

PERSONALITY TRAITS, INTERPERSONAL PATTERNS, AND MARITAL ADJUSTMENT IN PAKISTANI COUPLES

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Abstract

Background: Marital adjustment is vital to both individual and social welfare in collectivist societies such as Pakistan that is characterized by a high number of arranged marriages, joint families, and sociocultural rules. The present study examines the connections between the Big Five personality traits (extraversion, agreeableness, conscientiousness, neuroticism, openness) and interpersonal patterns (pathologizing, deteriorating, healing, wellness, sociocultural) with marital adjustment and how these variables could mediate the cultural stressors and relationship processes among urban Pakistani couples.

Procedure: The cross-sectional design was used which was correlational design involving 1,100 married adults (50% male, 50% female; mean age 30.35 years) in Lahore, Pakistan, were recruited through stratified random sampling. The Big Five Personality Inventory (Urdu version), Interpersonal Pattern Scale and revised Dyadic Adjustment Scale were filled in by the participants. The data were explored with the SPSS version 26, using descriptive statistics and Pearson correlations, and the normality was verified with the help of skewness and kurtosis.

Results: Pathologizing ($r = -.67, p < .01$), and deteriorating patterns ($r = -.64, p < .01$) had negative correlations to marital adjustment and healing ($r = .55, p < .01$) and wellness patterns ($r = .50, p < .01$) had positive correlations. Sociocultural patterns, which are negatively related ($r = -.31, p < .01$). The predictors of adjustment were negative with neuroticism ($r = -.09, p < .05$) but positive with agreeableness ($r = .09, p < .05$) and conscientiousness ($r = .18, p < .01$). It had a positive correlation with extraversion ($r = .09, p = \text{less than } .05$) but not with openness.

Conclusion: Adaptive interpersonal patterns and positive personality traits improve the marital quality which offers protection to cultural pressures in Pakistan. The results suggest the use of culturally sensitive interventions to enhance empathy and decrease maladaptive exchange and, possibly, enhance and increase mental health and decrease relational distress.

Keywords. Marital adjustment, Personality traits, Interpersonal patterns, Pakistani couples, Quantitative research.

1. Introduction

Marital adjustment is a cornerstone of individual's well-being and stability of society, especially in collectivist societies like Pakistan, where marriage is not just a bonding between two individuals but a bonding of families, communities and cultural norms. In Pakistan, marriages are frequently arranged and there are socioeconomic status, family systems, and religious values that often significantly affect the dynamics of spousal relationships (Batool & Anwar, 2025). Recent research brings to light that marital satisfaction of Pakistani couples is connected with sociocultural variables, such as the role of extended family and gender roles that may strengthen or weaken the

couple's relational harmony (Ayub et al., 2023; Qadir et al., 2013; Umm e Habiba & Kamal, 2022). This cultural context heightens the uniqueness of the study of the influence of personality characteristics and interpersonal patterns on the marital adjustment, since this may mediate the stress of everyday life and family requirements.

The concept of marital adjustment includes the extent to which spouses have consensus, satisfaction, and cohesion in their relationship. It is frequently measured as subscales of agreement on important issues (consensus), emotional fulfillment (satisfaction), and shared activities (cohesion). Globally, studies have shown that poor marital adjustment is associated with an increase in psychological distress, depression and anxiety, particularly among women in patriarchal societies (AL-shahrani & Hammad, 2023; Patel & Rai, 2023). In Pakistan, where nuclear families are developing in addition to the traditional joint systems, marital discord can lead to worsening mental health problems as researchers have reported a correlation between low levels of marital satisfaction and higher levels of stress and low levels of social support (Abbas et al., 2019). Furthermore, socioeconomic factors, such as class and education, play a pivotal role; middle-class couples, who constitute the majority in urban areas like Lahore, frequently negotiate between modern aspirations and traditional obligations (Akram & Khan, 2021).

