



Research Article

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Strategies to Confront the Marital Adjustment Disturbance as Practiced by Saudi Wives

Mona bint AbdulAziz Al-Khanini

Associate Professor of Housing and Home Management Product Design Department,
Faculty of Art and Designs, Princess Nourah bint Abdulrahman University,
Saudi Arabia

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Abstract

The study aimed to explore the strategies practiced by Saudi wives to confront the marital adjustment disturbance. The study applied a three-part questionnaire that includes the degree of the marital adjustment disturbance, its causes, ramifications and strategies to confront it. Using the personal interview, data were collected from 230 wives in Riyadh city within three months. The study used the descriptive and analytical approach to analyze the collected data. The results indicated that there was a high degree of disturbance in the relationship between the couples. This is because of the weakness of positive emotional expressions by the husband, which the most common effects are silence and marital silence, and its effect on the psychology and behavior of the children. The most common strategy by the wife was the strategy of positive thinking. The study recommended the following: Providing guidance and training programs by family-related organizations, training the wives to practice the positive strategies to confront family disturbances, as well as training the husbands on techniques of correct marital treatment.

Keywords: strategies of confrontation - the marital adjustment disturbance

1. Introduction

Marriage is a vital aspect of life. One chooses a partner with a new role and new expectations in his life, and together they agree to plan and create their own family (Tasew & Getahun, 2021). It is a bond between a man and a woman, recognized culturally, religiously, and socially. This bond determines the rights and obligations between the couples and between their children and even between them and their relatives. It is a very important human institution. Despite this, the research showed that people are turning away from it because it has become difficult to keep a marriage happy and stable (Amato, et al., 2003). We are all well aware that the little things can slip into the marital relationship (Tolorunleke, 2008), when these little things are not handled properly, they can cause disturbances between the partners that can expand over the years (Tolorunleke, 2014).

The marital life doesn't always proceed at the same attitude, but it witnesses many situations of tension, with which several changes and transformations occur in the marital relationship. Sometimes it is calm and stable, and sometimes it is turbulent and variable. Accordingly, the spouses may have to go through some disputes and marital problems that quickly disappear, and some of them exaggerate the reactions towards them, leading to severe tension in the marital relationship,

which some may consider the beginning of the difficulty of understanding and communication (Draz, 2020). Here, the level of marital adjustment decreases when both the husband and wife fail to solve their problems successfully (Ozden & Celen, 2014). It forces the spouses to live in a state of poor balance with the surrounding situations, thus generating fragile relationships and a broken family status, which is called adjustment disturbance between spouses (Brissette, et al., 2002). It is a specific level of marital incompatibility that leads to the termination of the marital relationship (Corsini, 1994). Omeje (2014) notes that now, a large number of marriages are in a serious conflict, considered a threat in itself to the happiness of couples. This led to an alarming increase in divorce rates, as announced in a report by the General Authority for Statistics (2020), that within a year the divorce rates increased by 12.7% compared to the previous year, as the total number of divorce documents reached 57,595, most of which were registered in the last 3 months of the last year.

Today, with divorce rates also increasing rapidly, marital adjustment has become more important in recent years (Ozden & Celen, 2014). Maladaptive reactions to stressful experiences are so prevalent, little is known about the potential risks of maladaptation (Horn & Maercker, 2015). Here, the couple needs to develop relationships and make adjustments in order to adapt the marital and family relationship for success (Bayraktaroglu and Cakici, 2017; Hall & Adams, 2020; Moradi et al., 2020). This can be done by building good relationships and satisfactorily resolving common problems between the couple, even when confronted (Lee, et al., 2021). Effective strategies are required to confront and contain this disturbance in the marital adjustment in order to not have unacceptable ramifications on the family. Coping strategies are defined as cognitive and behavioral responses that an individual makes in dealing with a stressful situation with the aim of adapting and reducing tension in order to control a stressful situation that threatens or exceeds the capabilities of the individual. These responses are either positive in matching with the stressful situation and keeping the individual in control of it, or negative in not matching with the situation, which results in a negative impact on the individual's balance (Schweitzer & Dantzer, 2003; Miami & Goodgold, 2017).

