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Polish Adaptation of Marital Satisfaction Questionnaire For Older Persons (MSQFOP)

Polska adaptacja Kwestionariusza Satysfakcji z Małżeństwa dla Osób Starszych MSQFOP

Abstract

The article outlines the results of academic endeavors to develop a Polish adaptation of Marital Satisfaction Questionnaire For Older Persons (MSQFOP). The results obtained using the Polish version are comparable to those obtained using the original research instrument, which proves that the Polish MSQFOP scale adaptation can be successfully used for research purposes. The scale consists of 24 items covering four dimensions: Communication and expression of feelings, Sex life, Health and Affiliation. The scale testing procedure involved a research sample consisting of 832 people. The Cronbach's alpha coefficient was .94 for the entire scale and oscillated between .68 and .94 for the subscales.

Keywords: marital satisfaction, Polish adaptation, late adulthood, older couple.

Theoretical introduction

On the ground of psychology, the issue of marital satisfaction has enjoyed a great deal of interest among researchers (Fincham & Beach, 2010; Fincham & May, 2017; Lavner & Bradbury, 2010; Lavner, Karney & Bradbury, 2016; Stafford, 2016; Umberson, Williams, Powers, Chen & Campbell, 2005). This fact becomes fully understood when we realize that a properly functioning family system is not

only an optimal environment for the development of its members (Cunningham & Thornton, 2006; Howes & Markman, 1989; Twenge, Campbell & Foster, 2003), but also a physical and mental health factor for a given person (Burman & Margolin, 1992; Mirghafourvand, Charandabi, Jafarabadi, Tavananezhad & Karkhane, 2016; Robles, Slatcher, Trombello & McGinn, 2014; South & Krueger, 2013). Hence, the issue of marital satisfaction has been and continues to be the main subject of scientific discourse of social scientists (Bradbury, Fincham & Beach, 2000). The analysis of the results of research conducted in the area of marital happiness conditions indicates, however, that they concern the majority of spouses in early and middle adulthood. There is a lack of research aimed at finding predictors of marital success in late adulthood (Bulanda, 2006; Haynes et al. 1992; Reynolds, Remer, & Johnson, 1995; Schmitt, Kliegel & Shapiro, 2007). Sufficiently convincing evidence of such a state of affairs seems to be the fact that between 2000 and 2010 out of 183 articles on the dynamics of marriage, published in the prestigious *Journal of Family Psychology*, only five referred to spouses who were more than 20 years in relationship (Claxton, O'Rourke, Smith & DeLongis, 2012). This absence is disturbing for a few reasons at least.

First of all, we are now witnessing the dynamically progressing aging of the world population. In the light of demographic data from the UN Population Aging report published in 2015, the share of seniors (aged 60 and over) in the global population will increase by 56% over the next 15 years. As a result, the number of elderly people in the world will increase from 901 million to just over 1.4 billion (see Baltes & Mayer 2001, Batlans, Lagergren & Thorslund, 2009; Cherlin, 2010). It is to be expected that the population of spouses at the age over 60 will also increase. Hence, from a cognitive and practical point of view, the question of the condition of conjugal happiness in people over sixty years of age becomes important and demands an answer confirmed by empirical investigation (Brudek 2015).

Secondly, the period of old age is marked by many changes that appear in all areas of the psychosocial functioning of the individual (Baltes & Baltes, 1990; Hobdy et al., 2007; Möttus, Luciano, Starr & Deary, 2013). This is a time when the strength of the experienced stress is growing – there is a specific susceptibility to stress, connected with both sudden difficult challenges, as well as with daily minor limitations (Lazarus & Lazarus, 2006). Stressful situations that are related to the specificity of seniority may increase the risk of developing or escalating disorders in the physical and mental health of an individual, as well as generate a number of problems in the psychosocial functioning of the person (Steinberg & Stein, 2016). Age connected difficulties of different types appear not to be indifferent to the quality of married life (Bodenmann, Meuwly & Kayser, 2011; Landis, Peter-Wight, Martin & Bodenmann, 2013; Walker et al., 2013). Hence it is valua-

ble to look for subject resources that will allow not only for sustainability, but also for the increased satisfaction of marriage, and thus will contribute to more adaptive coping with the limitations of the aging process.

Thirdly, there are many stereotypes about old age and aging in public consciousness (Ellis, & Morrison, 2005; Knox, Gekoski, & Kelly, 1995; Rittenour & Cohen, 2016). One is the conviction that romantic engagement is not possible with older spouses (Charles & Carstensen, 2002; Gott & Hincliff, 2003; Ivey, Wieling & Harris, 2000). Due to the fact that this type of thinking about marriage at the last stage of human life significantly shapes social consciousness and thus frustrates the involvement of spouses in building a happy relationship (Sternberg 1986), an empirical verification of this stereotype may prove valuable (Hummert, 2011).

