

Examining the Relationship Between Marital Adjustment, Stress Coping Styles, and Sexual Satisfaction Variables in Married Individuals During the Covid-19 Pandemic

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ABSTRACT: The Covid-19 epidemic which emerged in the last period of 2019 quickly affected the whole world, and many social and family problems that it brought with it attract attention. In line with the conditions brought by the pandemic, it has been observed that many domestic problems have occurred as a result of the increase in the time people stay at home with their families. At this point, studies that deal with family-related dynamics as a result of the stress caused by the Covid-19 epidemic attract attention and their number is increasing day by day. In this study, it is aimed to examine the relationship between marital adjustment, coping styles and sexual satisfaction variables in married individuals during the Covid-19 epidemic. The sample of this study consists of 178 married individuals aged between 18-60 and over who agreed to participate in the study. It was given to working group that sociodemographic form, marital adjustment scale, coping styles scale and sexual satisfaction scale. The obtained data were analyzed using the SPSS 25.0 package program. Parametric and non-parametric tests, correlation analysis and regression analysis were used in the analysis of the data. In line with the findings, it was determined that there was a relationship between the marital adjustment and sexual satisfaction levels of the couples. While the marital adjustment and sexual satisfaction levels of the participants differ according to variables such as age, education level, spouse employment status, type of marriage, the condition of having children, duration of marriage and dating duration. Marital adjustment also differs on the basis of monthly income. The ways of coping with stress of the participants also differ significantly according to the type of marriage and the duration of marriage. Finally, it was found that marital adjustment predicted participants' sexual satisfaction.

Keywords: *Marital adjustment, sexual satisfaction, coping styles with stress*

I. INTRODUCTION

1.1 Background of the Study:

The Covid-19 pandemic has profoundly affected individuals and family dynamics, increasing stress, conflicts, and declines in marital satisfaction (Aydın et al., 2022). Marital adjustment plays a key role in maintaining relationship quality (Falconier et al., 2022). Stress and coping strategies further influence marital satisfaction, while sexual satisfaction remains a crucial component of relational well-being (Zhang et al., 2021). This study aims to examine the relationships between marital adjustment, coping styles, and sexual satisfaction among married individuals during a period of heightened global stress, offering insights that remain valuable for understanding how couples adapt and maintain relationship quality under challenging circumstances.

II. LITERATURE REVIEW

2.1 Covid-19 Outbreak

The Covid-19 virus which emerged in 2019 started to gradually affect the whole world and threatens human health seriously. These days, all world societies continue to work on virus protection, vaccine and treatment methods to reduce the effect of the epidemic. In addition, today's pandemic conditions affect individuals psychologically significantly. (Reger et al., 2020). In addition, it is reported that the increase in the duration of individuals staying at home during the Covid-19 epidemic brings about many familial problems. It is reported that with the prolonged stay at home status, leads to increase in domestic violence, divorce rate and communication problems. According to the researches in Turkey, when the period of the Covid-19 epidemic was compared with the periods before it, it was stated that there was a decrease in the average of domestic happiness and intra-familial arguments increased during this period (Demircioğlu, 2021).

2.2 Marital Adjustment

One of the most important factors affecting domestic violence and happiness is undoubtedly marital adjustment. Although the definition of marital adjustment is discussing in many sources, it is emphasized that the spouses should have a common point of view. Simply, marital adjustment is defined as a common understanding on issues affecting the dynamic of the relationship during marriage, having a common communication language, and solving problems in an appropriate way (Kışlak-Tutarel & Çabukça, 2000). When examined in this context, marital adjustment is an interactive process in which couples complete each other. When this completion is not fully mature and couples cannot complete each other enough, problems in marriage become inevitable (Öztürk & Arkar, 2014).

2.3 Stress

Stress is a set of bodily reaction that human beings show physically, emotionally and cognitively symptoms due to their inability to adapt to changing conditions or having difficulty in this process (Doğan & Eser, 2013). Today, awareness studies are widely used to control stressful situations in an appropriate. Awareness is informed people about responding to stressful events in a healthy way (Watt, 2015). Folkman and Lazarus divided coping with stress into two different groups as problem-focused and emotion-focused. In the emotion-focused coping style, the person exhibits a passive stance and supports the behavioral patterns of social support, suppression, avoidance of the problem, and acceptance; On the other hand, problem-focused coping takes a more active role in the face of stressful events and situations, and the person needs to face the problem and take steps to reduce negative emotions (Folkman & Lazarus, 1986). According to Jensen and his colleagues (2016), the most important difference between problem-focused and emotion-focused coping strategy is whether the preferred coping strategy controls the stress factor. There are many studies in the literature on coping with stress. Looking at the studies on the subject, stress found a significant relationship between coping with stress and marital satisfaction. As marital satisfaction increased, it was observed that self-confident approach, optimistic approach and efforts to seek social support increased (Erdinç, 2018). For this reason, it is necessary to control stress and prevent it from exceeding a certain level.

