enhance communication skills and promote supportive interactions between partners. This has important implications for psychologists, counselors, and social workers working with couples, as well as for preventive programs aimed at strengthening marital relationships.

Another important aspect of the study's significance is its contextual relevance. Much of the existing research on marital satisfaction has been conducted in Western settings, which may not fully capture the relational dynamics present in other cultural contexts. Cultural norms influence how individuals communicate, express support, and interpret their partner's behavior. For instance, in some cultural settings, communication may be more indirect, and support may be expressed through actions rather than verbal expressions. These differences highlight the importance of examining these variables within specific sociocultural contexts to obtain more accurate and meaningful insights.

2. REVIEW OF LITERATURE

Research on marital satisfaction has increasingly emphasized the role of interpersonal processes in shaping the quality and stability of marital relationships. Rather than being determined solely by individual traits, marital satisfaction is now widely understood as a dynamic outcome of ongoing interactions between partners, particularly in terms of how they communicate and support one another. Contemporary research highlights that relational processes such as communication patterns and perceived partner support are central to understanding variations in marital quality (Overall et al., 2016; Lavner et al., 2016). Recent studies continue to affirm the critical role of constructive communication in marital functioning. Constructive communication, characterized by openness, emotional validation, and collaborative problem-solving, has been consistently associated with higher relationship satisfaction and stability. For instance, research by Nichola C. Overall and colleagues

(2016) demonstrates that positive communication behaviors, particularly those involving responsiveness and emotional regulation, promote relationship satisfaction and reduce conflict escalation. Similarly, longitudinal findings by James A. Lavner and colleagues (2016) indicate that couples who engage in adaptive communication patterns early in marriage are more likely to maintain higher levels of satisfaction over time. In contrast, maladaptive communication patterns—such as hostility, withdrawal, and negative reciprocity—are associated with relationship distress and declining marital quality (Williamson et al., 2013). Matthew D. Johnson et al. (2018) found that constructive communication enhances emotional intimacy and relationship resilience, particularly under conditions of stress. Similarly, Falconier et al. (2015), through their meta-analysis on dyadic coping, highlighted that couples who engage in supportive and cooperative communication during stressful situations report significantly higher levels of marital satisfaction. These findings reinforce the notion that communication is not merely a behavioral exchange but a core relational mechanism that shapes emotional experiences and evaluations within marriage.

In addition to communication, perceived partner support has emerged as a crucial determinant of marital satisfaction in recent research. Perceived partner support refers to the extent to which individuals feel that their partner is responsive, understanding, and available during times of need. Contemporary work by Harry T. Reis et al. (2017) emphasizes that perceived partner responsiveness is a fundamental component of intimate relationships, strongly predicting relationship satisfaction and emotional well-being. Individuals who perceive their partners as supportive are more likely to experience trust, security, and emotional closeness, which in turn enhances marital satisfaction. Empirical evidence further supports this association. Donato et al. (2015) found that perceived support within couples significantly predicts relationship satisfaction and acts as a buffer against stress. Similarly, Rauer et al. (2020) demonstrated that in dual-earner couples, perceived partner support plays a vital role in maintaining relationship quality under work-related stress. These findings suggest that support is particularly important in contemporary contexts where couples face increasing external demands.

Recent research has also focused on the interrelationship between communication and perceived support, highlighting that these constructs are deeply interconnected rather than independent. Communication serves as the primary medium through which support is conveyed and interpreted within relationships. Studies indicate that even supportive intentions may not be effectively perceived if communication is unclear or poorly timed. Conversely, constructive communication enhances the perception of support by increasing emotional clarity and responsiveness. For example, Debrot et al. (2013) found that emotionally attuned communication behaviors strengthen perceived support and relationship satisfaction. Additionally, Overall et al. (2022) emphasize that responsive and validating communication plays a key role in ensuring that supportive behaviors are recognized and valued by partners. Effective communication enhances the clarity and emotional impact of supportive behaviors, thereby increasing the likelihood that they will be perceived positively. Priem et al. (2009) further emphasized that supportive communication—characterized by empathy, responsiveness, and validation—is closely linked to relationship satisfaction. Additionally, Falconier et al. (2015), through their work on dyadic coping, demonstrated that couples who engage in supportive communication during stressful situations tend to report higher levels of marital satisfaction. These findings indicate that communication and perceived support are not independent constructs but are deeply interconnected processes that jointly influence relationship outcomes.

