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*PROFILE, LIFESTYLE ADJUSTMENT AND MARITAL
SATISFACTION OF MARRIED INDIVIDUALS
IN SILANG, CAVITE*

Thesis

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College of Arts and Sciences
CAVITE STATE UNIVERSITY
Indang, Cavite

April 2009

**PROFILE, LIFESTYLE ADJUSTMENT AND MARITAL
SATISFACTION OF MARRIED INDIVIDUALS
IN SILANG, CAVITE**

**Undergraduate Thesis
Submitted to the Faculty of the
Cavite State University
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**In partial fulfillment of the
requirements for the degree of
Bachelor of Science in Psychology**



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*Profile lifestyle adjustment and marital
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Republic of the Philippines
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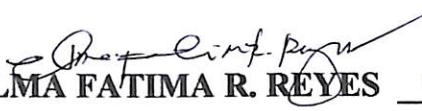
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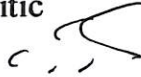
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ABSTRACT

GRACIEL B. CORREO. Profile, Lifestyle Adjustment and Marital Satisfaction of Married Individuals in Silang, Cavite. Undergraduate Thesis, Bachelor of Science in Psychology, Cavite State University, Indang, Cavite, April 2009. Adviser: Mr. Renato T. Agdalpen.

The study was conducted to determine the profile, lifestyle adjustment and marital satisfaction of married couples in Silang, Cavite arouse.

Specifically, certain questions were answered such as: (1) what is the demographic profile of married couples in Silang, Cavite in terms of age, age at marriage, gender, monthly income, number of children, and length of marriage?; (2) what is the lifestyle adjustment level of the respondents in terms of friends, parents-in-law, role differentiation, and adaptability?; (3) what is the marital satisfaction level of respondents in terms of economic resources, compatibility and mutuality, time spent together, self-disclosure and communication, satisfying sexual relationship and intimacy, childrearing, and timing?; (4) what is the relationship of demographic profile to lifestyle adjustment level of married couples?; (5) what is the relationship of demographic profile to marital satisfaction level of married couples?; and (6) what is the relationship between marital satisfaction level and lifestyle adjustment level of the respondents?

It was found out that majority of the respondents are females and most of them having one to two children, and majority are married for about three to six years. It was also found out that the respondents have high level of satisfaction to both variable such as lifestyle adjustment and marital satisfaction. Further, it can be seen to this study that the demographic profile has no significant relationship to both level of lifestyle adjustment

and level of marital satisfaction; while the level of lifestyle adjustment and level of marital satisfaction are significantly related.

The researcher sought the permission to conduct the study from the Municipality of Silang. The survey questionnaire was administered personally to the respondents until the quota of 200 respondents was completed.

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PROFILE, LIFESTYLE ADJUSTMENT AND MARITAL SATISFACTION OF MARRIED INDIVIDUALS IN SILANG, CAVITE

Graciell B. Correo

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INTRODUCTION

Marriage is a legal union based in rights and obligations. This is expected to couples and to those who belong to the early adulthood stage. As people perceive it, its one way of proving one's love for their partner through lifetime promise of love, intimacy, and commitment. Marriage often unites two people for life who scarcely know each other and that relation between men and women in which the independence is equal, the dependence mutual and obligation reciprocal (Olson and DeFrain, 2003).

Nowadays, there are so many couples who were getting married, who prepare for a long time to have an elegant wedding or even those who do simple celebration, and yet many would end up into marital discord. Perhaps, one of the reasons for this is the unsatisfactory marriage relationship or difficulty in the adjustment period. After all it is not easy to take roles which would be played for a lifetime to meet the expectations for more intimate relationship and to balance marital and job responsibilities such as to