2.4 Sexual Satisfaction

Sexuality, one of the basic needs of human beings since its existence, is a phenomenon that includes the characteristics of the individual's gender since birth, gender identities, sexual intercourse, eroticism, reproduction and sexual orientation (Keçe, 2018). When we look at sexuality from a biological point of view, while the main purpose is to reproduce and the continuation of the human race; from a psychological point of view, it aims to satisfy the individual's emotional needs such as enjoying, loving or being loved (Yüce, 2017). In order for the individual to lead a healthy and complete life, this basic impulse must be absolutely satisfied (Yılmaz, 2019). At this point, although sexual satisfaction differs for each individual, it basically emphasizes meeting the sexual needs of the partners. Rodoplu (2019) defines sexual satisfaction as the evaluation of the mutual pleasure that the partners receive during sexual intercourse. It is reported that the strongest predictors of sexual satisfaction are relationship satisfaction, communication between partners, relationship quality, and loyalty (Okçi, 2017). According to the researches, it has been determined that the marital adjustment of the couples and sexual satisfaction are positively related to each other, and as the marital adjustment increases, the sexual satisfaction also increases (Karabağ, 2019).

III. METHODOLOGY

3.1 Sample

The sample of this study consists of 178 married individuals aged between 18-60 and over who agreed to participate in the research. The sample criteria included being married, meeting the age criteria and accepting participation in the study. In addition, individuals should not be receiving couple therapy.

3.2 Model of the Research

Correlational survey model will be used in this study. The correlational survey model can be defined as a research model that examines the change in more than one variable and the degree of this change (Karasar, 2014).

3.3 Data Collection Tools

In this study, the participants were given a sociodemographic form, marital adjustment scale, coping styles scale and sexual satisfaction scale. Before these scales were presented, informed consent was given to each participant and their consent to participate in the study was obtained.

3.4 Demographic Form

Ethical approval was obtained from the Istanbul Aydin University Ethics Committee before proceeding to the data collection phase in this study. In this form prepared by the researcher it was stated that participation in the study was voluntary, participants had the right to terminate the study at any time, the duration of the study, the purpose-importance of the study and the contact information of the researcher. In addition, a form was presented in which the demographic characteristics of the participants were determined.

3.5 Marital Adjustment Scale

The Marriage Adjustment Scale which was developed by Locke and Wallace in 1959 consists of 15 items and is a valid and reliable scale that reveals the satisfaction and quality of marriage. The internal consistency coefficient was 0.90, the split-half test reliability was .84, the test-retest reliability was .57, and the cut-off point of the scale was 43.5 in the original form of the scale. In 1997, Freeston and Plechaty both reviewed the original form of the scale and repeated the validity and reliability of the scale. As a result, changes were made in the scoring of the 10. and 12. items of the scale. As a result, the total score that can be obtained from the scale was reduced to 58. The Turkish form of the scale was created by Kışlak-Tutarel in 1996. The internal consistency coefficient of the scale was found to be 0.84. There are 2 factors in the scale. The first factor covers topics such as general harmony and emotion, sexuality, and social rules and consists of the first 9 items. The second factor consists of 6 items including leisure time activities, conflict resolution and relationship style. As the score obtained from the scale increases, it gives a positive statement about the increase in harmony between the couples.

3.6 Coping With Stress Scale

The scale, which was developed by Folkman and Lazarus in 1980 as the 'Coping Ways Inventory', was designed as 66 items in order to determine the methods of coping with stressful events and situations (Folkman & Lazarus, 1980). A revised Turkish form was created by Şahin and Durak in 1995, and it was revised down to 30 items in total. The scale consists of 5 sub-dimensions. These are that optimistic approach, self-confident approach, helpless approach, submissive approach and seeking social support. Only items 1 and 9 are reverse coded and it was designed as 4-point-likert format. The minimum score that can be obtained from the SBTÖ is 30 and a maximum of 120 points (Şahin & Durak, 1995).

