



THE MEDIATING EFFECT OF MARITAL SATISFACTION ON THE RELATIONSHIP BETWEEN QUALITY FAMILY LIFE AND WELL-BEING OF MARRIED COUPLES

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Abstract:

The purpose of this study was to determine the mediating effect of marital satisfaction on the relationship between the quality family life and the well-being of married couples. Utilizing quantitative, non-experimental design via correlational technique, data were obtained from 300 married couples, in one of the cities in Davao Province. The researcher utilized a stratified sampling technique and survey mode of data collection. The researcher also utilized the statistical tools mean, Pearson r and Med-graph using Sobel z-test. From the results of the study, it was found out that there are very high levels of mean scores for quality family life and well-being of married couples while a high level for marital satisfaction. Also, results revealed that there are significant relationships between quality family life and the well-being of married couples, between quality family life and marital satisfaction and between marital satisfaction and the well-being of married couples. Further, it was revealed that there is a partial mediation of the effect of marital satisfaction on the relationship between quality family life and the well-being of married couples.

Keywords: social work, marital satisfaction, quality family life, wellbeing, mediating effect, married couples, Sobel z-test, Philippines

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1. Introduction

A Southeast Asian country like Malaysia through Malaysia's Ministry of Women, Family, and Community Development provides marriage counseling to all couples on the verge of divorce, regardless of faith. Various sources, including relevant government authorities, have made numerous attempts, including offering pre-marital courses, which have become mandatory for all Malay Muslim couples to attend a year before their marriage. Sex, money, children, and jealousy are the most common marital problems that couples face (Noor, Mahdzir, Nor & Abdullah, 2019). Financial issues have an impact on not only financial satisfaction but also marital satisfaction and overall quality of life.

Satisfaction with one's financial situation can boost marital satisfaction and, more generally, life satisfaction. Financial troubles and discontent with one's financial situation, on the other hand, might contribute to marital problems and divorce. Financial management abilities, it has been proposed, may lessen the likelihood of marital conflicts, while a lack of such skills may potentially lead to crises (Copur & Eker, 2014). Domestic violence has an influence not only on the victim's life, but also on the country's economy, including costs associated with police, hospital and health services, legal costs, and social support services (Adjah & Agbemafle, 2016).

Moreover, the promotion of the well-being of married couples is important because living in a partnership usually provides companionship and daily interaction. The reduction in life uncertainty and increased care could enhance well-being and even result in psychological or cognitive changes that promote mental well-being (Li, Liu & Guo, 2015). Although living with someone may result in many of the same benefits to mental well-being, nowadays, marriage may still be a sign of a more committed relationship and confer additional social and legal benefits, which would in turn enhance well-being (Perelli-Harris & Styrac, 2018). Marital status and an intimate relationship are important regarding well-being. Previous studies on marriage mentioned better well-being compared to other relationship statuses (Bulloch, Williams, Lavorato, Patten, 2017).

In addition, in a previous study, living arrangements, contribution to the household income, spousal employment, and if the husband has more education than the wife, all contribute to the subjective well-being of individuals. Family responsibilities and the traits of significant others must be considered when judging an individual's subjective well-being (Qian & Qian, 2015). In another study, as people get older and their social networks decrease, family bonds become increasingly crucial for their well-being. Family ties offer resources that can help a person manage stress, engage in healthier behaviors, and boost self-esteem, all of which contribute to a stronger sense of well-being. Poor relationship quality, severe caregiving for family members, and marriage divorce, on the other hand, are all stressors that can harm a person's health (Thomas, Liu & Umberson, 2017).

The main purpose of the study was to determine the mediating effect of marital satisfaction on the relationship between quality family life and the well-being of married

couples. Specifically, this study sought answers to the following objectives, first to determine the level of quality family life of married couples when analyzed in terms of satisfaction level, health and well-being, social relations and support, and goal attainment, second was to ascertain the level of well-being of married couples when analyzed in terms of positive emotions, engagement, relationship, meaning and purpose and accomplishment, third was to assess the level of marital satisfaction of married couples, fourth was to determine the significant relationships between quality family life and well-being of married couples; quality family life and marital satisfaction of married couples; and marital satisfaction and well-being of married couples and the last was to determine the mediating effect of marital satisfaction on the relationship between quality family life and the well-being of married couples.

Likewise, the hypothesis of the study was tested at a 0.05 level of significance. The hypotheses are, first, there are no significant relationships between quality family life and well-being of married couples; quality family life and marital satisfaction of married couples; and marital satisfaction and well-being of married couples. The second is there is no mediating effect of marital satisfaction on the relationship between quality family life and the well-being of married couples.

In this connection, this study was anchored on the Family System Theory by Bowen (1966). The systems theory of family socialization, public opinion, and social movements focuses on the distribution of dysfunctions in families within a community. It demonstrates how family dynamics can play significant roles in the development of social change. It also suggests that families encounter transition points, producing such stresses and requiring structural changes to continue healthy functioning.

Also, this study was supported by the Self-Determination Theory by Ryan and Deci (2000). The theory is an approach to human motivation and personality that uses traditional empirical methods that highlights the importance of humans' evolved inner resources for personality development and behavioral self-regulation. It highlights the investigation of people's inherent growth tendencies and innate psychological needs that are the basis for their self-motivation, personality integration, and the conditions that foster those positive processes. The theory identified three needs namely: need for competence, relatedness, and autonomy.

In addition, this study was also supported by the Social Cognitive Theory by Bandura (1989). This psychological theory of human development focuses heavily on the growth of capabilities, especially during the earlier formative years when changes occur rapidly. When human development is viewed from a lifespan perspective, the influential determinants include a varied succession of life events that vary in their power to affect the direction lives take.

Furthermore, this study also utilized the Hierarchy of Needs Theory by Maslow (1943) which emphasizes that one must satisfy his/her growth needs in order to progress and achieve self-actualization. Maslow's theory suggested the presence of several needs arranged in a hierarchical pattern. Once satisfied, a lower-order need can no longer produce motivation in an individual. These needs range from physiological necessities

to self-actualization. Thus, as lower-order needs are satisfied the individual strives for self-actualization, which can only be fulfilled through more interesting and challenging work.