Despite the extensive literature on these variables, several limitations can be identified. Much of the existing research has examined communication and perceived partner support as separate predictors of marital satisfaction, with relatively fewer studies investigating their combined association within a single framework. Furthermore, a significant proportion of the literature is based on Western populations, which may limit the generalizability of findings to other cultural contexts where communication styles and expressions of support may differ. Cultural norms, gender roles, and socio-economic conditions can influence how individuals communicate and perceive support within marriage. Additionally, earlier research has often focused on individual-level factors rather than

relational processes that are dynamic and modifiable. In the context of contemporary marital life—characterized by dual-career couples, time constraints, and evolving expectations—there is a need for studies that examine how these interpersonal processes operate together to influence marital satisfaction. Addressing these gaps can provide a more comprehensive and contextually relevant understanding of marital relationships.

2.1 Hypotheses

H01: There is no significant relationship among Constructive Communication, Perceived Partner Support, and Marital Satisfaction.

H02: There is no significant correlation between Constructive Communication and Marital Satisfaction.

H03: There is no significant correlation between Perceived Partner Support and Marital Satisfaction.

H04: There is no significant correlation between Constructive Communication and Perceived Partner Support.

3. METHODOLOGY

The present study employed a quantitative, cross-sectional correlational research design to examine the relationships among Constructive Communication, Perceived Partner Support, and Marital Satisfaction. A correlational approach was considered appropriate because the primary objective of the study was to assess the degree and direction of association among these variables as they naturally occur within marital relationships, without any manipulation or experimental intervention. The cross-sectional nature of the design allowed data to be collected at a single point in time, providing a snapshot of participants' communication patterns, perceived support, and levels of marital satisfaction.

The sample for the present study consisted of 110 married individuals drawn from the general population using a convenience sampling technique. The participants included 67 males and 43 females, ensuring representation of both genders in examining marital dynamics. All participants were currently living with their spouses and had sufficient marital experience to provide meaningful responses regarding their relationship. The age of the participants ranged from 20 to 45 years, with a mean age of 31.48 years ($SD = 6.45$), indicating that the sample largely comprised young to middle-aged adults. This age group is particularly relevant for the study, as individuals within this range are often actively engaged in managing marital roles, communication patterns, and relational responsibilities. Only individuals who were legally married and cohabiting with their spouse were included in the study, while those who were separated, divorced, or widowed were excluded. The selected sample size was considered adequate for conducting correlation analysis and for examining the relationships among Constructive Communication, Perceived Partner Support, and Marital Satisfaction. A convenience sampling technique was employed due to practical considerations such as accessibility and time constraints.

The study focused on two primary independent variables—Constructive Communication and Perceived Partner Support—and one dependent variable, namely Marital Satisfaction. Constructive communication refers to adaptive interaction patterns characterized by openness, empathy, mutual respect, and collaborative problem-solving. Perceived partner support reflects an individual's subjective evaluation of the emotional, informational, and instrumental support provided by their spouse. Marital satisfaction represents the individual's overall evaluation of the quality and fulfillment of their marital relationship.

Data for the present study were collected using three standardized self-report instruments assessing communication patterns, perceived social support, and marital satisfaction. The Communication Patterns Questionnaire (CPQ) developed by Andrew Christensen and Neil Sullaway (1984) was used to assess interaction patterns between partners during conflict situations. The CPQ consists of 35 items that evaluate communication behaviors across three phases of conflict: Phase 1 (4 items), Phase 2 (18 items), and Phase 3 (13 items). The items capture both symmetrical patterns (e.g., mutual withdrawal) and complementary patterns (e.g., one partner demands while the other withdraws). Responses are recorded on a 9-point Likert scale ranging from 1 (very unlikely) to 9 (very

likely). The instrument yields three subscales: Demand-Withdraw Communication, Demand-Withdraw Role, and Mutual Constructive Communication. The scale has demonstrated good reliability, with interpartner agreement coefficients of .73, .74, and .80 for the respective subscales. Additionally, the Mutual Constructive Communication subscale shows a strong positive correlation with relationship satisfaction, while the Demand-Withdraw subscale is negatively correlated with satisfaction, supporting its construct validity.