3.7 Sexual Satisfaction Scale

The Sexual Satisfaction Scale, which was presented to the literature by Stulhofer and his colleagues in 2011, was transformed into a Turkish form by Tuğut in 2016. It includes 20 items and is designed as a 5-point Likert scale. The cronbach alpha coefficient of the scale is .90. The maximum score that participants can get from the scale is 100, and the minimum score is 20. The scale consists of two sub-dimensions. The first sub-dimension is the self-centered which determines the sexual satisfaction generated by the experiences and emotions of the individual. The other sub-dimension is partner sexual activity-centered which expresses the sexual behavior and reactions of the partner and the satisfaction obtained from the frequency and variety of sexuality. The first sub-dimension consists of the between 1. and 10 items, and the last sub-dimension consists of the between 11. and 20. questions. A high score from the scale gives a positive statement about the sexual satisfaction of that person (Tuğut, 2016).

3.8 Data Collection Process

The study was conducted online, taking into account the 2021 pandemic conditions. The scales were delivered to the participants via Google Forms. Data were collected by random sampling method. Firstly it was presented an informed consent form in order to inform them about the purpose of the study, the rights of the participants and the rules of participation in the study. Then they participated in the study.

3.9 Data Analysis

Research data were analyzed with SPSS 22.0 program. First of all, the mean and standard deviation values of the data were checked and correlation analysis was performed to determine the relationship between the variables. Normality tests were performed before analysis. The insignificance of the results indicate a normal distribution and the skewness and kurtosis values was considered as -1.5 and +1.5 (Tabachnick & Fidell, 2013). Parametric tests were used for normally distributed variables, and non-parametric tests were used for non-normally distributed variables. Levene test results are $p > .05$ for all variables. Simple linear regression was applied in the analysis of the data. There must be a relationship between the dependent and independent variables, which is a prerequisite for regression analysis.

IV. FINDINGS

The study consists of 178 participants aged between 18 and 60 years. While 43.8% are between the ages of 18-30, 32% are between the ages of 31-40. 43 percent of the participants are men and 57 percent are women. While 23% of the participants are high school graduates, 51% are bachelor's degree and 14% are postgraduate students, the remaining percentage belongs to primary and secondary school graduates. While 74.7% of the participants are working, 25.3% are not working in any job. While 33.7% of the sample in the study has an income level between 0 TL and 8000 TL, 29.2% has an income level between 8001 and 12000 TL and 37.1% has an income level of 12001 TL and above. This study consists of only married individuals. 15.7% of the couples reported that they got married by arranged meeting, 35.4% meet through friends, 32% meet in

school/work environment and 16.9% meet in internet/entertainment environment. While 34% of the participants have no children, 27% have one child, 25% have two children and 14% have three children or more. While 51.7% of individuals have been married for 0-5 years, 18.5% have been married for 6-10 years, and 29.8% have been married for 11 years or more. 67% of these couples have a dating period between 0-2 years, 33% have a dating period of 3 years or more.

4.1 Findings on Examination of Marital Adjustment, Sexual Satisfaction and Coping Styles According to Demographic Variables

4.1.1 Sexual Satisfaction Findings

As a result of the findings, it was determined that there was a significant difference between sexual satisfaction and age ($p=.000$; $p<.05$). The age groups showing difference were determined as 41 years and over, with 18-30 and 31-40 age groups. It was found that there was a significant difference between sexual satisfaction and education level ($p=.005$; $p<.05$). Thus, the high school group was found significantly different with the undergraduate and graduate education groups. Also, a significant difference was found between sexual satisfaction and the employment status of men's partner. ($p=.023$; $p<.05$). According to this, it was obtained that male participants with a working partner ($M= 69.06$) had higher average scores than male participants with a non-working spouse ($M= 60.21$). Sexual satisfaction does not show any difference according to the working status of female participants' partners. The sexual satisfaction levels of the participants differ statistically according to the types of marriage. It was found that arranged marriage groups shows statistically difference than groups that married through friends ($p=.019$; $p<.05$), groups that married by meeting in school/work environment ($p=.017$; $p<.05$) and groups that married by meeting in internet/entertainment ($p=.007$); $p<.05$). A statistical difference was obtained between sexual satisfaction and the condition of having children. Thus, the groups with no children have a significant difference than groups with one child ($p=.034$; $p<.05$), the groups with two children ($p=.001$; $p<.05$), and groups with three or more children ($p=.000$; $p<.05$). Likewise, couples with three or more children have a significant difference than couples with one child ($p=.001$; $p<.05$), couples with two children ($p=.016$; $p<.05$) and couples with no children ($p=.000$; $p<.05$). The conducted analysis indicated that there was a significant difference between the duration of marriage and sexual satisfaction. The post hoc analyses indicated that the couples who have been married for 11 years or more significantly lower sexual satisfaction scores than participants who have been married for 0-5 years and 6-10 years. Finally, the difference among the levels of sexual satisfaction and dating period was found to be significant. ($p=.002$; $p<.05$). It was determined that the average scores of the couples with having a dating period of 3 years or more ($M=71.13$) were higher scores than the couples with a dating period between 0-2 years ($M=64.95$).