2. Literature Review

The changes in marital status and marital quality are related to changes in life satisfaction and symptoms of depression over the years. Negative aspects of marital relationships such as marital strain and marital dissolutions create stress and undermine well-being. A study found out that people who remained in unhappy marriages reported lower levels of well-being than those who remained unmarried (Nelson-Coffey, 2018). Studies suggest that the negative aspects of close relationships have a stronger impact on well-being than the positive aspects of relationships, and previous research shows that the impact of marital strain on health increases with advancing age (Liu & Waite, 2014; Rook, 2014; Thomas, et al, 2017).

In addition, marriage is progressing from a practical to a self-expressive union, marriage has become increasingly more important to well-being especially when personal satisfaction is the principal goal of marriage (Finkel, Hui, Carswell & Larson, 2014). In fact, marital happiness has been found to be the best predictor of well-being and the spousal support of a partner's self-fulfillment goals predicts higher relationship quality (Parry, 2016). A study has revealed that marriage is significantly related to increased happiness (DeMaris, 2018). Living with a spouse increases one's life satisfaction as well as decreases one's mortality rate, especially among elderly individuals. Marital relationship quality also matters since it is the most significant correlate of life satisfaction and well-being among married couples (Lee, Lee & Choi, 2020).

Additionally, a study by Rostami, Abolghasemi & Narimani (2013) was conducted to determine the effectiveness of quality of life based treatment on the well-being of incompatible couples. Results showed that this treatment causes the improvement of well-being and components of environmental skills, personal growth, and self-acceptance. The improvement of quality of life causes an increase of marital satisfaction and well-being (Gharibi, Sanagouymoharer & Yaghoubinia, 2016).

With this, there are also guidelines for working with couples on financial issues. Most marital disputes are related in some way to finances. Budgeting helps couples build assets, thus improving their quality of life (Kariuki, 2018). Social workers need to promote couples counseling in a judgment-free manner. They should advocate for incentives for couples that participate in couples counseling rather than seeking a divorce. Social workers could also advocate for relational well-being by asking lawmakers to consider couples counseling interventions before a couple decides to terminate a marriage (Kepler, 2015).

Furthermore, pre-marriage orientation and counseling is psychological counseling given to prospective wives and husbands before marriage. It plays an important role in building healthy marriages. Couples who attend pre-marriage counseling programs are

able to better overcome challenges and difficulties. Pre-marriage counseling programs also assist people in determining if they are fully ready for marriage (Ansah-Hughes, 2015). Similarly, premarital counseling also helps couples prepare for marriage. It provides a good avenue for learning more about each other which includes developing better communication. Premarital counseling helps to ensure that couples have a healthy relationship, and are given a better chance for a stable and satisfying marriage. It can also help couples identify weaknesses that could become bigger problems during marriage (Adzovie & Dabone, 2021; Ratson, 2015).

Also, the functioning of marriage and the family seemed to be simpler while supported by stronger and clearer rules, and strong external expectations. However, the marital relationship in recent times has become more complex as roles have become vague. As a result, couples often need pre-marriage orientation and counseling to help them find their way in the relationship, handle tensions, and build a satisfying and stable relationship (Horváth-Szabó, Petik, Herczeg-Kézdy, & Elekes, 2015). Education on preparation for marriage is a relatively new approach to avoid dissatisfaction and failure in conjugal life which is based on the idea that couples can learn how to have a successful and stable life. Therefore, pre-marriage orientation and counseling programs are therapeutic and precautionary (Keshavarz & Amrgha, 2013).

Moreover, the quality of family relationships is critical as people who are satisfied with their family life have a higher level of well-being than those who have a more negative experience of their family situation. This highlights the importance of the level of satisfaction in family life for the level of well-being and life satisfaction. People who are satisfied with their family life experience higher well-being and happiness than people who are less satisfied (Diener, Ingelhart & Tay, 2013).

A previous study was conducted on employed workers at two time periods to assess relationships between work-family conflict, family-work conflict, well-being, and job and family satisfaction, along with the role of social support from work colleagues and family members. The results showed that the relationship between work-family conflict and family-work conflict with well-being and satisfaction may be time-dependent. Family satisfaction influenced work-family conflict during the first time of period while, family satisfaction influenced family-work conflict during both times of periods (Namayandeh, Juhari & Yaacob, 2011).

Relatedly, environmental factors, including poverty, toxic stress, and the program context, can influence goal setting, pursuit, and attainment both directly and indirectly via their impact on how people use self-regulation skills. Interventions can improve self-regulation skills, change the environment so that it is easier to use self-regulation skills, and assist with goal setting and attainment (Cavadel, Kauff, Anderson, McConnell & Derr, 2017). As stated by Araújo, Silva, Moreira, Almeida, Freitas & Guedes (2018), goal attainment describes the nature of the relationship for reaching goals, which are implemented in a process of interaction through communication. To do so, the evaluation of a person is used, especially in the identification of problems, health disorders, their

perceptions of problems and sharing of information to plan the strategies to reach the goals proposed by the agreement.

In a wider perspective, Amati, Meggiolaro, Rivellini, and Zaccarin, (2018) mentioned that social relationships serve as buffers that diminish the negative consequences of stressful life events, such as bereavement, rape, job loss, and illness. The perceived availability of support or received support from others may, indeed, lead to a more benign appraisal of a negative situation. As stated by Jansen (2017), extended families are all different as the social norms in one family may be vastly different from the social norms in another family. Therefore, extended families teach individuals how to interact in their spatial environments.

In a previous study, it was found out that factors like family income, education of parents and children may have a positive influence on the health-related quality of life of children. It also suggested that children's health-related quality of life has a positive correlation with the parent's psychological well-being. A parent's well-being has an even greater influence on a child's health. Children's quality of life is connected with their parent's well-being, as the parent remains the main pillar of support to children's growth in all aspects. Family well-being is indeed, a foundation for children's quality of life (Flaquer, 2014; Thiyagarajan et al., 2019).

Generally, the definition of social well-being includes those that are enjoyed by people, communities, and their society. Quality of life and family quality of life is optimized when a person's basic needs are met and when he, she, or the family has the opportunity to pursue and achieve goals in major life settings. Such goals might include experiencing certain types of education or employment, or becoming involved in certain types of sporting activities (Brown & Schippers, 2018). Similarly, subjective well-being was also defined as the general evaluation of one's quality of life. It has been conceptualized into three components namely: a cognitive appraisal that one's life was good; experiencing positive levels of pleasant emotions; and experiencing relatively low levels of negative moods (Pannilage, 2017).