Perceived partner support was measured using the supportive interaction subscale of the **Spouse Interaction Measure** developed by Thomas L. Schuster, Ronald C. Kessler, and Robert H. Aseltine Jr. (1990). The original scale consists of 10 items designed to assess both supportive and negative interactions between spouses. For the purpose of the present study, only the **five items measuring supportive spouse interaction** were used to assess perceived partner support. These items evaluate the extent to which individuals perceive their spouse as emotionally supportive, understanding, and responsive in times of need. Responses are typically recorded on a Likert-type scale (e.g., ranging from “never” to “very often”), with higher scores indicating greater perceived partner support. The supportive interaction subscale has demonstrated good internal consistency in previous research, with Cronbach’s alpha values reported in the acceptable to good range. The measure was originally derived from earlier assessments of affective support (Turner, Frankel, & Levin, 1983), contributing to its established validity.

Marital satisfaction was assessed using the Kansas Marital Satisfaction Scale (KMS) developed by Graham B. Spanier (often attributed in broader marital research context). The KMS is a brief 3-item self-report measure evaluating an individual’s satisfaction with their spouse, marriage, and overall marital relationship. Each item is rated on a 7-point Likert scale ranging from 1 (extremely dissatisfied) to 7 (extremely satisfied). Despite its brevity, the KMS has demonstrated high reliability and validity and is widely used in marital research due to its efficiency and strong psychometric properties.

The data collection procedure involved approaching participants either through direct contact or via online platforms. Participants were informed about the purpose and nature of the study and were assured that their responses would remain confidential and anonymous. Informed consent was obtained prior to participation, and participants were made aware that their involvement was voluntary and that they could withdraw from the study at any time without any consequences. Clear instructions were provided on how to complete the questionnaire, and participants were encouraged to respond honestly based on their personal experiences. The average time required to complete the questionnaire was approximately 15 to 20 minutes. Ethical considerations were strictly adhered to throughout the study. Participants’ privacy and confidentiality were maintained by ensuring that no identifying information was collected. The data were used solely for academic and research purposes. The study followed standard ethical guidelines, including voluntary participation, informed consent, and the right to withdraw at any stage of the research process.

For data analysis, the collected responses were coded and entered into the Statistical Package for the Social Sciences (SPSS). Descriptive statistics were computed to understand the distribution and characteristics of the variables. To test the hypotheses, Pearson’s Product Moment Correlation was employed to examine the relationships among constructive communication, perceived partner support, and marital satisfaction. The level of statistical significance was set at 0.05 and 0.01, allowing for the identification of both moderate and strong associations among the variables. This analytical approach enabled a clear and systematic examination of how communication and perceived support are related to marital satisfaction within the sample.

4. RESULTS

The present study aimed to examine the relationships among Constructive Communication, Perceived Partner Support, and Marital Satisfaction among married individuals. The data were analyzed using descriptive statistics and correlation analysis. Descriptive statistics were computed to understand the distribution and central tendencies of the study variables. The results indicated that the mean score for constructive communication was 16.55 with a standard deviation of 6.97, suggesting a moderate

level of constructive communication among the participants. The scores ranged from 3 to 27, indicating variability in communication patterns within the sample. For perceived partner support, the mean score was 15.14 with a standard deviation of 5.10, reflecting a moderate level of perceived support among participants. The scores ranged from 5 to 24, indicating variation in how individuals perceived support from their partners. With respect to marital satisfaction, the mean score was 14.23 and the standard deviation was 5.50, suggesting a moderate level of satisfaction within the sample. The scores ranged from 3 to 21, indicating differences in the degree of satisfaction experienced by participants in their marital relationships. The total number of valid cases included in the analysis was 110, with no missing data reported for the variables under study.