There is a debate among various scholars about whether a married person can motivate his or her choices in dealing with relationships in either an objective or a strict direction (Hall & Adams, 2020). Several studies, including Bélanger et al. (2015) and Waldrop & Resick (2004), argue that wives use different strategies and methods to confront marital disputes to get out of their crucible, and that there is a clear difference in the spread of these strategies according to multiple variables, including the nature of the current situation and their ability to control it, and according to their personal characteristics. After mentioning the above literary information, it can be said that the strategies followed by the wife to confront the marital adjustment disturbance may not be successful for all wives, and may change according to a set of different factors. Knowing the causes and ramifications of adjustment disturbance between the couple and the most strategies followed by wives in confronting it, as well as identifying the factors associated with these strategies, constitutes the main objective of this research.

2. Literature Review

This section constitutes a review of the literature on the marital adjustment disturbance, its implications, and coping strategies. The disturbance in marriage is inevitable, no matter the degree of love. In a healthy relationships, couples tend to accept and resolve conflicts. But in the case of disturbed relationships, marital discord arises (Pathan, 2015). Here, a plan or mechanism is required to confront this disturbance, by removing or modifying the problematic conditions and controlling them through experience in a way that neutralizes their problematic nature (Asuzu, 2009). The perception of coping strategy itself may imply that they are constructive or destructive processes (Fincham & Beach, 1999). For the marital relationships, some constructive strategies were seen as positive; for example, agreement, reconciliation, and the use of jokes, and avoiding destructive thinking errors, and replacing them with positive thoughts (Stallard, 2002). As well as following the negotiation strategy in solving problems amid the marital disputes (Wilcox, 2000). The others were

considered as destructive strategies, such as continued disturbance, retreat from the discussion of the subject of disagreement and defensive confrontation, avoidance and rejection (Kurdek, 1998), and exhaustion and subjection by tight control of the other party (Ibrahim, 2020). Faronbi (2021) points out that individuals are expected to be aware of positive coping mechanisms and other negative mechanisms and knowledge may not be translated into practice often, especially when experiences seem overwhelming. Individuals here engage in negative coping strategies, such as focusing on emotions and denial.

Nowadays, researchers have shown a growing interest in estimating the marital relationship and highlighting adjustment in the marital relationship as a consequence of marriage (Kalkan et al., 2008). In this regard, Laeheem (2017) found that excessive jealousy and distrust of the other party are among the factors affecting domestic violence towards wives, and that engaging in social activities that focus on mind, emotion, intelligence and soul is one of the ways to prevent and reduce the problem of domestic violence.

Aloia & Strutzenberg (2019) and Tavares et al. (2020) found that there are several negative consequences of the marital adjustment disturbance, including negative effects on children. While Khadhar (2021) indicated that women may commit domestic violence against their husbands as a mechanism, they resort to it to protect themselves from the bad treatment of their husbands to be free from such treatment. Previously, Chan (2013) explained that the adjustment disturbance between couples appears in many forms, including violence, which varies between psychological violence and is represented in any abuse that leaves a bad impact on the wife (Shanko, et al., 2013), and physical violence includes any abuse directed to the woman's body, violating the privacy of her body (Cheong, 2013). Abbas, et al. (2019) studies the mediating role of the social support in the marital adjustment. He demonstrates that the social support and periphery intervention relieves the disturbance associated with marital adjustment in working and non-working women. Laeheem & Boonprakarn (2017) made several recommendations that husbands are the most important element that should give importance to their wives' feelings and reduce their frustration and absorb their reactions. Wives should be patient, tolerant and understanding.

There has been some relevant research conducted in the field of marital disturbance; for example, the Admasu study (2013) about the major changes and challenges in marriage, as well as the Tiruwork study (2015) about the spread of marital disputes between couples, its causes, consequences and coping strategies. In a study by Tasew & Getahun. (2021) on 386 couples, they aimed to determine the extent of marital dispute, its causes, consequences and coping strategies. They concluded that the strategies most used by the couples are competition, cooperation, avoidance, and the intervention of a third party such as peers, religious leaders and the elderly.

Özgüç & Tanrıverdi (2018) believes that helping people by solving the marital mismatch and avoiding the negative dispute resolution techniques is very important in the marital adjustment. In the view of the previous studies, none of them dealt with the marital adjustment disturbance comprehensively, including the causes, repercussions and coping strategies, as a contribution to limiting the terrible spread of divorce.

3. Methodology

This section explains the sampling size and techniques, sources of data and tools of data analysis used in the study.