These above observations lead to a more intensive exploration of the issue of marital satisfaction and its specific conditions in late adulthood (see Brudek 2015; Charles & Carstensen, 2002). Wanting this postulate to bring desirable and scientifically valuable results, it is necessary to use psychological tools that: (1) allow for adequate to the specificity of the studied group description of the satisfaction of marriage; (2) will have satisfactory psychometric indicators (see Anastasi & Urbina, 1997). Present in Polish (Braun-Galkowska, 1992; Plopa, 2007) and foreign (Fincham & Bradbury, 1987; Johnson, White & Edwards, 1986; Locke & Wallace, 1959; Norton, 1983; Schumm, Nichols, Schectman & Grigsby, 1983; Spanier, 1976; see. Crane, Middleton & Bean, 2000; Funk & Rogge, 2007) literature, the methods used to describe marital satisfaction are of a very general nature or are intended primarily for spouses in early and middle-aged adulthood. Hence, in their structure and content, they focus on issues that no longer affect the level of marital satisfaction (e.g. the birth of a first and subsequent child, the upbringing of children), or omit those that may be crucial for the building of conjugal happiness in old age (e.g. care about the health of the spouse).

There is no such psychological measurement tool in Poland. This circumstance has become an essential motive for translating and adapting (to Polish conditions) a tool created by S. N. Haynes and his collaborators. The method of measuring satisfaction in the elderly is already translated (in whole or in part) into other languages, *inter alia* Spanish (Castro-Díaz, Rodríguez-Gómez & Vélez-Pastrana, 2012), Portuguese (Sousa & Marques, 2014), German (Rauschek, 2014) or Dutch (Korporaal, Broese van Groenou & Tilburg, 2013). This fact became an impulse to work on the Polish version of the questionnaire. The psychological measurement tool, which has several (different) language versions, provides a platform for intercultural research and enables an effective exchange of scientific thought between researchers.

1. Original version of the MSQFOP questionnaire

By participating in the construction of the MSQFOP questionnaire, Haynes and colleagues (1992) reviewed and systematized the theoretical concept of marriage satisfaction in literature. Based on the theoretical findings and the results of previous studies, the authors have acknowledged that satisfaction with marriage is to be understood as a complex construct that reflects the characteristics of the quality of conjugal relationship, such as the support given by the spouse, the way of expressing and experiencing emotion in the conjugal matrimony, the ability of mutual communication and effective solving conflicts in marriage as well as the degree of subjective satisfaction with the relationship with the spouse (see Barnett & Nietzel, 1979; Gottman & Krokoff, 1989; Haynes, Follingstad & Sullivan, 1979; Hooley & Hahlweg, 1989; Haynes et al. 1992).

This scale is designed to study spouses in late adulthood. It allows to capture those aspects of marital satisfaction that can be considered specific to that period. It is a valuable proposal to fill the “gap” in the area of psychological measurement tools in terms of the quality of matrimonial relations of the elderly. The method used to describe marital satisfaction in literature is mainly for spouses of early and middle age. Hence, in their structure and content, they focus on issues that no longer affect the level of marital satisfaction (e.g. child education) or omit those that may have a key role in the building of conjugal happiness (e.g., the care of the spouse’s health) (Haynes et al.1992).

The original version of MSQFOP consists of 24 items, the first 20 of which are diagnostic and refer to the different spheres of life (common interests, spousal support, feelings, communication, conflict resolution, sexual intercourse, axiological preferences). The last four questions are complementary questions that determine how satisfied a person is at the moment (*Overall, how satisfied are you with your marriage right now?*) and how changes in marital satisfaction in the course of marriage are perceived (*Compared to five years ago, how satisfied are you with your marriage?*). Starting to construct the scale, its authors assumed that it would have a one-factor structure (it would allow only a global index of satisfaction of marriage). However, the statistical analyses conducted (exploratory factor analysis with oblique rotation) revealed the existence of three dimensions explaining in total 69% of the variance of results in the area of marital satisfaction: (1) *Communication-Companionship* – containing 16 items of factorial charges in the range .52 to .87 and explain 58% of variation in results; this dimension reveals to what extent the mode of communication of the spouses and the proximity resulting from the sharing of common time