Personality traits, specifically the Big Five model, which consists of Extraversion, Agreeableness, Conscientiousness, Neuroticism, and Openness, have been widely associated with marital success or failure. The Big Five framework states that these traits are relatively stable, and they affect interpersonal behaviors. For example, Agreeableness and Conscientiousness are always linked to greater marital satisfaction because they are empathetic and dependable and manage conflict (Amiri et al., 2011). Conversely, Neuroticism with its dimensions of emotional instability is predictive of lesser satisfaction with increased conflict and negative affect (O'Meara & South, 2019). Extraversion and Openness may improve the quality of relationships by their ability to be social and adaptable, but their impact depends on the cultural context (Munini et al., 2024). In Pakistani settings, where expression of emotions may be held back by cultural norms, the negative effects of Neuroticism may be accentuated, while Agreeableness may counteract the pressures of the family. A study among married, Pakistani doctors revealed that Agreeableness and Conscientiousness showed a positive correlation with marital satisfaction, which highlights the role of these traits in professional couples in balancing work and home life (Kiani et al., 2020).

Complementing the dimensions of personality, interpersonal patterns provide a relationship perspective on understanding couple dynamics. Based on the work of Karl Tomm in family therapy, Interpersonal Patterns (IPs) are repetitive sequences of interaction that advance or hinder the health of the relationship (Tomm, 2014). Tomm's framework, named IPscope, describes IPs in five types. Pathologizing Interpersonal Patterns (PIPs) which is blaming and criticizing, which leads to deterioration of the relationship, Deteriorating Interpersonal Patterns (DIPs) which is growing conflicts, Healing Interpersonal Patterns (HIPs) which is centering on empathy, Wellness Interpersonal Patterns (WIPs) focusing on mutual support and growth and Socio-Cultural Interpersonal Patterns (SCIPs) which are influences of a wider culture such as norms surrounding gender (Tomm, 2014). This model is especially suitable for couples therapy as it welcomes the relational understandings to bring about therapeutic change. In couples therapy, observational identification of these patterns is helpful in breaking negative patterns, such as pursue-withdraw patterns, which are common in distressed relationships (Knobloch-Fedders & Wilson, 2020).

In Pakistani culture, SCIs may be particularly salient because marriages frequently involve the input of extended family, which may mediate the effects of other patterns on adjustment. For

example, standards regarding family responsibility and religion are more predictive of wives' than husbands' satisfaction, pointing to gender-specific influences (Ayub et al., 2023). Integrating Tomm's IPs with the Big Five, there has been research indicating that personality traits influence these styles with individuals who are high in Neuroticism predisposed to PIPs and DIPs and Agreeableness leading to HIPs and WIPs. However, little work has been done on this interaction in non-Western settings in which sociocultural factors such as arranged marriages (which are common in 64.5% of Pakistani unions) and joint family systems (69% in samples) might moderate relationships (Akram & Khan, 2021).

The hypotheses guiding this study are identified from the existing literature and adapted to the Pakistani context:

1. Pathologizing Interpersonal Patterns (PIPs) will have a negative relationship with marital adjustment.
2. Wellness Interpersonal Patterns (WIPs) and Healing Interpersonal Patterns (HIPs) will have a positive relationship with marital adjustment.
3. There is a negative relationship between Neuroticism and marital adjustment.
4. Agreeableness and Conscientiousness have a positive relationship with marital adjustment.
5. Neuroticism has a positive relation with PIPs and a negative relationship with WIPs and HIPs.
6. Agreeableness and Conscientiousness will have a positive relationship with WIPs and HIPs and a negative relationship with PIPs.

2. Methodology

Research Design

This research study followed a cross-sectional correlational design to look in to the relationship between personality traits with interpersonal patterns and marital adjustment in Pakistani couples. A quantitative approach was taken and self-report questionnaires were used with the participants who were married. This design is suitable for a study of associations between variables without manipulating them, so it is possible to assess naturally occurring relationships in a real-world situation. Data were gathered at a single point in time, which allowed efficient analysis of the hypotheses that relate to correlation. The design is consistent with prior research on the nature of marriage for non-Western cultures in which cross-sectional surveys have successfully identified cultural influences on relationships.