3.1 Sources of Data

To achieve the aim of the study, a questionnaire was used by the researcher about coping strategies for the marital adjustment disturbance. The questionnaire consists of three sections: the first section covers the demographic data of the respondents. The second section includes three items: A) The degree of feeling with the marital adjustment disturbance, divided into low, medium, high. (B) The

causes of the marital adjustment disturbance (7 statements), (C) The consequences of the marital adjustment disturbance (5 statements) on the three-point Likert scale consisting of three points: disagree, neutral, agree for each of the statements. The third section of the questionnaire consisted of 40 phrases, expressing coping strategies for the marital adjustment disturbance, divided into four items with 10 phrases for each item. Items (1-2) express positive coping strategies (negotiation - positive thinking), items (3- 4) the negative coping strategies (negative venting of emotion - exhaustion and subjection). Using a four-point Likert scale: always - sometimes - rarely - no.

3.2 Sample Size and Sampling Technique

Data was collected by distributing a questionnaire through a personal interview. This enabled the researcher to explain and clarify the objectives of the research, and the content of the questionnaire to the participants in case they didn't understand the questions. Using the snowball sampling method, participants were randomly selected because it was the most appropriate approach for this analysis. It reduces sampling bias and facilitates initiation of interaction with a small population, especially when reaching unknown persons (Taherdoost, 2016; Creswell & Creswell, 2017). Questionnaires were distributed to a sample of 300 Saudi wives in Riyadh city, and during a three-months period (from July to September 2021) there were 230 questionnaires for Saudi wives suffering from the marital adjustment disturbance, after excluding the answers of 70 wives, because of the uncompleted answers to the questionnaire items and their inconsistency, and not fulfilling the conditions for the family.

3.3 Tools of Data Analysis

The descriptive analytical approach was used to analyze the quantitative data, using the (SPSS) statistical program. The methods of weighted average, arithmetic average, standard deviation, Cronbach's alpha coefficients, One Way ANOVA, lsd and Stepwise were used to analyze the data. And to calculate the validity of the prepared study tool, the Alpha-Cronbach test was used for the four dimensions and the total, the values were, respectively: 0.729, 0.632, 0.593, 0.723 and 0.740, which are high values that give an acceptable level of reliability.

4. Results and Discussion:

Table 1: Data for demographic characteristics of respondents n = 230

Demographic Variable	Frequency	Percent (%)
Age		
Less than 30 years old	33	14.3
30- less than 40 years old	84	36.5
40- less than 50 years old	77	33.5
50 years old and more	36	15.7
Education		
Intermediate (secondary) certificate	55	23.9
University degree	142	61.7
Certificate (Masters - PhD)	33	14.3
Marriage duration		
Less than 5 years	24	10.4
5- less than 10 years	60	26.1
10 years and more	146	63.5
Family income		
Less than 3000 riyals	4	1.7
3000 – less than 6000 riyals	44	19.1
6000 riyals and more	182	79.1

Demographic Variable	Frequency	Percent (%)
Having kids		
No	24	10.4
Yes	206	89.6
Wife works		
Doesn't work	114	49.6
Works	116	50.4

The results in Table 1 show that among the respondents, 36.5% were aged (30 - less than 40 years), 61.7% of them have a university degree, 50.4% of wives are working, and 63.5% have been married for 10 years or more. It gives an indication that wives are using strategies that are more positive and far from negative. Living longer with her husband makes her more understanding of his personality, 79.1% have an income of more than 6000 SAR, and 89.6% of respondents have children.

– The degree of the marital adjustment disturbance

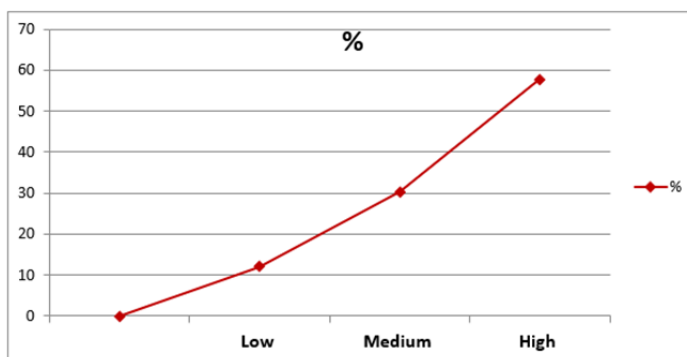


Figure 1: The degree of the marital adjustment disturbance (%)

Figure 1 shows that more than half of the wives of respondents suffer from a high degree of marital adjustment disturbance, at a rate of 57.8%; 30.4% suffer at a medium degree, while 11.8% suffer at a low degree. These results were the same as the results of Yeshework et al. (2019); Tasew & Getahun (2021), who explained that disturbance and marital dispute are widespread and clear, and that they are increasing year by year.