Table 1
Descriptive Statistics of Constructive Communication, Perceived Partner Support, and Marital Satisfaction (N = 110)

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Constructive communication	110	3	27	16.55	6.968
Perceived support	110	5	24	15.14	5.102
Marital satisfaction	110	3	21	14.23	5.502
Valid N (list wise)	110				

Figure 1
Mean Scores and Standard Deviations of Constructive Communication, Perceived Partner Support, and Marital Satisfaction

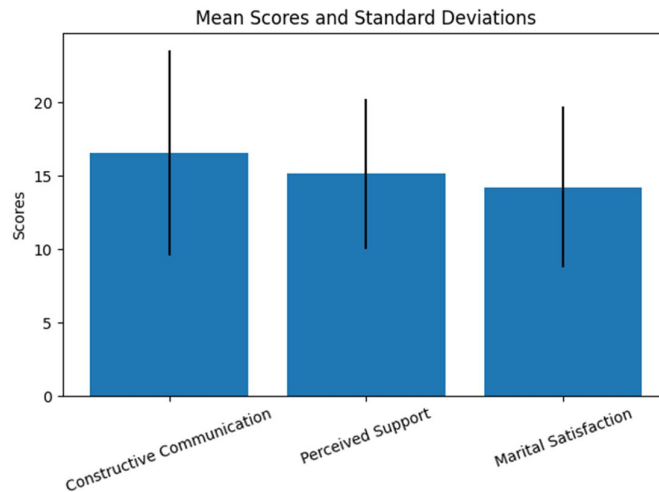


Table 2
Means and Standard Deviations of Constructive Communication, Perceived Partner Support, and Marital Satisfaction (N = 110)

Descriptive Statistics			
	Mean	Std. Deviation	N
Marital satisfaction	14.23	5.502	110
Constructive communication	16.55	6.968	110
Perceived support	15.14	5.102	110

Table 3
Correlation Matrix of Constructive Communication, Perceived Partner Support, and Marital Satisfaction (N = 110)

Correlations				
		Marital satisfaction	Constructive communication	Perceived support
Pearson Correlation	Marital satisfaction	1.000	.835	.485
	Constructive communication	.835	1.000	.549
	Perceived support	.485	.549	1.000
Sig. (1-tailed)	Marital satisfaction	.	.000	.000
	Constructive communication	.000	.	.000
	Perceived support	.000	.000	.
N	Marital satisfaction	110	110	110
	Constructive communication	110	110	110
	Perceived support	110	110	110

Table 4
Model Summary of Multiple Regression Analysis Predicting Marital Satisfaction from Constructive Communication and Perceived Partner Support (N = 110)

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.835 ^a	.698	.692	3.052

a. Predictors: (Constant), Perceived support, Constructive communication

Table 4
Model Summary of Multiple Regression Analysis Predicting Marital Satisfaction from Constructive Communication and Perceived Partner Support (N = 110)

ANOVA ^a						
	Model	Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	2323.233	2	1161.617	124.690	.000 ^b
	Residual	1006.136	108	9.316		
	Total	3329.369	110			
a. Dependent Variable: Marital satisfaction						
b. Predictors: (Constant), Perceived support, Constructive communication						

“There is no significant relationship among Constructive Communication, Perceived Partner Support, and Marital Satisfaction” was the first Hypothesis of this study. To test this hypothesis, Pearson’s Product Moment Correlation and multiple regression analysis were conducted. The correlation results indicated a strong positive relationship between constructive communication and marital satisfaction ($r = .835, p < .001$), suggesting that higher levels of constructive communication are associated with higher marital satisfaction. Similarly, perceived partner support was found to be moderately and positively correlated with marital satisfaction ($r = .485, p < .001$), indicating that individuals who perceive greater support from their partners tend to report higher levels of marital satisfaction. In addition, a significant positive correlation was observed between constructive communication and perceived partner support ($r = .549, p < .001$), implying that better communication within the relationship is associated with higher levels of perceived support. All correlations were statistically significant at the 0.001 level (one-tailed), demonstrating meaningful associations among the three variables.

To further examine the combined effect of the independent variables on marital satisfaction, a multiple regression analysis was performed. The results revealed that the overall regression model was statistically significant ($F(2, 108) = 124.69, p < .001$), indicating that the model provides a good fit to the data. The model summary showed a multiple correlation coefficient of $R = .835$, with an R^2 value of .698, indicating that approximately 69.8% of the variance in marital satisfaction is explained by the combined influence of constructive communication and perceived partner support. The adjusted R^2 value of .692 further confirms the robustness of the model. The findings clearly demonstrate that both Constructive Communication and Perceived Partner Support are significantly associated with Marital Satisfaction. Among the two predictors, constructive communication shows a particularly strong relationship with marital satisfaction, highlighting its critical role in shaping relationship quality. Since all relationships among the variables were found to be positive and statistically significant, the null hypothesis ($H01$) stating that there is no significant relationship among the variables is rejected. The results support the alternative assumption that constructive communication and perceived partner support are significantly and positively related to marital satisfaction, both individually and in combination.