4.1.2 Coping With Stress Findings

There were significant difference between coping with stress and duration of marriage ($p<.013$, $p<.05$). Accordingly, couples who have been married for 11 years and above ($M= 57.33$) had significantly lower coping with stress scores than couples who have been married 0-5 years ($M= 76.21$) and 6-10 years ($M= 77.16$). Lastly, the differences among the coping with stress in terms of types of marriage were also significant ($p<.003$, $p<.05$). The post hoc analyses indicated that couples who got married through arranged marriage ($M= 69.52$) had significantly lower coping with stress scores than couples who met through friends ($M= 77.64$; $p=.003$; $p<.05$); who met in the school/work environment ($M= 76.53$; $p=.013$; $p<.05$) and the couples who met in the entertainment/internet environment ($M=77.14$; $p=.007$; $p<.05$).

4.1.3 Marital Adjustment Findings

The conducted analyses indicated that there was a significant difference between marital adjustment and age ($p=.000$; $p<.05$). Accordingly, groups aged 41 and over had significantly lower marital adjustment scores than the groups aged 18-30 ($M=42.06$; $p=.000$; $p<.05$) and aged 31-40 ($M=40.57$; $p=.001$; $p<.05$). The difference among the marital adjustment and education level was found to be significant ($p=.000$; $p<.05$). The analyses showed that groups who graduated from high school ($M= 34.30$) had significantly lower marital adjustment scores than the groups who graduated from bachelor's degree ($M=42.87$; $p=.015$; $p<.05$) and post-graduate degree ($M= 43.34$; $p=.012$; $p<.05$). Likewise the groups who graduated from pre-high school level ($M= 35.78$; $p=.000$; $p<.05$) had significantly lower marital adjustment scores than the bachelor's degree and post-graduate groups. In order to examine the differences among the marital adjustment and gender, independent samples t-test was conducted. In terms of gender, a marginally significant difference was found between male participants whose partners had pre-high school education level ($M=35.41$) and whose partners had undergraduate ($M=40.36$; $p=.050$; $p<.05$). Also, there was a significant difference between male participants whose partners had pre-high school education level and graduate education levels ($M=45.57$; $p=.000$; $p<.05$). The level of marital adjustment differs significantly according to spousal employment ($p=.002$; $p<.05$). When it was considered the difference between the employment status of partners and marital adjustment according to gender, the level of marital adjustment in female participants did not differ significantly according to the

employment status of their partners ($p=.987$; $p>.05$). However, in the male participants, the marital adjustment level shows difference according to the employment status of their partners ($p=.009$; $p<.05$). Thus, the average scores of male participants with working partners ($M=41.48$); were found to be higher in terms of marital adjustment compared to those whose spouses were not working ($M=34.96$). It was found that the marital adjustment of the couples shows difference according to the types of marriage ($p=.001$; $p<.05$). Accordingly, the average marital adjustment scores of the couples who got married through arranged marriage ($M=32.39$) were significantly lower than the couples who met at school/work ($M=40.82$), compared to the couples who married through friends ($M=41.53$), and couples who met and got married through entertainment/internet environment ($M=40.26$). A statistical difference was determined between the number of having children of couples and their marital adjustment scores ($p=.001$; $p<.05$). Thus, the groups showing difference are that couples who have no children ($M=43.12$) and couples with two children ($M=38.64$; $p=.033$; $p<.05$) and couples with three or more children ($M=33.03$; $p=.001$; $p<.05$). Finally, a difference was found between the dating duration and marital adjustment scores of the couples ($p=.001$; $p<.05$). Accordingly, it was determined that the average scores of couples having a dating period of 3 years or more ($M=43.27$) were relatively higher than couples having a dating period between 0-2 years ($M=37.90$).