The causes of the adjustment disturbance between the couples:

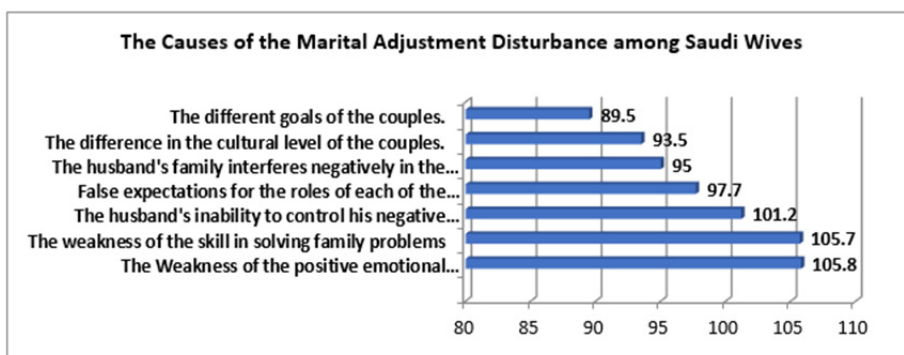


Figure 2: The causes of the marital adjustment disturbance among Saudi wives, the study sample.

Figure 2 shows the varying opinions of the respondents from Saudi wives about the causes leading to the marital adjustment disturbance, according to Weighted average. The most common reasons were: the weakness of the positive emotional expressions by the husband, the weakness of the skill of solving the family problems, the husband's inability to control his negative reactions and emotions, the prevalence of the false expectations for the roles of each side of the couples, with a weighted average of 105.8, 105.7, 101.2, and 97.7, respectively. In this regard, Brackett, et al. (2006) indicates that the positive emotional expressions, oral or not oral, and understanding the others' thoughts, intentions, and behavior contributes to ideal social interaction, and has a role in changing the perception and behavior of couples (TaShiro, & Frazier, 2007), and push them to a new vision that helps to generate solutions to the problems they face, which reduces the chances of divorce (Harker, & Keltner, 2001). The misconceptions of the couples about family roles, their lack of clarity, and its contradiction with the expected roles, are among the causes leading to a disturbed marital relationship (Pathan, 2015; Tasew & Getahun, 2021), which makes the wife bear more than she should be entrusted with. Allendorf (2012) asserts that the endurance of wives to the greater emotional and practical burden of marriage decrease with their marital adjustment. Pirnahad, et al. (2017) adds that the most important causes of the dissatisfaction with the husband and the marital disputes is the man's inability to control his anger and negative emotions within the family, and the husband's family's interference in the personal life of the couple. While Park & Park (2019) and Lee (2018) argue that the significant differences in culture between the couples reveal the marital disturbance clearly on the surface. Marital compatibility is achieved to a greater extent between couples who share a common language and culture of dialogue.

The consequences of the adjustment disturbance between the couples:

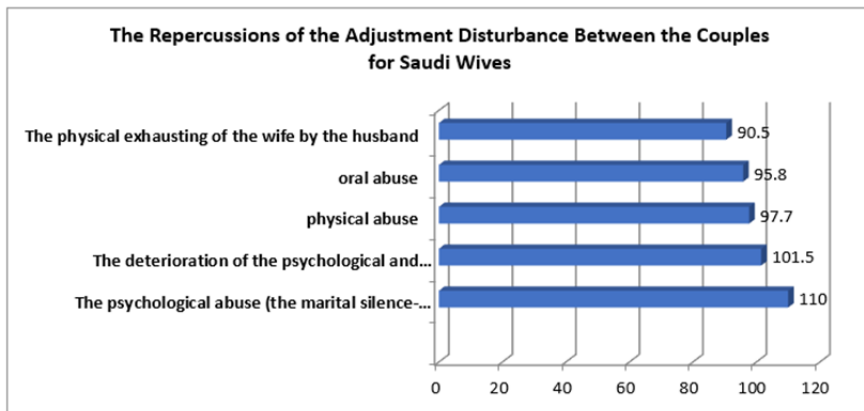


Figure 3: The repercussions of the adjustment disturbance between the couples for Saudi wives.