Sampling and Participants

A stratified random sampling strategy was employed to recruit subjects to help achieve a balanced study across key demographics. The sampling ratio of 1:5 to item was followed to ensure that persons from the different socioculturally class grouping were proportionally included (lower, middle and upper class), but the final distribution reflected the predominance of middle class persons in the target population. Participants were randomly selected from lists of people in the community of Lahore, Punjab, Pakistan, people in universities, people at work and family networks.

The sample was made up of 1,100 married adults (N=1100) with an equal distribution of males (50%), 550 and females (50%), 550. The mean age was 30.35 years (SD=4.51), and mean education and marriage duration was 17.23 years (SD=1.47) and 5.27 years (SD=4.22), respectively. Socioeconomically, 85.5% were middle class, 11.2% were upper class, and 3.4% were lower class. Types of marriages were 64.5% arranged and 35.5% love marriages with 99.4% in the first marriage. Family systems were mostly jointly (69.0%), 31.0% nuclear. This profile of

the demographic is representative of urban Pakistani couples, especially in the city of Lahore, where joint families and arranged marriages are still very common. Table 1 and 2 summarises the sample description.

Table 1

Frequencies and percentages of socio-demographic characteristics of participants (N=1100)

Variable	<i>n</i>	<i>%age</i>
Gender		
Male	550	50%
Female	550	50%
Socio-Economic Status		
Lower Class	37	3.4%
Middle Class	940	85.5%
Upper Class	123	11.2%
Type of Marriage		
Love Marriage	391	35.5%
Arrange Marriage	709	64.5%
Number of Marriages		
First Marriage	1093	99.4%
Second Marriage	7	.2%
Family System		
Nuclear Family	341	31.0%
Joint Family	759	69.0%

Table 2

Demographic Characteristics of Participants (N=1100)

Variable	<i>M</i>	<i>SD</i>
Age	30.35	4.51
Years of Education	17.23	1.47
Duration of Marriage	5.27	4.22

Inclusion Criteria

Participants were required to meet the following criteria:

- Be currently married for at least one year to ensure sufficient relational experience
- Aged 18 years or older
- Fluent in Urdu for questionnaire comprehension
- Willing to provide informed consent.

Exclusion Criteria

Individuals were excluded if they

- Had been married for less than one year
- Were divorced, widowed, or separated
- Reported diagnosed mental health disorders (e.g., clinical depression or anxiety) that could confound self-reports
- Were currently undergoing marital or psychological therapy

- Lacked fluency in Urdu

Measures

Demographic Scale

A demographic questionnaire captured age, gender, socioeconomic status, marriage type, family system, education, and marriage duration.

Big Five Personality Inventory

Personality traits were assessed using the Big Five Personality Inventory translated and validated by Ahmad & Sadiq Hussain (2022). This short-form inventory comprises 10 items, with two items assessing each of the five personality domains: extraversion, agreeableness, conscientiousness, neuroticism, and openness. Respondents rated their level of agreement with each item on a 5-point Likert scale ranging from 1 (“strongly disagree”) to 5 (“strongly agree”). Reported Cronbach’s alpha coefficients for the subscales ranged from 0.71 to 0.88, demonstrating acceptable to strong internal consistency. For the purposes of this study, the agreeableness subscale was of primary interest, though other personality dimensions were included in regression models to control for broader personality influences.

Interpersonal Pattern Scale

Healing and maladaptive interpersonal dynamics were measured using the Interpersonal Pattern Scale, developed by Dar and Hassan (2025). The scale consists of 58 items, divided into 5 subscales: Pathologizing Interpersonal Patterns (PIPs) (22 items), Deteriorating Interpersonal Patterns (DIPs) (13 items), Healing Interpersonal Patterns (HIPs) (10 items), Wellness Interpersonal Patterns (WIPs) (8 items) and Sociocultural Interpersonal Pattern (SCIPs) (5 items). Items were rated on a 5-point Likert scale ranging from 1 (“strongly disagree”) to 5 (“strongly agree”), with several items reverse-coded to minimize response bias. Reported reliability coefficients were excellent (Cronbach’s $\alpha = 0.84$ for PIPs, 0.74 for DIPs, 0.65 for HIPs, 0.53 for WIPs and 0.50 for SCIPs), indicating strong internal consistency.