Table 5
Pearson Correlation Matrix of Constructive Communication, Perceived Partner Support, and Marital Satisfaction (N = 110)

Note. $p < .01$ (2-tailed).

		Correlations		
		Constructive communication	Perceived support	Marital satisfaction
Constructive communication	Pearson Correlation	1	.549**	.835**
	Sig. (2-tailed)		.000	.000
	N	110	110	110
Perceived support	Pearson Correlation	.549**	1	.485**
	Sig. (2-tailed)	.000		.000
	N	110	110	110
Marital satisfaction	Pearson Correlation	.835**	.485**	1
	Sig. (2-tailed)	.000	.000	
	N	110	110	110

** . Correlation is significant at the 0.01 level (2-tailed).

The second hypothesis stated that there is no significant correlation between constructive communication and marital satisfaction. The results of the correlation analysis revealed a strong positive correlation between these two variables ($r = .835, p < .01$). This indicates that higher levels of constructive communication are associated with higher levels of marital satisfaction among the participants. The strength of the correlation suggests a substantial association, implying that communication patterns play a critical role in determining relationship satisfaction. Since the obtained p-value is less than the significance level of 0.01, the null hypothesis (H02) is rejected. Thus, it can be concluded that there is a significant positive relationship between constructive communication and marital satisfaction.

The third hypothesis proposed that there is no significant correlation between perceived partner support and marital satisfaction. The findings indicated a moderate positive correlation between perceived partner support and marital satisfaction ($r = .485, p < .01$). This suggests that individuals who perceive greater emotional and practical support from their partners tend to report higher levels of marital satisfaction. Although the strength of the relationship is moderate compared to constructive communication, it remains statistically significant, highlighting the importance of perceived support in marital relationships. As the p-value is less than 0.01, the null hypothesis (H03) is rejected. Therefore, a significant positive relationship exists between perceived partner support and marital satisfaction.

The fourth hypothesis stated that there is no significant correlation between constructive communication and perceived partner support. The results demonstrated a moderate positive correlation between these variables ($r = .549, p < .01$), indicating that better communication within the relationship is associated with higher levels of perceived partner support. This finding suggests that effective communication may facilitate the expression and perception of supportive behaviors between partners. Since the correlation is statistically significant at the 0.01 level, the null hypothesis (H04) is rejected. Hence, there is a significant positive relationship between constructive communication and perceived partner support. The results of the correlation analysis indicate that all three variables—

Constructive Communication, Perceived Partner Support, and Marital Satisfaction—are significantly and positively interrelated. Among these, constructive communication exhibited the strongest association with marital satisfaction, followed by perceived partner support. These findings emphasize the crucial role of effective communication and supportive interactions in enhancing marital satisfaction, and they provide empirical support for the proposed relationships among the study variables.

5. DISCUSSION

The present study examined the relationships among constructive communication, perceived partner support, and marital satisfaction among married individuals. The findings provide strong empirical support for the view that interpersonal processes—particularly communication and perceived support—play a central role in shaping marital quality. The descriptive results indicated moderate levels of constructive communication, perceived partner support, and marital satisfaction, suggesting that while participants generally experienced functional relationship dynamics, there was considerable variability across individuals. This variability is consistent with recent research indicating that marital satisfaction is influenced by contextual factors such as work stress, role expectations, and daily interactions (Neff & Karney, 2017; Randall & Bodenmann, 2017).