Furthermore, findings from a previous study exposed that emotion expressivity was associated with flourishing among married individuals. Expression of positive emotions predicted relationship flourishing within marital relationships. The strength of impulse reactions predicted individual as well as relationship flourishing of married individuals. The interaction between emotion expressivity and gender was a significant predictor of well-being (Fahd & Hanif, 2019). As stated by Anyamene and Etele (2020) recognizing and directing positive emotions may also make a major contribution to sustaining a marital partnership.

In addition, Pal (2017) added that by marrying, individuals can feel pleasure, happiness, trust, and peace of mind through interactions with other individuals who are involved in a marriage relationship. An ideal marriage is a marriage that is considered to provide intimacy, commitment, friendship, the fulfillment of sexual needs, affection, togetherness, and emotional development. However, conflict in marriage is inevitable, and to obtain a healthy marriage relationship, couples try to accept and resolve conflicts.

In unhealthy marital relationships, conflicts arise due to various reasons such as between role performance and expectations of the couple's role to cause the husband's inability and his wife in resolving the problems they face can disrupt a marriage relationship.

Also, the persistence of marriage makes sense considering that the intimate relationship enshrined by marriage continues to be vital to well-being. When marriages are stable and fulfilling, spouses are healthier, happier, and live longer. On the other hand, when the relationship falters, other pillars of well-being are at risk. The evidence is stronger than ever as the critical driver of these effects is the quality and longevity of the connection between the partners. Spouses themselves understand this as across the socioeconomic spectrum, people do not merely want to get married, they want to marry someone they love, and to remain in love together for the rest of their lives (Holt-Lunstad, Smith, Baker, Harris & Stephenson, 2015; Karney & Bradbury, 2020).

Moreover, each spouse brings into a new union a legacy of his or her background, including family of origin; sociocultural factors such as income and education; as well as current contexts of relationships with friends and family members. Individual traits and behaviors also affect spouse's satisfaction with marriage. Among these traits are personality and the physical and mental health of the spouse. For example, depression, neuroticism, chronic stress, low self-esteem, trait anger and impulsivity were found to negatively affect marital stability. Individual behaviors such as substance abuse, specifically heavy alcohol consumption and cigarette smoking, were also shown to have a negative effect on marital satisfaction. On the other hand, sociability was found to positively influence marital stability and family quality of life (Kasapoğlu & Yabanigül, 2018; Sharaievska, 2012).

Furthermore, as stated by Canel (2013), a healthy family environment primarily requires couples to trust each other, to equip themselves with love and respect, to develop problem-solving skills, and to maintain healthy communication with each other. The emotional and behavioral problems of the couples affect their marital satisfaction; therefore, these problems can easily be reflected in the family environment, which reduces their family quality of life. The relationship between couples is regarded as harmonious when marital satisfaction is high and the level of conflict and problem is low. On the other hand, one of the effects of burnout, poor family quality of life and low marital satisfaction, the main reasons for the reduction in the loss of manpower, is the loss of productivity of staff. This problem is in addition to the adverse effects of physical and psychological burnout on one's ability as it reduces one's overall efficiency (Azari & Rasouyar, 2016).

Moreover, it is believed that the direction in a relationship is at least from marital status to the family quality of life, and it is unlikely that a previous family quality of life resulted in a current marital status. For instance, studies are needed about the positive impact of marital satisfaction on family quality of life, about marital quality by age group, and about the increase in depression due to marital disruption (Han, Park, Kim, Kim & Park, 2014). Understanding factors associated with marital satisfaction is essential for the stability of family quality of life. It's hypothesized that by increasing marital satisfaction

in couples; mental, emotional and social problems can be reduced. Also, by upgrading levels of marital satisfaction, people will approach social, cultural and economic progress with more peace of mind (Nooripour, Bass, & Apsche, 2013).

In addition, healthy adaptation to a new culture has been linked to marital satisfaction. For example, it was found out that higher levels of mental health were related to higher marital satisfaction levels. Also, among factors of acculturation stress, coping resources, socio-demographics, social support, and marital satisfaction, marital satisfaction was the strongest predictor of international women's mental health levels. Marital satisfaction significantly predicted life satisfaction for both women and men. Studying psychological and well-being and acculturation styles of those adapting to a new cultural environment, it was found out that those who adopted integration and assimilation styles had higher levels of self-esteem, positive affect, marital satisfaction, and marital intimacy than those who adopted separation and marginalization styles (Bulgan & Ciftci, 2017; Im, Lee & Lee, 2014).

As such, in everyday life, a long-term and enduring marriage is often considered a major life goal and a key indicator not only for marital satisfaction, but also for well-being. As mentioned by Margelisch, Schneewind, Violette and Perrig-Chiello (2017) marital stability usually indicates increased well-being, whereas marital changes are among the most stressful life events. The findings by Kevin and Risla (2020) indicated the association between low income and reduced marital satisfaction, especially in distressed couples. Parents having a paid profession and living in prosperous neighborhoods reported higher marital satisfaction and well-being. On the other hand, marital satisfaction as a couple's perception of marital life and the perceived benefits of a long-term relationship was formed over months and years of communication and affected by different factors, such as life skills, understanding and intimacy, and the feeling of security in the relationship, among others.

In addition, househusbands are happier in their marriages, have a positive attitude toward gender norms, and use coping planning mechanisms. Mind setting emerges in marital satisfaction, marital orientation emerges in gender norms, and a personal character emerges in the area of coping mechanisms. The family's respondent's income was related to their marital satisfaction and attitude toward gender norms, whereas educational attainment was related to their attitude toward gender norms (Adame, Perea & Manibo, 2019). While findings suggest that couples of different ages are more vulnerable to economic shocks, there may be other processes through which the age gap in a marriage impacts the evolution of marital pleasure over time. The fact that the husband and wife are at various stages of their lives, for example, may have different effects on marital satisfaction at different times in the marriage, such as when one partner wants to start a family or when the other wants to retire (Lee & McKinnish, 2018).

Moreover, on married women and men, self-compassion and family forgiveness were revealed to be significant predictors of marital satisfaction. Self-compassion and forgiveness were important predictors of marital satisfaction in the sample population in regression analyses. In order to improve the quality of marriage life and provide

happiness and lasting harmony to their relationship and children's lives, family counselors should urge couples to improve their gender-specific attributes while enhancing the more substantial attribute of the spouse (Fahimdanesh, Noferesti, & Tavakol, 2020).