Dyadic Adjustment Scale

Marital adjustment was assessed using the revised Dyadic Adjustment Scale, translated and validated by Naeem et al. (2023). The scale contains 14 items covering three dimensions of marital functioning: consensus (6 items), satisfaction (4 items), and cohesion (4 items). Responses were recorded on a 5-point Likert scale, ranging from 1 (“strongly disagree”) to 5 (“strongly agree”). Scores could range from 0 to 69, with higher scores reflecting better marital adjustment. Reported internal reliability for the subscales was strong ($\alpha = 0.72$ for consensus, 0.82 for satisfaction, 0.81 for cohesion), supporting its suitability for this study’s population.

Data Analysis

Data were analyzed with the help of the statistical package of statistical software (SPSS), version 26. Descriptive statistics (frequencies, means, SDs) were used to summarize demographics and variables. Normality was examined using skewness, kurtosis, and 5% trimmed means and checked accordingly. Pearson correlations were used to test hypotheses about relationships between variables at the $p < 0.05$ level.

Ethical Considerations

Approval of ethical standards was acquired from the Institutional Review Board of the University of Central Punjab, Lahore. Participants gave written informed consent, which informed about the purpose of the study, voluntary participation, and the right to withdraw. Anonymity and confidentiality was kept by using coded data storage. Nothing was offered as an incentive against coercion. Debriefing provided resources for marital counseling if distress occurred. The study

followed guidelines of the American Psychological Association (APA) regarding ethical research procedures so that participants' welfare was taken care of in sensitive relational research.

3. Results

Normality Analysis

To find out the normality of the sample, normality analysis were conducted. For this purpose, mean, 5% trimmed mean, skewness and kurtosis of the study variables were computed which is shown in Table 3.

Table 3

Means, Median, Skewness, and Kurtosis of Study Variables (N = 1100)

Variables	Median	Mean	5% Trimmed Mean	Skewness	Kurtosis
Extraversion	6.00	6.08	6.09	-.09	-.56
Agreeableness	6.00	6.18	6.18	.02	-.69
Conscientiousness	6.00	6.28	6.28	-.00	-.63
Neuroticism	6.00	5.94	5.93	.07	-.51
Openness	6.00	6.11	6.11	.01	-.54
Pathologizing Interpersonal Pattern	66.00	67.70	66.94	1.13	2.97
Deteriorating Interpersonal Pattern	39.00	39.73	39.37	.81	1.79
Healing Interpersonal Pattern	30.00	30.31	30.20	.32	.12
Wellness Interpersonal Pattern	24.00	24.21	24.14	.23	-.06
Socio-Cultural Interpersonal Pattern	15.00	15.25	15.29	-.11	-.39
Marital Adjustment	34.00	33.36	33.45	-.23	1.25
Consensus	15.00	14.24	14.33	-.27	.33
Satisfaction	10.00	9.73	9.67	.11	-.52
Cohesion	9.00	9.37	9.30	.14	-.46

The table shows the values of median, mean, 5% trimmed mean, skewness and kurtosis for Personality traits, interpersonal pattern and marital adjustment. These values are calculated to ensure the normality of the data. The tables show that the values of mean and 5% trimmed mean is almost equal; for normality the values of mean and 5% trimmed mean should be equal. Furthermore, for normality the values of skewness and kurtosis should be between +3 and -3, the table shows that the values of skewness and kurtosis for Personality traits, interpersonal pattern and marital adjustment is between +3 and -3. The table shows that the study data is normally distributed.

Correlation Analysis

Table 4

Inter-correlation among Personality Traits, Interpersonal Pattern and Marital Adjustment (N=1100)