and interests affect the sense of satisfaction of the marriage; (2) *Sex-Affection* – consisting of three theorems explaining 6% of variance results, whose charge values are from .50 to .92. In terms of content, these statements refer to the frequency and quality of sexual intercourse and the expression of feelings; (3) *Health* – in the strict sense, it cannot be spoken here about factor, since it is generated by only one item (*Physical condition of my spouse*), but because of the fact that the value of the factorial load in this case was .84 and was significantly higher than the values reported in the other two factors (.02 and .17), a three-factor solution was adopted in which the third factor explained 5% of the variance in marital satisfaction. The reliability of the whole scale (20 items) calculated by the α -Cronbach index was high: $\alpha=.96$. The MSQFOP questionnaire is therefore characterized by satisfactory psychometric properties. Analyses of validity showed that it positively correlates with satisfaction in life ($r_{males}=.56$, $r_{females}=.60$). MSQFOP is a valuable tool for measuring satisfaction from a marriage, willingly used in research in this field (see Floyd, Haynes, Doll, Winemiller, Lemsky, Burgy & Heilman, 1992; Zuccherro, 1998; Fitzpatrick & Vacha-Haase, 2010).

2. Methodology of research

Works on the Polish version of the MSQFOP scale began in 2011, after obtaining permission from its authors. The adaptation procedure was carried out in accordance with psychometric standards (Anastasi & Urbina, 1997). In the first place, three professional translators (including one psychologist) have translated the items that are included in the scale from English into Polish. The translated versions of the tool were carefully analysed and one initial version of the tool was agreed in Polish. Later it was transferred to the fourth translator (Englishmen of Polish origin, who knows both languages well) for retranslation. At the last stage of the translation process, with the aid of an English philologist who was also a psychologist, both versions, Polish and English, were compared and language corrections were introduced.

In order to determine the psychometric properties of the Polish version of the MSQFOP, 517 persons were examined ($M_{age} = 55.59$, $SD_{age} = 13.35$). The analysis of the factorial structure of the MSQFOP questionnaire used the Explanatory Factor Analysis (EFA) with the Main Components with Rotation *Oblimin* ($\delta=0$) and Kaiser Standardization. In turn the correlation coefficient (CFA) was used to determine the relevance of theoretical scales. However, in order to meet the requirements of cross validation, the whole sample ($N=517$) was randomly divided

into two subgroups. In the first group ($n=234$), the EFA was performed (the ratio of items to the subjects in the group was 1:12), and in the second ($n=283$) CFA was performed. The gender, age and place of residence structure were similar in the analyzed groups.

3. Results of Exploratory Factor Analysis (EFA)

In EFA, determinant of the matrix for the analysed data was .0015; the KMO test had a value of .937 with a significant Bartlett sphericity test ($\chi^2=3018.47$; $p<.001$). The statistical analyses allowed to distinguish four factors. Three of them generally correspond to the three components highlighted in the original questionnaire. The fourth, compared to the English version of the tool, is a new component. Own values of the received factorial loads are comparable to those obtained in the original study (see Haynes et al. 1992). The four components explain a total of 67.64% of variance.

The first of the factors (dimensions), which explains the highest percentage of variation in results (50.71%), includes 13 items (in the original version, this component was made up of 16 items). Their content analysis prompted the author of Polish adaptation to change the name of the factor of Communication-Compassion on Communication-Expressing feelings. This dimension reveals to what extent the ability of mutual communication and effective resolution of conflicts in marriage, the support obtained from the spouse and the way of expressing feelings in the marriage diode affects the feeling of satisfaction of the marriage relationship. In the second and third component of MSQFOP, explaining respectively 5.85% and 6.02% of variance, two items of high charge saturation factor were identified. The second factor is labelled Sexual life (in the original version it is called Sexual Life-Feeling) because it is made up of items related to the frequency and quality of sexual intercourse of spouses (in the English version this factor contains three statements – two of them refer to sexual life of partners and one refers to the way of showing each other feelings).

It therefore allowed the characterization of the sexual life of the spouses as one of the dimensions determining the quality of the conjugal relationship. The third ingredient retained its original name – Health – but was enriched by one position referring to the emotional health of the spouse (in the original version of the scale, only one item related to the physical condition of the partner). It reveals how much the spouse's physical and mental health determines the level of marital satisfaction. The last – fourth – factor, explaining 5.05% of the varia-

bility of the results, is made up of three theorems (in the English version of the tool they belong to the component of the first Communication – Support). It received the name Affiliation. This component reflects the extent to which the desire to be with a partner, sharing time and interests contributes to the increased marital satisfaction. The analysis of psychological literature suggests that this dimension of marital satisfaction plays an important role in building a happy relationship especially in old age (Charles & Carstensen, 2002).