Further, the higher the satisfaction with marriage, the lower the severity of emotional stress, and the frequency of punishment of children in the family, the more expressed personal and behavioral qualities such as self-confidence, independence, ability to control anger, activity, perseverance, and the presence of clear life goals. There is a consistent relationship between volitional and emotional personality traits diagnosed with volitional and emotional characteristics and family life satisfaction and emotional stress. They enable the diagnosis of personal characteristics in parents that lower the likelihood of children in the household being punished and abused frequently (Chumakov & Chumakova, 2019).

Lastly, poor marital satisfaction has been linked to poor immune and endocrine functioning, depression, anxiety, and problem behaviors. High conflict and hostile relationships are linked to poor mental health resulting in greater levels of depression, anxiety, aggression, and substance abuse. It was found out that for emerging adult couples, emotional security and companionship were the strongest predictors of happiness and when combined with the qualities of reliable alliance, help, self-validation, and intimacy, accounted for 13 percent of the variance in happiness. In adulthood, commitment, trust, and intimacy in romantic relationships emerge as high and significantly related to well-being (Kansky, 2018; Mehta, Walls, Scherer, Feldman & Shrier, 2016).

Moreover, the changing function of the family has hurt children's well-being. Prolonged and unresolved conflicts between parents harm the children's well-being. Better parent-child interactions and communication, as well as strong child-parent connections, are critical for children's well-being. Awareness of children's well-being concerning the role of the family requires the quality of the parent-child interaction (Pannilage, 2015). Paternal marital satisfaction may not have a direct impact on the child's perception of family functioning. Fathers, on the other hand, can improve their children's perceptions of family functioning by co-viewing programs with them, and children will be less likely to feel gloomy if they do so with happily married mothers (Du, Liang, Mu, Li, Li, Li & Zhou, 2022). One of the most important indicators of life satisfaction and family performance is marital satisfaction (Tavakol, Nikbakht Nasrabadi, Behboodi Moghadam, Salehiniya & Rezaei, 2017). It is linked to many positive outcomes, including improved quality of life, increased overall life satisfaction, increased happiness, and improved family well-being (Yucel & Koydemir, 2015).

3. Material and Methods

There were 300 respondents of the study who are married, residents of the three districts: District A, District B and District C in one of the component cities in the Province of Davao

del Norte and have completed the PMOC seminar. These respondents were from the existing list of participants who have attended and completed the Pre-Marriage Orientation and Counselling Seminar for the period 2012 - 2020. The list was provided by the City Health Office, particularly from Population Commission Section. The researcher surveyed a maximum sample in the Sloven Formula with 300 at a 0.05 level of significance (Yamane, 1967). The researcher believed that such a sample size and number of respondents could represent the population of all married couples who have successfully completed the PMOC.

Stratified random sampling was employed in selecting the married couples who were participants in the PMOC within the given period from 2012- 2022. In this method, there was a possibility that each person in the sample of population could be selected as a subject. This was to ensure that the results were comprehensive to the context currently studied. This was a sampling technique in which the population is divided into groups called strata. The idea was that the groupings were made so that the population units within the groups were similar (Salkind, 2007).

Those married couples who have not attended or failed to complete the PMOC were deemed excluded as respondents of this study. Likewise, those married couples who were not residents of the identified districts and whose attendance to PMOC was beyond the cut-off period were also excluded.

The respondents were chosen accordingly to answer the questionnaire with confidentiality. The target respondents were free to decline from participating in the survey. They were not forced to answer the research questionnaire and were encouraged to return the same to the researcher for its automatic disposal. Moreover, they could withdraw anytime their participation in the research process if they felt uncomfortable about the study since they were given the free will to participate without any form of consequence or penalty. The study covered the period from June 2022 to June 2023.

This study was conducted specifically in the 3 districts (District A, District B, District C) in one of the component cities in the Province of Davao del Norte, which area is part of Region XI in the Philippines. Region XI is located in the southeastern portion of Mindanao, and Mindanao consists of five provinces, namely: Davao de Oro, Davao del Norte, Davao del Sur, Davao Oriental, and Davao Occidental. The region encloses the Davao Gulf and its regional center is Davao City. The Island Garden City of Samal (IGACOS) is a 4th class component city in the province of Davao del Norte, Philippines with a population of 116,771 people, as of the year 2020. It is made up of Samal Island and the smaller Talicud Island in the Davao Gulf, from the merger of the former municipalities of Samal, Babak, and Kaputian.

This city was identified as the area for this study because as a registered social worker who is presently assigned at the City Social Welfare and Development Office of this city, I personally encountered and handled several cases of marital conflicts mediation and counselling. It was alarming that Violence Against Women (VAW) reports were getting high yearly that I believed possibly connected to undermining the well-being of couples who lives miserable and unfulfilled married life as well as to unrecorded

marriage break on this island. Also, as one of the active members spearheading the PMOC program of the LGU, as a researcher, I am challenged and curious about the present quality of life and well-being of married couples after having been able to attend the PMOC and whether the said LUG-initiated program has contributed to the marital satisfaction of married couples.

There were three sets of questionnaires which were adapted from different authors and were validated by experts that were used in the study. The adapted standardized questionnaires is valid in contents for they are already tested. The questionnaires were contextualized to fit into the study. The results of the validation by the experts of the panel reflect an average mean score of 4.43 described as Very Good. The instrument were designed in a very comprehensive form with the help of expert validators to provide the respondents with ease and comfort in answering each question and in understanding the objective of the study. Pilot testing was conducted and the reliability of the scales was established using Cronbach alpha coefficient with the results of 0.923 for Quality Family Life, 0.949 Well-being of married couples and 0.960 for Marital Satisfaction.

The five-point Likert-type scale was used for the research variables. The scale requires individuals to tick on a box/blank in response to a large number of items concerning an attitude, object and stimulus. It is common to treat the number obtained from a rating scale directly as measurements by calculating averages or more generally any arithmetic operations (Santos, Martins & Brito, 2007). To interpret the responses of the study participants, the scale as follows was used. The range of means were 4.20 – 5.00 or Very High which means measures are always manifested; 3.40 – 4.19 or High which means measures are often manifested; 2.60 – 3.39 or Moderate which means measures are sometimes manifested; 1.80 – 2.59 or Low which means measures are seldom manifested; and 1.00 – 1.79 or Very Low which means measures are not manifested at all.

The study utilized a quantitative, descriptive, non-experimental design using a correlation technique and mediation analysis. This aided in determining the levels of marital satisfaction on the relationship of quality family life and well-being of married couples. Quantitative research narrows itself to statistical analyses of collected data via survey questionnaires employing computational approaches (Trefry, 2017). The researcher obtained the numerical data from the population in order to establish accuracy. Descriptive research depicts the precise selection of respondents through the survey (Kowalczyk, 2018). The design provided a description of marital satisfaction in its relationship to quality family life and the well-being of married couples.