4.2 Correlation Analysis of the Relationship Between Marital Adjustment, Sexual Satisfaction, and Coping Styles with Stress

Table 1. Correlation Values between Marital Adjustment, Sexual Satisfaction and Coping Styles with Stress

			SSS	CSSS	MAS
Spearman's rho	SSS	Correlation Coefficient	1	.064	.599**
		Sig. (2-tailed)		.398	.000
		N			
	CSSS	Correlation Coefficient		1	.068
		Sig. (2-tailed)			.367
	MAS	Correlation Coefficient			1
		Sig. (2-tailed)			

Note: SSS= Sexual Satisfaction Scale, CSSS= Coping Styles with Stress Scale, MAS= Marital Adjustment Scale

According to the correlation analyze findings shown in Table 1, a moderate positive correlation was obtained between marital adjustment and sexual satisfaction. ($r=.599$, $p<0.05$). Thus, as couples' marital adjustment level increases, their level of sexual satisfaction also increases.

4.3 Regression Analysis Results for Marital Adjustment and Sexual Satisfaction

Table 2. Regression Findings for Marital Adjustment on Sexual Satisfaction

	R^2	Adjusted R^2	β	t	F	p
Constant	.359	.355	27.160	6.550	98.452	.000
Marital Adjustment			1.004	9.922		

According to the results of the regression analysis, it is seen that the marital adjustment scores of the couples predict the sexual satisfaction scores. Accordingly, it was determined that marital adjustment scores explained 35% of the total variance. Thus, when marital adjustment is not included in the equation, the coefficient of sexual satisfaction is found as 27.160. For every 1-unit increase in the independent variable, the sexual satisfaction score shows a 1.004 unit increase; for every 1-unit decrease in the independent variable, the sexual satisfaction score shows a 1.004-unit decrease (Table 2).

V. DISCUSSION

In line with these results, it was found that there is a positive and significant relationship between marital adjustment and sexual satisfaction of married individuals. As individuals' marital adjustment increases, their sexual satisfaction also increases in parallel. It has been determined that the obtained findings are in parallel with the existing studies in the literature. According to the studies carried out, it has been stated that as the sexual satisfaction levels of the couples increase, their commitment to each other, the expression of emotions, commitment and satisfaction levels increase. So, this brings along marital harmony between the couples (Kumkale, 2015; Rodopl, 2019; Bal et al., 2018). According to another study on marital adjustment and sexual satisfaction, it was found that marital adjustment predicted sexual satisfaction. It has been

emphasized that the increase in sexual problems in couples reduces marital satisfaction and brings about relational problems (Türkseven & Söylemez, 2020). In this study, the sexual satisfaction scores of people over the age of 41 were found to be lower than younger age groups. In line with these findings, it is emphasized that sexual problems that come with age will reduce the pleasure received and thus may negatively affect the sexual satisfaction levels of couples (Bildirici, 2016). It was found that the sexual satisfaction of the couples show difference according to their education level. Accordingly, it was found that the high school groups had lower sexual satisfaction than the undergraduate and graduate groups. When the literature is examined, it has been stated that as the education level of the people increases, the level of marital adjustment and life satisfaction increase and it is thought that this may affect sexual satisfaction positively (Bal et al., 2018). According to another study, it is stated that the increase in the education level of the couples can allow the increasing level of empathy between the couples and thus their disagreements can be resolved by respecting mutual ideas. Thus, it is thought that the presence of peace in the family may be related to sexual satisfaction (Yalçın, 2014). In the study, it was found that the sexual satisfaction levels of male participants with working wives were higher than male participants whose wives were not working, while no difference could be obtained in the case of working based on the partners of female participants. In this context, when the literature is examined, it is stated that the sexual satisfaction levels of working individuals are higher than non-working groups (Bildirici, 2016). It has been determined that the styles of marriage of couples show difference according to sexual satisfaction, and individuals who have an arranged marriage differ from other groups. It was also found that couples with longer dating period before marriage had more sexual satisfaction than couples with less dating period. In this context, it is thought that the marriage of couples in more traditional ways such as arranged and getting married without getting to know each other fully and without strengthening the emotional bond may negatively affect sexual satisfaction and bring along sexual problems (Erdoğan, 2018). Moreover, it was stated that the sexual satisfaction of couples who had no children was higher than that of couples who have at least one child. When another study supporting this finding is examined, it is seen that the current results are parallel. It is indicated that the increase in the number of children may reduce the time that couples spend together, which may lead to a decrease in the quality of marriage. Therefore, sexuality may be negatively affected by this situation (Yeşiltepe & Çelik, 2014). It has been found that the sexual satisfaction levels of couples who have been married for more than 11 years are relatively lower than those of newly married couples. Looking at similar studies, it has been reported that couples who have been married for more than 9 years experience more sexual problems than couples who have been married for 1 to 8 years (Erdoğan, 2018). It is thought that as sexual problems in marriage increase, the level of sexual satisfaction that couples receive may also decrease. It was found that marital adjustment scores were higher in the 18-30 age group than in other groups. Accordingly, it can be said that couples between the ages of 18-30 show a higher level of marital adjustment. Considering the studies, it is emphasized that the marital adjustment levels of the couples differ according to age. Thus, as the ages of the couples increase, marital adjustment may decrease (Yaman Akpınar & Altunsoy Sönmez, 2021). It is stated that the reason of this is married couples are more excited and more willing at first and as the years progress, the level of marital adjustment may decrease in parallel with the decrease in the expression of feelings towards each other due to the increasing responsibilities (Erbil & Hazer, 2018).