The internal cohesion index (α -Cronbach) calculated for the whole scale (20 items) has a value of $\alpha=.94$, while for individual subscales it ranges from .68 (Health) to .94 (Communication-Expression of Feeling). These values can be considered satisfactory (Anastasi & Urbina, 1997). The results of the EFA and the reliability of the four MSQFOP subscales are presented in Table 1.

Table 1. Results of exploratory factor analysis (main component axis method) for MSQFOP (percentage of explained variance, factor loadings and α -Cronbach for individual factors)

Number of item	Satisfaction with marriage			
	<i>Communication Expression of feelings</i>	<i>Sexual life</i>	<i>Health</i>	<i>Affiliation</i>
	<i>n = 13</i>	<i>n = 2</i>	<i>n = 2</i>	<i>n = 3</i>
	<i>ev. = 50.71%</i>	<i>ev. = 5.85%</i>	<i>ev. = 6.02%</i>	<i>ev. = 5.05%</i>
	$\alpha = .94$	$\alpha = .87$	$\alpha = .68$	$\alpha = .76$
MSQFOP-19	.84	.34	.22	.51
MSQFOP-18	.83	.46	.25	.45
MSQFOP-3	.78	.37	.46	.37
MSQFOP-10	.78	.44	.19	.44
MSQFOP-6	.77	.30	.45	.22
MSQFOP-7	.77	.42	.38	.41
MSQFOP-20	.76	.44	.33	.51
MSQFOP-12	.75	.10	.60	.41
MSQFOP-8	.72	.63	.31	.60
MSQFOP-5	.70	.40	.53	.41
MSQFOP-13	.70	.04	.56	.48
MSQFOP-11	.68	.34	.19	.29
MSQFOP-9	.62	.61	.38	.39
MSQFOP-16	.56	.85	.30	.35
MSQFOP-15	.50	.85	.42	.40
MSQFOP-4	.31	.31	.84	.18

MSQFOP-14	.57	.33	.72	.38
MSQFOP-1	.29	.19	.11	.87
MSQFOP-2	.61	.38	.46	.78
MSQFOP-17	.64	.41	.17	.73

n – number of items included in a given factor; ev. – percentage of explained variance; α – scale reliability based on the α -Cronbach index

4. The results of the confirmatory factor analysis (CFA)

To verify the validity of the EFA structure derived from data from previously randomized second group (n=283) in which mean age was $M=55.99$ with standard deviation $SD=12.66$, CFA was performed. Estimation of model fit was based on six indicators, the use of which is recommended in methodological literature on the problem of structural equations.

Analysis of the distribution of individual items included in the MSQFOP using the Kolmogorow-Smirnow test showed significant deviations from the normal distribution of all 20 items ($Z \leq .35$; $p < .001$). In addition, the absolute value of kurtosis for eleven items is higher than 1. As a result, it was decided to carry out the CFA with the bootstrap procedure. Parameters were estimated using the maximum likelihood method. Because of the high number of variables observed in relation to latent variables, it was found that some of the matching measures did not reach the values suggesting good fit ($CMIN/df < 2$; $RMSEA < .05$; $GFI > .90$; $CFI > .90$; $TLI > .90$). It was assumed, however, that they would reach a level indicating a moderate fit of the model to the data ($CMIN/df < 5$; $RMSEA < .08$; $GFI > .80$; $CFI > .80$; $TLI > .80$) (Kline, 2015; West, Taylor, & Wu, 2012).

CFA was performed for four models using AMOS 22.0. The first model is a faithful reflection of the factor structure of the MSQFOP questionnaire, as proposed by its authors. The fitting parameters of this model were adopted by values suggesting a sufficient fit to the data (West, Taylor, & Wu, 2012). Therefore, an attempt was made to improve the fit parameters by taking into account the correlation between the measurement errors related to the specific pairs of test items. The correlations of measurement errors for particular pairs of test items may result either from the immediate vicinity of questions in the questionnaires or from the fact that the respondents (for some reason) view these claims as similar, which in turn suggests the existence of hidden factors not included in the model (Malang-Indonesia, 2014). With this in mind, three modifications were made to the model based on modification indices, generation of which was

possible with the use of the AMOS 22.0 statistical program. As shown in Table 2, the model fit significantly improves upon subsequent correlations of errors.