The correlational technique is a non-experimental approach in which it analyses the relationship between two or more variables without reserve. It also looks into the degree of association by relating it with other variables. Apparently, correlational studies have independent and dependent variables with the effects of the independent variable observed on the dependent value (Patidar, 2013). The researcher chose this design to align the variables based on the discussion of the aforementioned related literature. This technique was appropriate since the study aimed to determine whether marital

satisfaction provided a relationship to quality family life and well-being of married couples (Creswell, 2014).

The mediation approach was used to determine whether the relationship between quality family of life as the independent variable and the well-being of married couples as the dependent variable was significantly reduced after the inclusion of the mediator variable- marital satisfaction. In other words, mediating relationships occurred when a third variable plays an important role in governing the relationship between the other two variables (MacKinnon, 2008).

This section discussed the systematic procedure in data gathering. First, before the conduct of the study, the researcher asked permission for the conduct of the study from the Dean, Professional Schools. The letter was addressed to the City Mayor, Attention: City Health Office, IGACOS, Davao del Norte. Since the researcher is currently employed under the City Social Welfare and Development Office and is one of the active members of PMOC program which can easily access to the list of married couples, the selected respondents can easily be identified and contacted upon. The researcher requested a brief orientation with the staff of City Health Office - Population Commission Section and introduced the study: the objectives of the study, the 3 districts covered with the study and some information concerning some ethical considerations observed during the data gathering.

Upon approval of the survey questionnaire by the expert validators, the researcher immediately proceeded with the conduct of pilot testing, as required before the full-blown data gathering. For the fast facilitation of the survey questionnaire, the researcher adopted the face-to-face method of data gathering. For this face-to-face method, the researcher has strictly observed the safety protocols mandated by the government during this time of pandemic from the distribution up to the retrieval of the survey questionnaire. These safety protocols are a mandate by the Inter-Agency Task Force for the Emerging Infectious Disease (COVID-19) to include physical/social distancing, wearing of face masks, washing of hands and containers of alcohol for use by the respondents after the survey. Also, it was important that during the survey, the researcher made available as many writing pens and kept all the used ball pens sanitized after each use. After all the survey questionnaires were retrieved, the researcher encoded the raw data in the Excel file and present the Excel results to the assigned statistician for computation. The analysis and interpretation were done based on the results of the study.

As to the statistical tools and for more comprehensive interpretation and analysis of the data, the following descriptive and inferential statistics were employed: Mean, to determine the levels of family quality of life, well-being and marital satisfaction of married couples. Pearson Product Moment Correlation (Pearson r), to determine if the relationship between family quality of life, well-being and marital satisfaction of married couples are significant. As to the mediation analysis, the Medgraph using Sobel z -test was employed to determine the mediating effect of marital satisfaction on the relationship between family quality of life and the well-being of married couples.

In the gathering of data, ethical consideration was important since the researcher aimed to impart authentic knowledge, truth and prevention of error in doing research. The respondents of the study were married, residents of the three districts: District A, District B and District C in one of the cities in Davao Province, Region XI, and were carefully selected based on the criteria provided in the research. The researcher did not force the respondents to join the data gathering. The respondents were free to decline to participate in the survey, they were not forced to answer the research questionnaire and encouraged to return the same to the researcher for its automatic disposal and lastly, they can withdraw anytime their participation in the research process if they felt uncomfortable about the study. The researcher ensured that the data to be gathered were kept confidential and that such information was utilized only for the purpose of the research. No names were required from the respondents so their identities were anonymous.

In addition, the researcher adhered to the provisions of Republic Act No. 10173, otherwise known as the Data Privacy Act of 2012 which seeks to protect the fundamental human right to privacy of communication. The responses in the survey were used for the purpose of the study and they were kept confidential. After the conclusion of the study, the accomplished survey questionnaire was shredded as they already served their purpose. Likewise, any soft copies of the data were destroyed or deleted from the hard drives where they were saved. For any misuse of the data and information, the respondent has the right to file a complaint and request for an investigation.

Furthermore, each target respondent was given an informed consent form prior to the gathering of data. In the form, the title and the purpose of the study were stated. It was a form asking for their voluntary consent in giving their ideas for the study. The respondent signed the ICF to prove his/her willingness to participate and was assured of the confidentiality of the data and that the data was used only for the purpose of the study. The participants were carefully selected based on the criteria provided in the research. No individual answered the questionnaire if he/she did not qualify for the criteria. The study did not involve high risks of situations that the respondents experienced.

Also, some mitigating measures were also considered, including psychological, financial and physical preparations. The researcher adhered to the safety protocols during this pandemic time as per mandate by the Inter-Agency Task Force for the Emerging Infectious Disease (COVID-19) such as physical/social distancing and wearing of face masks. Married couples were the primary beneficiary of the study. They gained an understanding of what was married life all about and what were the possible lessons they learned from the results of the study. At the same time, the City Social Welfare and Development Office was able to establish a scientific basis for drawing out some interventions for any issues resulting from the study that needed to be addressed, in order to help married couples live a better married life in the future. In addition, this study could be used as a practical reference for future research in the field of social work.

Moreover, the researcher ensured that the materials used underwent paraphrasing and were expressed in the researcher’s own ideas. There was no portion of the study which made use of another person’s ideas or words and if there was such, the person has been given appropriate credit for his works and study. The study underwent plagiarism check in the University using the Turnitin, to ensure that there was no plagiarism that happened in the whole duration of the study. The study underwent the standard procedure of research established by the Professional Schools of the University of Mindanao. There was no trace/evidence of intentional misrepresentation, or there was no making up of data and/or results, or purposefully putting forward conclusions that were not accurate.

In addition, no inconsistency with the existing literature the information was included in the manuscript. The study could have no conflict of interest (COI) since the researcher has no relationship with the respondents of the study. The researcher ensured that there were no circumstances that provided the potential opportunities where the respondent’s responses were compromised or put in their personal interests or those of any other person or organization. This study was a requirement for the completion of the master’s degree in Social Work at the University of Mindanao Professional School. There was no deceit and everything that was written and reflected was true and underwent validation and thorough checking from different experts in the field of research. The researcher secured proper permission to conduct the study in the form of a letter to be approved by the Dean, Professional Schools, University of Mindanao, to be addressed to the City Mayor of said City, Province of Davao.