The results in the form (3) reflected the consequences that Saudi wives suffer from as a result of the marital adjustment disturbance, according to Weighted average. They are arranged according to the weighted average, as follows: the psychological abuse (the marital silence...), the deterioration of children's psychological behavior, the physical and oral abuse, and finally, the physical exhausting of the wife by the husband with averages of 110, 101.5, 97.7, 95.8, and 90.5, respectively. These results are consistent with Esere, et al. (2011), which showed the prevalence of the phenomenon of silence and marital silence among couples significantly. The low level of marital adjustment and compatibility pushes the marital relationship to clinical death due to the large number of psychological barriers between them (Miller, 2013). Here, wives suffer from various physical, psychological and economic problems due to the disagreements and the disturbing marital relations (Tasew & Getahun, 2021). In addition, the Khadhar study (2021) confirmed that children face a real threat to their mental health as

a result of marital disputes and conflicts. Watching parents fighting and hitting each other pushes them to act out (Laeheem & Boonprakarn, 2016). Children of conflicting couples miss school, exhibit maladaptive behaviors that impede their normal growth, develop deviant behavior, feel a loss of control, and have low self-respect (Leidy, et al, 2010, Tasew & Getahun, 2021)

- **The strategies frequently practiced by wives to confront the marital adjustment disturbance.**

Table 2: The strategies frequently practiced by wives to confront the marital adjustment disturbance (n = 230)

Strategies for coping with the marital adjustment disturbance		The relative weight	Relative weight %	Order
Positive coping strategies	Negotiation	93	%29.7	Second
	Positive thinking	108.5	%34.7	First
	Total	98.8		
Negative coping strategies	The negative catharsis of emotion	62.7	%20.1	Third
	exhaustion and subjection	48.5	%15.5	Fourth
	Total	53.3		
Strategies for coping with the marital adjustment disturbance as a whole		312.7	%100	

Table 2 shows that the respondents practice both positive strategies (negotiation - positive thinking) and negative strategies (negative release of reaction, exhaustion and subjection) to confront the marital adjustment disturbance. It was also found that the positive thinking strategy was in the first place among the strategies used to confront the marital adjustment disturbance with a relative weight of 34.7%, and this indicates that the respondents have a strong determination to confront this disturbance and pass through the marital life peacefully, and to think rationally about the controversial situations they face. This strategy is concerned with keeping the individual away from the errors of destructive thinking, which direct his thoughts and feelings in a negative direction, and replacing them with other positive, rational thoughts (Stallard, 2002). This increases the individual's effectiveness towards realizing the aspects of the problem and confidence in solving it (Belciug, 1992). It was followed by the negotiation strategy with a relative weight of 29.7%. Wilcox (2000) indicates that the negotiation plays a vital role in solving problems and disputes between couples and choosing the available alternatives to solve problems. The negotiation strategy is a behavior that a person uses when interacting with the other party with whom he disagrees to reach an agreement that satisfies both parties and to find reasonable and acceptable solutions to common contentious problems (Affi & Abu Bakr, 2011). In third place came the strategy of negative catharsis with a relative weight of 20.1%, and the features of this strategy appear in the wife's discharging of the emotions she experiences as a result of the weak adaptation by expressing the negative feelings she is experiencing verbally, and through the direct actual efforts (Moos & Schaefer, 1993), which appear as aggressive behavior towards herself, others, or surrounding things. In fourth and last place came the strategy of exhaustion and subjection with a relative weight of 15.5%. Exhaustion here is considered a negative behavior that the wife resorts to stressing the other party (the husband) and draining time, effort and money. But subjection is the imposition of force and control over the husband and an attempt to force him to submit to her views and requirements (Ibrahim, 2020).