Table 2. Results of the confirmatory factor analysis performed on the MSQFOP Questionnaire (n = 283). Summaries for models

Models	χ^2	df	p	CMIN/df	RMSEA	PCLOSE	GFI	NFI	CFI	TLI
Model 1	413.65	164	.001	2.52	.073	.000	.87	.88	.92	.91
Model 2	354.11	163	.001	2.17	.064	.005	.89	.89	.94	.93
Model 3	332.79	162	.001	2.05	.061	.026	.90	.90	.95	.94
Model 4	318.91	161	.001	1.98	.059	.060	.90	.90	.95	.94

In model 2, the correlation between the error measurements of the 12th item (*My spouse's philosophy of life*) and the 13th one (*My spouse's values*) was taken into account. The justification for introducing this covariance to the model may be: (1) the fact that the claims analysed here are in the immediate vicinity in the MSQFOP questionnaire; (2) both the “philosophy of life” and the “values” refer to a more general category of worldview. Therefore, it is reasonable to assume that the content of these test items can be understood and interpreted in a similar way. As a result of the analysis of the covariance, the matrix matching of the results to the theoretical model improved significantly (Table 2). It should be noted, however, that the index of goodness of fit still does not exceed the contractual value of .05 (PCLOSE=.005), which does not make it clear that the proposed model is correct and acceptable.

The next step (Model 3) includes the correlation of errors coming from the measurement of items number 1 (*The amount of time my spouse and I spend in shared recreational activities*) and 2 (*The degree to which my spouse and I share common interests*). Attempting to justify the inclusion of this covariance into the structure of the model, it should be emphasized that: (1) its source can be the immediate neighbourhood of the analysed statements in the questionnaire; (2) both the area of shared interest and the amount of free time spent together refers to the parent category of time management. Therefore, respondents may assign similar meaning to these claims. The modifications revealed that most of the fit measures have reached values suggesting sufficient fit for the model (CMIN/df = 2.05; RMSEA=.061; GFI, NFI, CFI, TLI \geq .90). The measure of goodness of fit (PCLOSE) still does not reach the expected value exceeding .05 (Kline, 2015; West, Taylor, & Wu, 2012).

With regard to the above results, it was decided to introduce the last modification of the model consisting of taking into account the covariance of the

measurement error between item 3 (*The day-to-day support and encouragement provided by my spouse*) and 5 (*The degree to which my spouse motivates me*). Looking for a substantive justification for justifying this model the correlation of measurement errors it can be assumed that the inspiration or motivation of another person to take concrete actions is a form of providing support. Hence, it is necessary to admit that the respondents likewise interpreted these items. As a result of the modifications, all fit indicators were at a satisfactory level to allow the model to be well matched to the data (CMIN/df=1.98; RMSEA=.060; PCLOSE=.060; GFI, NFI, CFI, TLI=.90) (Kline, 2015; West, Taylor, & Wu, 2012). The final version of the model (Model 4) is presented in Figure 1. The analyses thus suggest confirmation of the theoretical construct of satisfaction of marriage with a four-dimensional structure. They also confirm the good psychometric properties of the MSQFOP questionnaire, which allows it to be considered as a tool that can be used in research.

Normalisation

In order to develop the Polish norms for individual subscales and the overall result of MSQFOP, further studies were carried out, involving 315 people aged 60–75 years ($M = 65.71$, $SD = 5.07$). However, prior to the standardization procedure, according to Hornowska's recommendation (2010, 143–145), the distribution of raw results obtained within the subscales of the questionnaire (for the sample) was checked. The results of the analyses revealed that the analysed variables differed significantly from the normal distribution (Kolmogorov-Smirnov's test value was $Z \leq .24$ with significance level $p \leq .001$). The evaluation of measures of asymmetry of distribution (the values of skewness and kurtosis for individual factors vary from -1 and +1), however convinces that the observed deviations are not significant and can be accepted (see Bedyńska, Książek 2012). Similar conclusions are made by using SPSS (*Variables Transformations*) analysis of data transformations (eg. exponentiation, extraction of a root, logarithmic transformations, Box-Cox transformations), which argue that the distribution most closely resembling the normal one, preserve the original (unchanged) raw results.