A key finding of the study was the strong positive relationship between constructive communication and marital satisfaction ($r = .835, p < .01$). This result underscores the critical role of communication as a fundamental relational process. Recent studies have consistently demonstrated that constructive communication—characterized by empathy, clarity, and collaborative problem-solving—enhances relationship satisfaction and stability. For instance, Ledermann, Bodenmann, and Cina (2010) found that positive communication patterns are strongly associated with higher relationship quality and lower levels of conflict. Similarly, Bodenmann et al. (2011) highlighted that effective communication, particularly in the context of dyadic coping, promotes emotional closeness and strengthens relationship functioning. Further, McNulty and Russell (2010) emphasized that constructive communication plays a critical role in managing relationship challenges and maintaining long-term satisfaction. These findings align with the present results and reinforce that communication is a central mechanism through which partners regulate emotions, resolve conflicts, and sustain intimacy.

The study also revealed a significant moderate positive relationship between perceived partner support and marital satisfaction ($r = .485, p < .01$). This finding is supported by contemporary research emphasizing the importance of perceived responsiveness and emotional support in intimate relationships. Maisel and Gable (2009) and subsequent research extensions have shown that perceived partner responsiveness fosters feelings of being valued and understood, which in turn enhances relationship satisfaction. More recent work by Slatcher and Selcuk (2017) highlights that supportive partner interactions contribute to both psychological well-being and relationship quality over time. Additionally, Brock and Lawrence (2014) found that perceived support plays a buffering role against stress, particularly in dual-earner couples. These findings suggest that when individuals perceive their partners as supportive, they experience greater emotional security and satisfaction within the relationship. The moderate strength of this relationship in the present study indicates that while support is important, its influence may depend on other relational processes, particularly communication.

Another important finding was the significant positive relationship between constructive communication and perceived partner support ($r = .549, p < .01$), which highlights the interdependent nature of these constructs. Recent research suggests that communication serves as the primary mechanism through which support is expressed and interpreted. Verhofstadt, Buysse, and Ickes (2010) demonstrated that empathic accuracy and responsive communication are key predictors of perceived support within couples. Similarly, Cramer (2012) found that supportive communication behaviors significantly enhance perceptions of partner support and relationship satisfaction. More recently, Kuhn, Randall, and Bodenmann (2018) emphasized that couples who engage in effective communication

during stressful situations are more likely to perceive each other as supportive and experience higher relationship quality. These findings suggest that communication and support operate in a reciprocal and reinforcing manner, where effective communication enhances the perception of support, and perceived support strengthens relational bonds.

The regression analysis further demonstrated that constructive communication and perceived partner support together accounted for a substantial proportion of variance in marital satisfaction ($R^2 = .698, p < .001$). This indicates that nearly 70% of the variability in marital satisfaction can be explained by these interpersonal variables. Such a high level of explained variance underscores the importance of focusing on relational dynamics rather than solely on individual traits. Notably, constructive communication emerged as a stronger predictor compared to perceived partner support, suggesting that communication may play a more direct and foundational role in shaping marital satisfaction. This finding is consistent with contemporary relational frameworks, which emphasize that the quality of interaction between partners determines relationship outcomes (Randall & Bodenmann, 2017). Communication not only facilitates the expression of support but also influences how relational experiences are interpreted and evaluated. Thus, it can be considered a central organizing process underlying other relational dynamics, including support and emotional connection. The findings of the present study also have important contextual implications. In contemporary marital settings, couples often face multiple stressors, including dual-career demands, time constraints, and evolving gender roles. Under such conditions, effective communication and perceived support become critical resources for maintaining relationship quality.

The results suggest that even in the presence of external stressors, couples who communicate constructively and perceive each other as supportive are more likely to experience higher marital satisfaction. The study contributes to the literature by examining these variables within a non-Western context, thereby addressing a notable gap in existing research. Cultural factors play a significant role in shaping communication styles and expressions of support. For instance, in collectivistic cultures, support may be expressed through actions rather than verbal communication, and indirect communication styles may be more prevalent. Despite these cultural variations, the findings indicate that the fundamental relationships among communication, support, and satisfaction remain consistent, suggesting a degree of universality in these relational processes.

6. CONCLUSION

The present study examined the relationships among Constructive Communication, Perceived Partner Support, and Marital Satisfaction among married individuals. The findings revealed that all three variables are significantly and positively related, with constructive communication showing the strongest association with marital satisfaction. The results highlight that effective communication and perceived partner support are essential components of a satisfying marital relationship. Together, these variables significantly contribute to marital satisfaction, emphasizing the importance of relational processes in marital functioning.

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