Furthermore, no person was authorized to publish nor present this paper except for the researcher herself or her adviser without the consent of the researcher. In case, an organization wanted to have a copy of the result of the study then it can be accessed only for the purpose of creating programs and policies in the organization but still with the permission of the researcher, adviser and the university. For purposes of the publication, the adviser becomes a co-author of the study. Lastly, before the conduct of actual data collection, the researcher secured Compliance Certificate from UMEREC with the understanding that all ethical considerations were properly observed.

4. Results and Discussion

Table 1: Level of Quality Family Life of Married Couples

Indicator	SD	Mean	Descriptive Level
Satisfaction Level	0.68	4.17	High
Health and Well-being	0.65	4.25	Very High
Social Relations and Support	0.72	4.13	High
Goal Attainment	0.71	4.31	Very High
Overall	0.62	4.22	Very High

The level of quality of family life is very high, resulting from the very high and high levels responses. The indicators goal attainment and health and well-being have very high

ratings, while the indicators satisfaction level and social relations and support have high ratings. These indicators are arranged from highest to lowest level. The very high-level rating of goal attainment is suggestive of the very high extent of goals set and whether they are pursued. This claim is in line with various authors (Araujo et al., 2018; Cavadel et al., 2017) wherein goal attainment describes the nature of the relationship for reaching goals, which are implemented in a process of interaction through communication. Interventions can improve self-regulation skills, change the environment so that it is easier to use self-regulation skills, and assist with goal setting and attainment.

The high level of social relations and support suggests that the activities people undertake with personal contacts, the roles the contacts fulfill in their lives and the support they provide differ among the various types of people in one’s personal network. This is also in line with various authors (Amati, Meggiolaro, Rivellini, & Zaccarin, 2018; Jansen, 2017) stating that social relationships serve as buffers that diminish the negative consequences of stressful life events, such as bereavement, rape, job loss, and illness. The perceived availability of support or received support from others may, indeed, lead to a more benign appraisal of a negative situation. Extended families are all different as the social norms in one family may be vastly different from the social norms in another family. Therefore, extended families teach individuals how to interact in their spatial environments.

Table 2: Level of Wellbeing of Married Couples

Indicator	SD	Mean	Descriptive Level
Positive Emotions	0.69	4.41	Very High
Engagement	0.70	4.20	Very High
Relationship	0.72	4.17	High
Meaning and Purpose	0.75	4.36	Very High
Accomplishment	0.73	4.28	Very High
Overall	0.66	4.28	Very High

The very high level of well-being of married couples resulted from the very high and high levels responses. The indicators positive emotions, meaning and purpose, accomplishment, and relationship were arranged from highest to lowest. The very high level of positive emotions is indicative of the very high extent to which spouses express their positive emotions towards one another and affect their behavior toward each other. This claim is in line with various authors (Anyamene & Etele, 2020; Fahd & Hanif, 2019) wherein recognizing and directing positive emotions may also make a major contribution to sustaining a marital partnership. Expression of positive emotions predicted relationship flourishing within marital relationships. The strength of impulse reactions predicted individual as well as relationship flourishing of married individuals.

Additionally, the high level of relationship is suggestive of the high centrality of such to people’s lives and the benefits of healthy relationships to individuals, couples, and well-being. This is in line with various authors (Holt-Lunstad et al., 2015; Karney & Bradbury, 2020; Pal, 2017) stating that by marrying, individuals can feel pleasure,

happiness, trust, and peace of mind through interactions with other individuals who are involved in a marriage relationship. An ideal marriage is a marriage that is considered to provide intimacy, commitment, friendship, the fulfillment of sexual needs, affection, togetherness, and emotional development. The persistence of marriage makes sense considering that the intimate relationship enshrined by marriage continues to be vital to well-being. When marriages are stable and fulfilling, spouses are healthier, happier, and live longer.

Table 3: Level of Marital Satisfaction of Married Couples

Items	SD	Mean	Descriptive Level
I and my partner understand each other perfectly.	0.92	3.97	High
I am pleased with the personality characteristics and personal habits of my partner.	0.84	3.87	High
I am very happy with how we handle role responsibilities in our marriage.	0.87	4.12	High
I am completely understood and sympathized by my partner in all my moods.	0.88	3.79	High
I am happy about our communication and I feel my partner understands me well.	0.89	3.97	High
My relationship with my partner is a perfect success.	0.88	3.96	High
I am very happy about how we make decisions and resolve conflicts.	0.90	4.08	High
I am happy about our financial position and the way we make financial decisions.	0.91	3.87	High
I appreciate that my partner provides all my needs and our relationship.	0.92	3.93	High
I am very happy with how we manage our leisure activities and the time we spend together.	0.97	4.00	High
I am very pleased about how we express affection and relate sexually.	0.90	4.03	High
I am satisfied with the way we each handle our responsibilities as parents.	0.86	4.11	High
I have never regretted my relationship with my partner, not even for a moment.	0.96	4.00	High
I am satisfied with our relationship with my parents, in-laws, and/or friends.	0.94	4.00	High
I feel very good about how we each practice our religious beliefs and values at home.	0.97	4.03	High
Overall	0.69	3.98	High

The high level of marital satisfaction of married couples reveals the high degree to which spouses evaluate their approval of various aspects of their marital relationships, which comprises all facets of a married couple's connection, including their sexual relationship. This claim is in line with various authors (Adame et al., 2019; Lee & McKinnish, 2018) who mentioned that the family's respondent's income was related to their marital satisfaction and attitude toward gender norms, whereas educational attainment was

related to their attitude toward gender norms. The fact that the husband and wife are at various stages of their lives, for example, may have different effects on marital satisfaction at different times in the marriage, such as when one partner wants to start a family or when the other wants to retire.

Moreover, the results of the study are also in line with various authors (Chumakov & Chumakova, 2019; Fahimdanesh et al., 2020) who stated that the higher the satisfaction with marriage, the lower the severity of emotional stress, and the frequency of punishment of children in the family, the more expressed personal and behavioral qualities such as self-confidence, independence, ability to control anger, activity, perseverance, and the presence of clear life goals. In order to improve the quality of married life and provide happiness and lasting harmony to their relationship and children's lives, family counselors should urge couples to improve their gender-specific attributes while enhancing the more substantial attribute of the spouse.