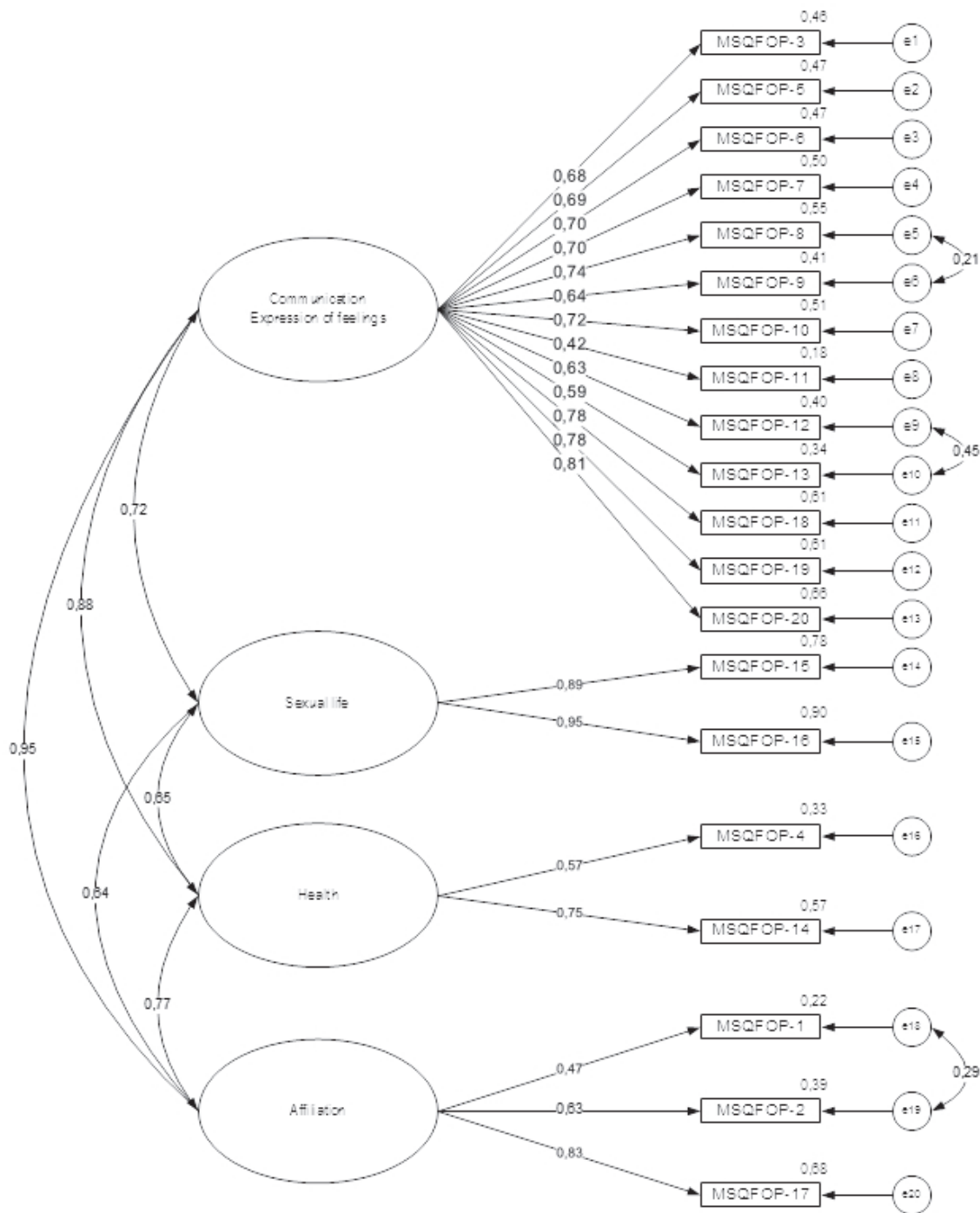


Figure 1. Confirmatory factor analysis model for the MSQFOP Questionnaire (N = 517)

In terms of the four dimensions and overall outcome of the MSQFOP, there were no statistically significant differences between men and women. It was therefore decided to develop sten norms common to men and women (Table 3).

Table 3. Sten norms for the subscales and the overall result of MSQFOP

MSQFOP QUESTIONNAIRE					
STEN	<i>Dimensions of satisfaction with marriage</i>				
	Communication Expression of feelings	Sexual life	Health	Affiliation	Global result
1	13-43	2-3	2-3	3-7	20-65
2	44-47	4	4	8	66-71
3	48-52	5	5	9-10	72-78
4	53-57	6	6	11	79-85
5	58-61	7	7	12	86-93
6	62-66	8	8	13-14	94-100
7	67-71	9	9	15	101-107
8	72-75	10	10	16	108-114
9	76-77	11	11	17	115-119
10	78	12	12	18	120

Summary

The concept of satisfaction with marriage of the elderly, adopted by S. N. Haynes et al. (1992) – according to which satisfaction with relationship is a complex construct – is the basis of many contemporary research on the satisfaction of marriage of the elderly. In this study to characterize wisdom, the developed by the authors (see Dias, Santos, Sousa, Nogueira, Torres, Belfort, Dourado 2015; Fitzpatrick, Vacha-Haase 2010; Flores 2016; Hartley, Barker, Baker, Seltzer, Greenberg 2012; Huber, Navarro, Womble, Mumme 2010; Korpmaal, Broese van Groenou, Tilburg 2013; Rauschek 2014; Walker, Isherwood, Burton, Kitwe-Magambo, Luszcz 2013) Marital Satisfaction Questionnaire For Older Persons (MSQFOP) has been applied. There is no such psychological measurement tool in Poland. This fact became the main motive for translation and adaptation (to Polish conditions) of the described questionnaire.