Variables	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
1 Age	-	-.09**	.00	-.00	.02	-.03	-.02	-.05*	-.09**	-.05	-.03	.01	.05*	.05	.01	.06*
2 Gender		-	-.00	.05	.05	.06	.03	-.04	-.06*	-.02	-.04	.01	.06	.07*	-.00	.03
3 Extraversion			-	-.01	.04	-.05	.00	-.07*	-.06	-.10**	-.08*	-.02	.09*	.07*	.08**	.06
4 Agreeableness				-	.52**	-.02	.00	-.11**	-.09**	-.07*	-.09**	-.07*	.09*	.07*	.09**	.045
5 Conscientiousness					-	.02	.01	-.12**	-.15**	-.13**	-.15**	-.05	.18**	.13**	.16**	.12**
6 Neuroticism						-	-.10**	.00	.04	.02	-.06	-.07*	-.09*	-.09**	-.01	-.05
7 Openness							-	-.03	-.02	-.01	-.12**	.03	-.01	.02	-.04	-.05
8 Pathologizing								-	.72**	.62**	.56**	.36**	-.67**	-.62**	-.42**	-.40**
9 Deteriorating									-	.55**	.52**	.34**	-.64**	-.60**	-.40**	-.40**
10 Healing										-	.49**	.30**	.55**	.51**	.36**	.33**
11 Wellness											-	.30**	.50**	.44**	.35**	.32**
12 Sociocultural												-	-.31**	-.25**	-.26**	-.20**
13 Marital Adjustment													-	.86**	.70**	.66**
14 Consensus														-	.40**	.35**
15 Satisfaction															-	.28**
16 Cohesion																-
M	30.35	-	6.08	6.18	6.28	5.94	6.11	67.70	39.73	30.31	24.21	15.25	33.36	14.24	9.73	9.37
SD	17.23	-	2.03	2.02	2.00	1.94	1.93	14.53	9.00	6.09	5.04	3.57	10.52	6.23	3.83	3.70

Note. p<0.05= *; p<0.01= **24.21

Table 4 shows the association among personality trait, interpersonal pattern and marital adjustment. Preliminary analysis was performed to ensure the normality, homoscedasticity and linearity of the data.

The result showed that age was negatively associated with deteriorating interpersonal patterns and positively with Cohesion. Gender was negatively associated with deteriorating interpersonal patterns. Furthermore, extraversion was negatively associated with pathologizing interpersonal patterns and healing interpersonal patterns, marital adjustment, cohesion and satisfaction.

Furthermore, agreeableness was negatively associated with pathologizing interpersonal patterns and deteriorating interpersonal patterns, healing interpersonal patterns, wellness interpersonal patterns, sociocultural interpersonal patterns and positively associated with marital adjustment, consensus and satisfaction.

Moreover, conscientiousness was negatively associated with pathologizing, deteriorating, healing and wellness interpersonal patterns. Conscientiousness was positively correlated with marital adjustment, consensus, cohesion and satisfaction.

Furthermore, neuroticism was negatively associated with sociocultural interpersonal patterns, and consensus. neuroticism was also positively associated with marital adjustment. Openness had a negative relationship with wellness interpersonal pattern.

Lastly, pathologizing, sociocultural and deteriorating interpersonal pattern had a negative relationship with marital adjustment, consensus, cohesion and satisfaction. Healing and wellness interpersonal pattern had a positive relationship with marital adjustment, consensus, cohesion and satisfaction

4. Discussion

The current research analyzed the association between interpersonal patterns (IPs), Big Five personality factors and marital adjustment in 1100 Pakistani couples. The major results have shown that interpersonal patterns (PIPs) and deteriorating patterns (DIPs) were negatively correlated with marital adjustment and the marital adjustment subscales (consensus, satisfaction, cohesion), whereas the healing pattern (HIPs) and wellness pattern (WIPs) exhibited positive correlations. The sociocultural interpersonal patterns (SCIPs) were also related negatively to marital adjustment. On personality traits, neuroticism was negatively associated with marital adjustment ($r = -.09, p < .05$), agreeableness ($r = .09, p < .05$) and conscientiousness ($r = .18, p = .01$) were positively correlated. Extraversion was found to be negatively correlated ($r = -.09, p < .05$) and openness was not identified to be significantly correlated. The results partly confirm the hypotheses, where there are strong parallels and contradictions to the available literature, especially in the cultural aspect of Pakistan.