Table 4: Significance of the Relationship between
 Quality Family Life and Well-being of Married Couples

Quality Family Life	Well-being					
	Positive Emotions	Engagement	Relationship	Meaning and Purpose	Accomplishment	Overall
Satisfaction Level	.650** .000	.648** .000	.611** .000	.671** .000	.639** .000	.705** .000
Health and Well-being	.693** .000	.725** .000	.674** .000	.717** .000	.690** .000	.766** .000
Social Relations and Support	.750** .000	.772** .000	.766** .000	.790** .000	.750** .000	.838** .000
Goal Attainment	.835** .000	.808** .000	.730** .000	.825** .000	.812** .000	.878** .000
Overall	.820** .000	.826** .000	.779** .000	.841** .000	.810** .000	.892** .000

The correlation between the measures of quality family life and the well-being of married couples revealed a significant relationship. This implies that quality family life is significantly correlated with the well-being of married couples. The findings of this study is in line with the studies of various authors (Flaquer, 2014; Pannilage, 2017; Thiyagarajan et al., 2019) stating that parent's well-being has an even greater influence on a child's health. Children's quality of life is connected with parent's well-being, as the parent remains the main pillar of support to children's growth in all aspects. Family well-being is indeed, a foundation for children's quality of life. Similarly, subjective well-being was also defined as the general evaluation of one's quality of life. It has been conceptualized into three components namely: a cognitive appraisal that one's life was good; experiencing positive levels of pleasant emotions; and experiencing relatively low levels of negative moods.

Table 5: Significance of the Relationship between
 Quality Family Life and Marital Satisfaction of Married Couples

Quality Family Life	Marital Satisfaction
Satisfaction Level	.687** .000
Health and Well-being	.519** .000
Social Relations and Support	.587** .000
Goal Attainment	.490** .000
Overall	.638** .000

The correlation between measures revealed that there is a significant relationship between quality family life and marital satisfaction of married couples. This implies that quality family life is positively correlated with the marital satisfaction of married couples. The result of the study confirms with various authors (Azari & Rasouyar, 2016; Kasapoğlu & Yabanigül, 2018; Sharaievska, 2012) who mentioned that individual behaviors such as substance abuse, specifically heavy alcohol consumption and cigarette smoking, were shown to have a negative effect on marital satisfaction. On the other hand, sociability was found to positively influence marital stability and family quality of life. One of the effects of burnout, poor family quality of life and low marital satisfaction, the main reasons for the reduction in the loss of manpower, is the loss of productivity of staff. This problem is in addition to the adverse effects of physical and psychological burnout on one's ability as it reduces one's overall efficiency.

Table 6: Significance of the Relationship between
 Marital Satisfaction and Wellbeing of Married Couples

Marital Satisfaction	Well-being					
	Positive Emotions	Engagement	Relationship	Meaning and Purpose	Accomplishment	Overall
	.534** .000	.475** .000	.501** .000	.580** .000	.518** .000	.572** .000

The correlation between the measures of marital satisfaction and the well-being of married couples revealed a significant relationship. This implies that marital satisfaction is positively associated with the well-being of married couples. This claim is in line with various authors (Margelisch et al., 2017; Kevin & Rislá, 2020) wherein a long-term and enduring marriage is often considered a major life goal and a key indicator not only for marital satisfaction, but also for well-being. Marital stability usually indicates increased well-being, whereas marital changes are among the most stressful life events. Also, the association between low income and reduced marital satisfaction, especially in distressed

couples. Parents having a paid profession and are living in prosperous neighborhoods reported higher marital satisfaction and well-being. On the other hand, marital satisfaction as a couple's perception of marital life and the perceived benefits of a long-term relationship was formed over months and years of communication and affected by different factors, such as life skills, understanding and intimacy, and the feeling of security in the relationship, among others.

Table 7: Regression results of the variables as criteria of the presence of mediating effect

Effect	Label	Estimate	SE	Z	p	% Mediation
Indirect	a × b	0.0635	0.0294	2.16	0.031	6.60
Direct	c	0.8984	0.0392	22.92	< .001	93.40
Total	c + a × b	0.9619	0.0264	36.45	< .001	100.00

There are three steps to be met for a third variable to be acting as a mediator. In Table 7, these are categorized as Steps 1 to 3. In step 1, quality family life as the independent variable (IV) significantly predicts the well-being of married couples, which is the dependent variable (DV) of the study. In step 2, quality family life significantly predicts marital satisfaction, the mediator (M). In step 3, marital satisfaction significantly predicts the well-being of married couples.

Also, because the three steps (paths a, b and c) are significant, further mediation analysis through Medgraph is necessary, including the Sobel z test to assess the significance of the mediation effect. If the effect of the independent variable on the dependent variable becomes non-significant at the final step of the analysis, full mediation will be achieved. It means all the effects are mediated by the mediator variable. In addition, if the regression coefficient is substantially reduced at the final step but remains significant, only partial mediation is obtained, which implies that part of the independent variable (quality family life) is mediated by the mediator (marital satisfaction) but other parts are either direct or mediated by other variables that are not included in the model. In this case, as gleaned in step 3 (denoted as c), the effect of quality family life on the well-being of married couples was found to have been increased after being mediated by marital satisfaction. With this, partial mediation took place since the effect was found to be significant at $p < 0.001$ level.

Furthermore, the Sobel test resulted to a z-value of 36.45 with a p-value of < 0.001 , which is significant at 0.05 level. This implies that there is a partial mediating effect, as it is likely that the original direct effect of quality family life on the well-being of married couples has increased upon the addition of marital satisfaction. The Sobel z-value indicates that the addition of marital satisfaction increases the effect of quality family life on the well-being of married couples.

Also, the effect size measures how much of the effect of quality family life on the well-being of married couples can be attributed to the indirect path. The indirect effect value of 2.16 is the beta of quality family life on the well-being of married couples. The direct effect value of 22.92 is the beta of quality family life towards the well-being of married couples with marital satisfaction included in the regression. The total effect value

of 36.45 is the amount of the original beta between quality family life and well-being of married couples that now go through marital satisfaction to the wellbeing of married couples ($a * b$, where “a” refers to the path between Quality Family Life \odot Well-Being of Married Couples and “b” refers to the path between Marital Satisfaction \odot Well-Being of Married Couples). The ratio index is computed by dividing the indirect effect by the total effect; in this case, 2.16 by 36.45 equals 0.066. It seems that about 6.60% of the total effect of quality family life on the well-being of married couples goes through marital satisfaction, and 93.4% percentage of the total effect is either direct or mediated by other variables not included in the model.