The presented study examined the model of satisfaction with marriages of the elderly proposed by S. N. Haynes and colleagues (1992) and of the tool used to measure satisfaction with the relationship. EFA and CFA were used for this purpose. As a result of the analyses, a four-factor structure of satisfaction from marriage was revealed. The results obtained are consistent with those obtained by S. N. Haynes et al. (1992).

The analysis confirmed the good psychometric properties of the Polish adaptation of MSQFOP. Both α -Cronbach (as indicators of reliability) and model fit scores in CFA (as theoretical relevance indicators) proved to be high enough for the tool to be successfully used in research.

Limitations of the research carried out and further research perspectives

The presented research also has some limitations, elimination of which can be the subject of future studies and analysis. Firstly, given the fact that older people are a highly heterogeneous group (Ardelt, 2000, 2011; Lazarus, Lazarus, 2006), empirical verification of the heterogeneous structure of satisfaction from marriage among seniors of all ages – early seniors (60 to 74 years), advanced seniors (75 to 89 years) and late seniors (over 90 years). Secondly, a research project devoted to the dynamics of marital satisfaction during life would be valuable. For its realisation, longitudinal studies should be carried out using the MSQFOP. Thirdly, intercultural research would be an interesting undertaking. Fourthly, it would be helpful to give an empirical answer to the question whether the different specificity (structure and dynamics) of late adulthood has real (and if so, what kind?) psychological consequences.

Conflict of Interest The corresponding author states that he has no conflict of interest.

Ethical Approval All procedures performed in studies involving human participants were in accordance with the ethical standards of the institutional and/or national research committee and with the 1964 Helsinki declaration and its later amendments or comparable ethical standards.

Human and Animal Studies This article does not contain any studies with animals performed by any of the authors.

Informed Consent Informed consent was obtained from all individual participants included in the study.

Data wpłyńnięcia: 2020-01-20;

Data uzyskania pozytywnych recenzji: 2020-11-18;

Data przesłania do druku: 2020-12-28.

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Appendix: The Polish form of the MSQFOP
MSQFOP (S.N. Haynes i in., 1992)
 (Tłumaczenie i adaptacja Brudek, 2015)

Proszę, aby przeczytał(a) Pan(i) poniższe pytania z możliwie dużym skupieniem, a następnie udzielił(a) na nie odpowiedzi. Proszę, aby odpowiedział(a) Pan(i) na wszystkie pytania. Odpowiedzi udziela się, zakreślając kółkiem wybraną cyfrę spośród znajdujących się pod twierdzeniem.

1. Ilość czasu, jaką mój współmałżonek i ja poświęcamy wspólnym zajęciom o charakterze rekreacyjnym.

1	2	3	4	5	6
zupełnie niezadowolająca	niezadowolająca	niekiedy niezadowolająca	niekiedy zadowolająca	zadowolająca	całkowicie zadowolająca

2. Obszar wspólnych zainteresowań, który łączy mnie i współmałżonka.

1	2	3	4	5	6
zupełnie niezadowolający	niezadowolający	niekiedy niezadowolający	niekiedy zadowolający	zadowolający	całkowicie zadowolający

3. Wsparcie, jakie na co dzień otrzymuję od współmałżonka.

1	2	3	4	5	6
zupełnie niezadowolające	niezadowolające	niekiedy niezadowolające	niekiedy zadowolające	zadowolające	całkowicie zadowolające

4. Kondycja fizyczna mojego współmałżonka.

1	2	3	4	5	6
zupełnie niezadowolająca	niezadowolająca	niekiedy niezadowolająca	niekiedy zadowolająca	zadowolająca	całkowicie zadowolająca

5. Stopień, w jakim współmałżonek jest dla mnie inspiracją (motywacją).

1	2	3	4	5	6
zupełnie niezadowolający	niezadowolający	niekiedy niezadowolający	niekiedy zadowolający	zadowolający	całkowicie zadowolający

6. Ogólna osobowość mojego współmałżonka.

1	2	3	4	5	6
zupełnie niezadowolająca	niezadowolająca	niekiedy niezadowolająca	niekiedy zadowolająca	zadowolająca	całkowicie zadowolająca