The most effective coping strategies and an explanation for variation in the degree of feeling with the marital adjustment disturbance. To achieve this goal, the following statistical hypothesis was formulated:

H_i: The percentage of participation of coping strategies (negotiation - positive thinking - negative catharsis of emotion- exhaustion and subjection) differs in explaining the variation in the degree of the

marital adjustment disturbance according to the weights of the regression coefficient and the degree of correlation. Stepwise analysis was used by (step-forward) method. The results are illustrated as follows:

Table 3: The regression coefficients using Stepwise method for coping strategies with the degree of the marital adjustment disturbance among Saudi wives (n = 230).

independent variables	correlation coefficient R	Participation rate coefficient R ²	(F) value	The level of significance	The regression coefficient β	(T) value	The level of significance
Exhaustion and subjection strategy	0.449	0.202	43.776	0.001	0.293	4.316	0.001
Positive thinking strategy	0.442	0.178	24.558	0.001	0.202-	3.023-	0.01
Negotiation Strategy	0.401	0.161	19.046	0.001	0.177	2.603	0.05

Table 3 shows that the strategy of exhaustion and subjection was the coping strategy that affected the variation in the marital adjustment disturbance the most, as the participation rate was (0.202), There is no effect for the strategy of negative catharsis of emotion, meaning that the strategy of exhaustion and subjection explains about 20.2% of the total variance in the feeling of the marital adjustment disturbance. The wife's main reliance on this negative strategy in her belief that it is a serious method in confronting adjustment disturbance was a wrong and unsuccessful choice in the confrontation. It increased the disturbance that the wife suffers from, and even brought her marital life to the test of conflict and collapse, and this is evidenced by the results of Figure 1 that showed a rise in the marital adjustment disturbance for wives. This is confirmed by the studies of Stowell, et al., 2019; Faronbi, 2021: respondents engage in the negative coping strategies such as focusing on emotions and control. This is often a significant risk factor for maladaptive reactions to a stressful event (Horn & Maercker, 2015). Aldwin (2007) notes that women rely on emotion-based coping strategies to escape from the stressful situations, and that the inability to manage the marital disputes in an effective and constructive manner leads to negative effects on individuals and relationships (Fincham & Beach, 1999), and in light of this, the validity of the first hypothesis has been achieved.

Differences in wives' practices of the strategy to confront the marital adjustment disturbance according to the social and economic factors (wife's work - presence of children - educational qualification - duration of marriage - family income). To achieve this goal, the following statistical hypotheses were formulated:

H2: There are statistically significant differences between the average scores of respondents in the practice of strategies to confront the marital adjustment disturbance according to the two variables (wife's work - presence of children). " T test" was performed to confirm the hypothesis statistically. The following table illustrates this:

Table 4: T-test for the differences between the average degrees of the practices of Saudi wives, the research sample, for strategies to confront the marital adjustment disturbance with its axes according to the wife's work and the presence of children (n = 230).

Wives work							
Statement Dimension	Doesn't work N= 114		Works N=116		Differences between averages	T value	The level of significance
	Arithmetic average	Standard deviation	Arithmetic average	Standard deviation			
Positive coping strategies (negotiation - positive thinking)	64.8	7.5	62.8	6.4	2	2.159	0.05
Negative coping strategies (negative catharsis of emotion - exhaustion and subiection)	37.7	8	35.5	8.8	2.2	2.046	0.05

Presence of children							
Statement Dimension	There aren't N =24		There are N =206		Differences between averages	T value	The level of significance
	Arithmetic average	Standard deviation	Arithmetic average	Standard deviation			
Positive coping strategies (negotiation - positive thinking)	64.7	6.1	63.7	7.2	1	0.771	Not significant
Negative coping strategies (negative catharsis of emotion - exhaustion and subjection)	31.5	6.4	37.2	8.5	5.7-	3.905-	0.001

With regard to the wife's work variable, Table 4 shows that there are statistically significant differences between the average degrees of Saudi wives' practices of strategies to confront the marital adjustment disturbance: positive (negotiation - positive thinking) and negative (negative catharsis of emotion - exhaustion and subjection), where the value of (T) respectively reached 2.159, 2.046, at a significance level of 0.05 in favor of non-working wives. Working women at home are the least stressed, and the most adaptive (Desai, et al, 2011). The non-working woman has enough time and effort to practice various methods to confront any disturbance in the marital relationship. Here, she may succeed and be positive and attract her husband to her. Or she may fail and become negative, increasing the tension to a greater degree than it was. This is depending on other factors that direct these methods, such as marital experience or education. Abbas, et al. (2019) indicates that non-working women have a greater marital adjustment than working women, because of their marital cohesion and sympathy.