In the examinations according to the education level, it was found that the marital adjustment scores of the couples with a high school or below education level were significantly lower than the undergraduate and graduate groups. When we look at the studies on this subject, it is emphasized that as the education levels of the couples increase, the capacity to understand each other, the determination of common activities and the use of effective methods in solving problems may show increasing. Thus, having the harmony of the couples with each other, the presence of respectful attitudes and the expression of mutual feelings can strengthen the bonds of the couples, so that this can positively reflect on the marital adjustment (Çelik & Tümkaya, 2010; Erdoğan, 2018). Also, it was determined that the marital adjustment of male participants with working partners was higher than male participants whose partners were not working. Considering the style of the marriage, it was concluded that marital adjustment levels of arranged marriages were lower relatively. Yılmaz (2016) states in his study that the marital adjustment level of couples who get married by arranged is lower than those who get married by dating. It is emphasized that the main reason for this is that couples who have an arranged marriage can reach less consensus and experience less relationship satisfaction. As expected in the study, it was determined that the marital adjustment of individuals who have no children is relatively higher than those who have children. According to Şahin Altun et al., (2020) study, married couples who have children have lower marital adjustment because the increased responsibilities of having children will cause less time spent by the couples for each other and participation in joint activities. Therefore, it was believed that these factors may affect marital adjustment negatively. It has been determined that the coping styles of the couples differ according to the duration of marriage. Thus, it was found that the couples who were married for a shorter period had higher levels of coping with stress. Considering the related studies, it is stated that as the duration of marriage increases, marital adjustment may decrease and this may negatively affect the capacity of couples to cope with stress factors (Houseknecht & Macke, 1981). When other relevant studies in the field are examined, it has been found that there is no significant relationship between the marriage duration of couples and their capacity to cope with stress (Çelik & İnanç, 2009). In this regard, inconsistent results regarding the obtained findings are remarkable.

VI. CONCLUSION AND LIMITATIONS OF STUDY

The findings indicate a strong and positive relationship between marital adjustment and sexual satisfaction. As couples experience higher marital adjustment, they report greater emotional closeness, mutual commitment, and satisfaction within their relationship. Younger, educated, and working individuals tend to show higher levels of marital and sexual satisfaction, likely due to better communication and empathy. In contrast, older couples, those in arranged marriages, or those with children often report lower satisfaction, possibly because of increased responsibilities and reduced emotional expression. These results highlight that marital adjustment and sexual satisfaction are mutually reinforcing constructs shaped by demographic and relational factors. Strengthening emotional intimacy, respect, and effective communication within couples appears essential for sustaining marital harmony and long-term relationship satisfaction.

The sample of the study is limited to 178 adult individuals living in Turkey. In order to provide an insight into the future studies, it is recommended to be done in a larger sample. In addition, it is thought that the inclusion of such variables as age at marriage, age difference and the number of people living at home, which affect the dynamics of marriage, may contribute to the literature.

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