The aim of this study is to contribute to the literature regarding the possible mediating variable for the relationship between quality family life and the well-being of married couples. Specifically, marital satisfaction was investigated as a possible mediating variable that could explain the effect of quality family life on well-being. Partial mediation is found in the study, and important and significant direct effects were presented that may help in the enhancement of the existing researches on quality family life and well-being of married couples. Significantly, the present study on the relationship of quality family life and the well-being of married couples is supported by the study of Bowen (1966) which demonstrates how family dynamics can play significant roles in the development of social change. Specifically, the current study has found that marital satisfaction is a partial mediator of quality family life and well-being of married couples and met Baron and Kenny’s (1986) mediation guidelines.

In this connection, the mediation analysis involved the path between quality family life and well-being, and the path between marital satisfaction and well-being. The findings confirm the relationship between quality family life and well-being leading to support for various authors in this study (Tavakol et al., 2017; Yucel & Koydemir, 2015) who declared that one of the most important indicators of life satisfaction and family performance is marital satisfaction. It is linked to many positive outcomes, including improved quality of life, increased overall life satisfaction, increased happiness, and improved family well-being. Thus, quality family life conveys good marital satisfaction and well-being of married couples.

5. Recommendations

The researcher came up with the following recommendations based on the results of the study. On the overall result of a very high level of quality family life, it is recommended that existing practices among couples may be maintained as the results revealed that the whole family is living happily inside their own homes and even with its relationship to their neighbors and the community. Among these practices at home include the setting of family goals and working hard to meet these goals, acknowledging everyone’s effort to resolve conflicts, complimenting for an accomplished assignment or job well done, sharing meals together, spending time going to church and bonding with some friends.

Specifically, the high-level results of satisfaction and social relations and support indicate that there may be a need to sustain, if not strengthen the open communication of members in the family by being sensitive to all the things that are happening with each other and with their children inside and outside the home. Quality time in bonding inside and outside the home may be recommended where sharing of each other ideas, thoughts and feelings may be entertained and given full attention. Spending time to visit relatives, friends and colleagues for a day or two is encouraged. This may include attending family reunions and special gatherings as one family. Transparency, honesty and respect for each other may be maintained and above all the relationship should be bounded with the faith of our Creator.

On the overall result of a very high level of well-being of married couples, the researcher recommends continuing their present practices in the family. Everyone in the family should be acknowledged as a member and as such all plans and decisions done by the couples should be family-focused. Each member's effort to share their opinions and insights for the betterment of the family should be given importance and consideration. Husband and wife should remain as role models to their children and should be able to create and maintain a positive atmosphere at home by helping each other with the household chores and doing everything for the family to lessen some burdens and pressures in life. The well-being of married couples is shown in their daily activities by being an inspiration to the family and maintaining a direction that is best for the family.

On the high-level result of the relationship as an indicator of well-being, the researcher recommends encouraging the members of the family to establish a continuing rapport and good relationship with the neighbors and other members of the community. This can best be shown by joining some ongoing civic activities in the community like Oplan Linis Sa Bakuran and Kapaligiran, sports activities of the youth like volleyball, basketball, badminton leagues, some spiritual activities celebrated every Holy Week, Month of the Rosary or Christmas and other celebrations which may entail some attendance and monetary contributions for the success of the activities.

On the result of the high level of marital satisfaction, the researcher recommends that the couples should try to talk often with each other so that whatever existing problems may be settled down immediately among themselves. While it is a fact that there is no perfect relationship but with open communication and acknowledging one's faults or mistakes with sincerity and humility, then such efforts may save the relationship and even strengthen the existing one. Talk out things or have a heart-to-heart talk with the partner and never give up, after all the whole family is at stake. In support to maintain good relationships and establish high marital satisfaction among husbands and wives, the Department of Social Welfare and Development, as part of its mandate has developed programs to strengthen marital and family life. This includes Parent Effective Service, Family Development Sessions, Marriage Counseling Service, and organization of Family Councils. These are the existing programs of the government that will help preserve the importance and sanctity of the family.

On the significant relationship among the variables, the researcher recommends that the concerned LGU may continue the conduct of regular pre-marriage counselling seminars for all married couples and most especially include in its components the periodic monitoring of the effectiveness of the implementation of the program with the conduct of an annual evaluation to determine the impact of the program on the lives of the married couples. An updated database of its status may be established and maintained as a good basis for whether to continue or make enhancements to the program itself.

On the result of the partial mediating effect of marital satisfaction, it is hereby recommended that the LGU may plan out and initiate more activities involving married couples which would deepen and strengthen the relationship of married couples. This may include the conduct of seminars to establish good communication and negotiation skills among couples, Family Life Education workshop to pick up life skills to help grow married couples' relationships, and an establishment of a club for married couples per purok or barangay as it would be an advantage of being part of a community of married couples where sharing of success stories as well as failures may help check and improve the couples' married life.

A good recommendation for future researchers is to replicate the study using a qualitative research design (case study or phenomenology) to showcase the best practices of married couples on how they are able to sustain their relationship for many years. Another quantitative study may be conducted using some demographic indicators like age, religion, and social status to determine if there is a significant difference if these indicators are included to determine whether couples' relationships remain intact or shaken.

6. Conclusion

With consideration of the findings of the study, conclusions are drawn in this section. There is a very high level of quality family life and well-being of married couples. There is a high level of marital satisfaction among married couples. There is a significant relationship between quality family life and the well-being of married couples. There is also a significant relationship between quality family life and marital satisfaction of married couples and a significant relationship between marital satisfaction and well-being of married couples. Also, there is a partial mediation on the effect of marital satisfaction on the relationship between quality family life and the well-being of married couples.

The findings of the study support the notion about the mediating effect of marital satisfaction on the relationship between quality family life and the well-being of married couples. The findings support the anchor theory, the Family System Theory of Bowen (1966) which suggests that families encounter transition points, producing such stresses and requiring structural changes to continue healthy functioning. Further, the findings of the study support the Self-Determination Theory of Ryan and Deci (2000), the Social

Cognitive Theory of Bandura (1989), and the Hierarchy of Needs Theory of Maslow (1943). The findings of the study support such theories as these explained why people interact with each other and that every interaction brought about satisfaction and determined the well-being of individuals. Since there is a partial mediation as a result in this study, the interaction of the married couples in their homes partially determines the kind of quality of life and well-being they experience on a daily basis.

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Conflict of Interest Statement

The authors declare no conflicts of interest.

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