The results of Table 4 regarding the variable of the presence of children show that there are no statistically significant differences between the average degrees of Saudi wives' practices of positive coping strategies for the marital adjustment disturbance, where the value of (t) was 0.771, which is not statistically significant; While there were statistically significant differences in the practice of negative confrontation strategies by Saudi wives, the value of (t) was -3.905 at the level of 0.01 in favor of having children. The presence of children puts the wife under additional pressure as a result of the disturbance of the marital relationship, which may push her to the catharsis negatively and use these children as a means to subject and control the husband. Here, there is a real risk to the overall mental and psychological health of children (Khadhar, 2021). Tasew & Getahun (2021) explains that children may be involved in marital conflict resolution processes, but as a positive element.

H3: There are statistically significant differences between the average scores of respondents in the practice of strategies to confront the marital adjustment disturbance according to the demographic variables (educational qualification - marriage period - family income). To test the validity of this hypothesis, One Way ANOVA analysis was used to find the value of (F), and by applying the LSD test to determine the direction of the differences, the following was reached:

Table 5 shows that there is a statistically significant difference between the average scores of respondents in the practice of the positive and negative marital adjustment strategies, according to the variables of educational qualification - duration of marriage - family income. The value of (F) was 21.423, 30.153, 17.461, 6.955, 4.944, 3.467, respectively, at significance levels of 0.001, 0.01, 0.05. By applying the LSD test to determine the direction of the significance of the differences, as shown in Table 5, the following was found:

– **Wife's education:**

The results of Table 6, by comparing the respondents' practice of strategies for coping with adjustment disturbance between the three categories of the wife's education, showed that the values of the positive coping strategies were in favor of respondents with "Master's and PhD" educational qualifications, and in the negative coping strategies in favor of respondents with secondary qualifications. The wife's high educational level makes her more able to deal wisely with the emerging marital adjustment disturbance, as she uses positive strategies to adapt to this disturbance and to cross the stage of tension without losses that

affect the family. On the contrary, the lower education pushes the wife to practice negative methods such as the negative emotion, exhausting the husband, and subjecting him by force to her opinions. The result of this study was closely related to what was found by Cirhinlioglu, et al. (2017), Usoroh, et al. (2010), Suleyman & Zewdu (2018); Maqsood et al. (2021), who identified the higher education as a factor that contributes to effective communication that facilitated the marital stability, achieving higher marital adjustment and positively dealing with the marital problems.

– **Marriage period:**

By comparing the respondents' practice of strategies for coping with adjustment disturbance among the three categories of marriage duration, shown in Table 5, we find that the indicative values in the positive coping strategies were in favor of respondents who had been married for more than 10 years, and in the negative coping strategies in favor of wives who had been married for less than 5 years. This result was consistent with the detection of Esere, et al. (2011), Suleyman & Zewdu (2018) who found that the length of stay in marriage has a significant effect on the marital communication that achieves the marital stability. The path to the marital stability appears to be a difficult task, as we find that one of every three marriages fail in the first five years (Rice, 2005). While this result was inconsistent with Usoroh, et al. (2010), Abe and Oshio (2018), who argue that the partner's personality may have greater effects than the variable of the duration of marriage on the marital communication and problem solving.

– **Family income:**

The results of Table 5 show that respondents with high income (6000 riyals and more) were more practicing for the positive strategies in coping with the marital adjustment disturbance. Whereas, wives with low income were more practicing for the passive coping strategies. Lack of sufficient income can be a negative predictor of the marital adjustment, as those who fall into the low-income group (less than 3000 riyals) have less marital adjustment and deal negatively with marital problems (Cirhinlioglu, et al., 2017). Waldrop & Resick (2004) confirms that lack or absence of financial resources is associated with the use of the negative adaptive strategies.

Table 5: One-way variance analysis of the differences between the average degrees of the practice of Saudi wives for the strategies to confront the marital adjustment disturbance according to (educational qualification - marriage duration - family income) (n = 230).

