

## Listening Ear Counselling & Consultancy Pte Ltd

### Marital Satisfaction Scale

**Instructions :**

Given below are several questions related to different aspects of married life. Please read each of the statements and choose one of the responses given below the statement. that best describes your feelings, experiences, and thoughts.

1. Do you and your spouse have friends in common?	a. None	b. A few	c. Many
2. Do you feel that your spouse understands you?	a. Yes many times	b. At times	c. Always
3. Do you visit friends and relatives together?	a. Rarely	b. Occasionally	c. Always
4. Do you engage in outside hobbies and interests together?	a. Always often	b. Occasionally	c. Rarely
5. Are your needs being fulfilled in your married life?	a. Very few	b. Some of them	c. Many of them
6. Do you like your spouse's friends?	a. Most of them	b. Some of them	c. None of them
7. Do you share with your spouse the responsibility of looking after your child/children?	a. never share	b. Occasionally	c. Often always
8. Compared to your life before marriage is life at present?	a. Happier	b. Same as before	c. Unhappier
9. Are there things done by your spouse that you dislike?	a. A few	b. Some	c. Many
10. Does your spouse actively try to make married life more harmonious?	a. Never not bothered	b. At times	c. Always
11. Do you derive satisfaction from sexual relations with your spouse?	a. Often always	b. At times	c. Rarely
12. Do your parents in laws have a hold over your spouse?	a. No	b. At times	c. Yes definitely
13. Do you get as much affection from your spouse as you desire?	a. Yes	b. Cannot say	c. No
14. If you could live your life all over again, would you like to marry the same person to whom you are married now?	a. No never	b. Cannot say	c. Yes
15. Are you frank regarding sexual matters with your spouse?	a. Often always	b. Occasionally	c. Rarely, never
16. When you compare your family life with those of others do you feel disturbed?	a. Never	b. Sometimes	c. Often
17. Have you ever wished that you were not married?	a. Very often	b. Occasionally	c. No never

18. Has your spouse been unfaithful to you?	a. Never	b. Cannot say	c. Often
19. Do you feel that your spouse cares more for his/her relatives than for you?	a. Very often	b. At times	c. Never
20. Have you ever wished that you were married to someone else?	a. Never	b. At times	c. Often
21. Do you confide your personal problems with your spouse?	a. Rarely	b. Occasionally	c. Always
22. Do you have frictions with your spouse over the use of money?	a. Rarely	b. Sometimes	c. Often always
23. Do you agree with your spouse over essential matters related to your children (eg. Their schooling, career, friends, marriage etc)	a. Disagree often	b. Agrees sometimes	c. Agree most of the times
24. Has your spouse ever caused physical harm or injury to you?	a. Never	b. Occasionally	c. Often
25. Have you ever caused physical harm or injury to your spouse?	a. Never	b. Occasionally	c. Often
26. Is your spouse sensitive to your sexual needs and satisfaction?	a. Not sensitive	b. At times	c. Always sensitive
27. Do you feel that your spouse depends on you rather than his/her relatives for advice on family matters?	a. Depends on me	b. Cannot say	c. Depends on relatives
28. Have you had disagreements with your spouse about having children?	a. Often	b. At times	c. Never
29. Have you ever felt like leaving or divorcing your spouse?	a. Often	b. At times	c. Never
30. Considering everything would you say that your married life is...	a. Not satisfactory	b. Neither satisfactory or unsatisfactory	c. Very satisfactory