7. Poziom uwagi, jaką otrzymuję od współmałżonka.

1	2	3	4	5	6
zupełnie niezadowolający	niezadowolający	niekiedy niezadowolający	niekiedy zadowolający	zadowolający	całkowicie zadowolający

8. Sposób, w jaki okazujemy sobie wzajemnie ze współmałżonkiem uczucia.

1	2	3	4	5	6
zupełnie niezadowolający	niezadowolający	niekiedy niezadowolający	niekiedy zadowolający	zadowolający	całkowicie zadowolający

9. Jak reaguje współmałżonek, kiedy okazuję uczucia.

1	2	3	4	5	6
zupełnie niezadowolający	niezadowolający	niekiedy niezadowolający	niekiedy zadowolający	zadowolający	całkowicie zadowolający

10. Sposób, w jaki rozwiązujemy konflikty.

1	2	3	4	5	6
zupełnie niezadowolający	niezadowolający	niekiedy niezadowolający	niekiedy zadowolający	zadowolający	całkowicie zadowolający

11. Ilość konfliktów między mną a współmałżonkiem.

1	2	3	4	5	6
zupełnie niezadowolająca	niezadowolająca	niekiedy niezadowolająca	niekiedy zadowolająca	zadowolająca	całkowicie zadowolająca

12. Filozofia życiowa mojego współmałżonka.

1	2	3	4	5	6
zupełnie niezadowolająca	niezadowolająca	niekiedy niezadowolająca	niekiedy zadowolająca	zadowolająca	całkowicie zadowolająca

13. Świat wartości współmałżonka.

1	2	3	4	5	6
zupełnie niezadowolający	niezadowolający	niekiedy niezadowolający	niekiedy zadowolający	zadowolający	całkowicie zadowolający

14. Emocjonalne zdrowie współmałżonka.

1	2	3	4	5	6
zupełnie niezadowolające	niezadowolające	niekiedy niezadowolające	niekiedy zadowolające	zadowolające	całkowicie zadowolające

15. Częstotliwość seksualnych lub innego rodzaju intymnych relacji ze współmałżonkiem.

1	2	3	4	5	6
zupełnie niezadowolająca	niezadowolająca	niekiedy niezadowolająca	niekiedy zadowolająca	zadowolająca	całkowicie zadowolająca

16. Jakość seksualnych lub innego rodzaju intymnych relacji ze współmałżonkiem.

1	2	3	4	5	6
zupełnie niezadowolająca	niezadowolająca	niekiedy niezadowolająca	niekiedy zadowolająca	zadowolająca	całkowicie zadowolająca

17. Częstotliwość, z jaką współmałżonek i ja odbywamy satysfakcjonujące rozmowy.

1	2	3	4	5	6
zupełnie niezadowolająca	niezadowolająca	niekiedy niezadowolająca	niekiedy zadowolająca	zadowolająca	całkowicie zadowolająca

18. Moje ogólne porozumienie ze współmałżonkiem.

1	2	3	4	5	6
zupełnie niezadowolające	niezadowolające	niekiedy niezadowolające	niekiedy zadowolające	zadowolające	całkowicie zadowolające

19. Sposób, w jaki podejmujemy decyzje w moim małżeństwie.

1	2	3	4	5	6
zupełnie niezadowolający	niezadowolający	niekiedy niezadowolający	niekiedy zadowolający	zadowolający	całkowicie zadowolający

20. Moje poczucie bycia słuchanym przez współmałżonka.

1	2	3	4	5	6
zupełnie niezadowolające	niezadowolające	niekiedy niezadowolające	niekiedy zadowolające	zadowolające	całkowicie zadowolające

21. Jaka część uwagi, jaką otrzymujesz od małżonka, jest przyjemna lub pozytywna?

1	2	3	4
0-25%	26-50%	51-75%	76-100%

22. Ogólnie, na ile jesteś zadowolony(a) ze swojego małżeństwa w tym momencie?

1	2	3	4	5	6
zupełnie niezadowolająco	niezadowolająco	niekiedy niezadowolająco	niekiedy zadowolająco	zadowolająco	całkowicie zadowolająco

23. Jak często w minionym roku pojawiały się znaczące problemy w Twoim małżeństwie?

1	2	3	4
bardzo często	często	rzadko	nigdy

24. W porównaniu ze stanem sprzed pięciu lat, na ile jesteś zadowolony(a) ze swojego małżeństwa?

0	1	2	3	4	5
bez zmian	znacznie mniej zadowolony	mniej zadowolony	zadowolony na takim samym poziomie	bardziej zadowolony	znacznie bardziej zadowolony