Statement Dimension	Contrast sources	Sum of squares	Degrees of freedom	Average sum of squares	(F) value	The level of significance
The educational qualification						
Positive coping strategies (negotiation - positive thinking)	Between groups	1813.005	2	906.502 42.314	21.423	0.001
	Inside groups	9605.325	227			
	Total	11418.330	229			
Negative coping strategies (negative catharsis of emotion - exhaustion and subjection)	Between groups	3489.075	2	1744.537 57.856	30.153	0.001
	Inside groups	13133.399	227			
	Total	16622.474	229			
The marriage duration						
Positive coping strategies (negotiation - positive thinking)	Between groups	1522.374	2	761.187 43.595	17.461	0.001
	Inside groups	9895.957	227			
	Total	11418.330	229			
Negative coping strategies (negative catharsis of emotion - exhaustion and subjection)	Between groups	959.736	2	479.868 68.999	6.955	0.01
	Inside groups	15662.738	227			
	Total	16622.474	229			
The family income						
Positive coping strategies (negotiation - positive thinking)	Between groups	476.632	2	238.316 48.201	4.944	0.01
	Inside groups	10941.698	227			
	Total	11418.330	229			
Negative coping strategies (negative catharsis of emotion - exhaustion and subjection)	Between groups	492.702	2	246.351 71.056	3.467	0.05
	Inside groups	16129.772	227			
	Total	16622.474	229			

Table 6: L.S.D test to identify the significance of the differences between the average scores of the practice of Saudi wives for the strategies to confront the marital adjustment disturbance according to (educational qualification - the marriage duration - family income) (n = 230).

Dimensions	Categories of demographic variables of the study			
	The educational qualification			
Positive coping strategies (negotiation - positive thinking)	The educational qualification	Secondary school certificate M=57	University certificate M=64.4	Masters-PhD M=65.2
	Secondary school certificate	-	-	-
	University certificate	0.751-	-	-
	Masters-PhD	***7.41-	***8.16-	-
Negative coping strategies (negative catharsis of emotion - exhaustion and subjection)	The educational qualification	Secondary school certificate M=43.03	University certificate M=35.5	Masters-PhD M=31
	Secondary school certificate	-	-	-
	University certificate	***7.55	-	-
	Masters-PhD	***12.03	**4.48	-
Positive coping strategies (negotiation - positive thinking)	The marriage duration			
	The marriage duration	Less than 5years M=59.5	5-less than 10years M=65.2	10 years and more M=65.9
	Less than 5years	-	-	-
	5-less than 10years	***6.41-	-	-
	10 years and more	0.670	***5.75-	-
Negative coping strategies (negative catharsis of emotion - exhaustion and subjection)	The marriage duration	Less than 5years M=38.2	5-less than 10years M=34.5	10 years and more M=32.9
	Less than 5years	-	-	-
	5-less than 10years	1.53	-	-
	10 years and more	**5.24	*3.71	-
Positive coping strategies (negotiation - positive thinking)	The family income			
	The family income	Less than 3000 riyals M=63.4	3000- less than 6000 riyals M=64.6	6000 riyals and more M=74
	Less than 3000 riyals	-	-	-
	3000- less than 6000 riyals	*9.36-	-	-
	6000 riyals and more	**10.60-	1.24-	-
Negative coping strategies (negative catharsis of emotion - exhaustion and subjection)	The family income	Less than 3000 riyals M=33	3000- less than 6000 riyals M=39.5	6000 riyals and more M=36.02
	Less than 3000 riyals	-	-	-
	3000- less than 6000 riyals	6.54	-	-
	6000 riyals and more	3.02	*3.15	-

Note: * * * * denote significance at 0.05, 0.01, and 0.001.

5. Conclusion and Recommendations

The marital adjustment disturbance is considered one of the most dangerous family phenomena, and its consequences have become very dangerous for family dynamics. Confrontation strategies, especially the positive ones, not the negative ones, are an important factor in modifying the troubled marital relationship and resolving the tensions and disputes tainted by it to ensure the continuity of the marriage life in a calm atmosphere. The results showed that there is severe disturbance in the relationship between couples, and that the most important causes are the weakness of the positive emotional expressions by the husband, the weakness of the skill in solving family problems, and this resulted in several consequences, the most important of which was the prevalence of silence and muteness between the couples and the psychological behaviors of children affected. The Saudi wife's

practice of the positive coping strategies (positive thinking and negotiation) was higher than her practice of the negative strategies in confronting the marital adjustment disturbance, and her practice of the strategy of exhaustion and subjection to tight control at times increased the feeling of the marital adjustment disturbance. The demographic variables of the study had an impact on the positive or negative strategies practiced by the wife. According to this, the researcher recommends the organizations concerned with families to provide guidance and training programs to train wives to practice the positive strategies to confront any family dispute, as well as teaching the husband the techniques of the correct marital treatment, showing positive emotions to the wife, and controlling himself and his emotions in the stressful situations.

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