These findings of negative relationships between PIPs/DIPs and marital adjustment are also in line with the Karl Tomm system of interpersonal patterns theory according to which pathologizing interactions that include blame, criticism, and invalidation can perpetuate relational distress and impede adaptive functioning among couples. The theoretical basis of such patterns and the emphasis of this work by Tomm is that these relational patterns are typically based on strict reactionary interaction and diminish emotional closeness, which subsequently results in decreased dyadic adaptation (Tomm, 2014). These negative correlations (e.g., PIPs with marital adjustment: $r = -.67, p < .01$) are quite strong, highlighting the manner in which such maladjustive patterns undermine consensus and satisfaction, which is also in line with therapeutic models, which suggest to switch the pathologizing to the healing interaction as the means to promote relational repair

(Tomm, 2014; Tomm et al., 2014). On the other hand, the positive correlation between HIPs/WIPs and marital adjustment (e.g., HIPs: $r = .55$, $p < .01$; WIPs: $r = .50$, $p < .01$) indicates the idea of healing pattern by Tomm, which includes validation, empathy, and mutual support, which enhance wellness and cohesion (Tomm et al., 2014). Such results indicate that affirming contacts by Pakistani couples result in increased marital quality, which may buffer against cultural stressors, such as pressures imposed on the joint family.

The unanticipated adverse effect of SCIPs ($r = -.31$, $p < .01$) in marital adjustment brings forth cultural insinuations in Pakistan, where societal norms and extended family interventions and traditional gender roles tend to impact on the relationship between spouses. SCIPs might cause external pressure that goes against individual needs in arranged marriages (64.5%), which cause dissatisfaction (Akram & Khan, 2021). This is contrary to Western studies in which sociocultural aspects may contribute to stability but conforming to studies on Pakistani women, which show that family obligations and strict religious interpretations may only create tension in marriages especially among wives (Ayub et al., 2023).

Shifting to the personality characteristics, the negative relationship between neuroticism and marital adjustment is consistent with meta-analysis results that high neuroticism the state of emotional instability and stress responsiveness is a predictor of lower relationship satisfaction and increased conflict amongst couples. An 18-study systematic review identified neuroticism as the most negatively correlated feature with marital satisfaction ($r = -0.439$), which is commonly achieved by increasing negative perceptions of behaviors in the partner (Sayehmiri et al., 2020). The correlations of neuroticism with PIPs ($r = .00$, non-significant) and negativity with WIPs/HIPs ($r = -.06$ and $-.07$) in this Pakistani sample suggest that neuroticism could enhance the patterns of pathologies, although not as much as anticipated, possibly because cultural stoicism in joint families suppresses the overt expression of emotions (Qadir et al., 2013). Agreeableness ($r = .09$) and conscientiousness ($r = .18$) have positive correlations with marital adjustment, which are supported by longitudinal studies that these traits create trust, commitment, and successful conflict management, contributing to more longevity and satisfaction (O'Meara & South, 2019). Meta-analyses show that agreeableness and conscientiousness are predictors of marital quality at $r = 0.24$ and 0.22 , respectively, as they advance empathy and reliability (Malouff et al., 2010). In Pakistan, with majority of middle-class and joint-family systems, it might be easier to adjust to the collective norms and increase the cohesion.

Nevertheless, extraversion has a positive relationship with marital adjustment ($r = .09$), which is also consistent with other studies that reported extraversion having a positive relationship with satisfaction ($r = 0.833$) (Sayehmiri et al., 2020). The fact that openness is not significantly correlated ($r = -.01$) is in line with mixed evidence, in which openness predicts satisfaction weakly (Sayehmiri et al., 2020), but in collectivist cultures such as Pakistan, openness may bring unconventional ideas that do not align with the family views and norms.

Demographic also gives extra information. The fact that the sample consists mostly of middle-class, educated ($M = 17.23$ years) and joint-family couples reflects the Pakistani marriage traditions where extended family has an effect on fitment. The positive association of age with cohesion ($r = .06$) implies that maturity is beneficial in providing adaptation, whereas the differences in gender (e.g., negative with DIPs) indicate that women can carry more relational load in the patriarchal system. These results suggest that interventions that address IPs and traits may ameliorate the outcome, which include couple therapy with a focus on patterns of healing.

Limitations are self-report bias and cross-sectional design which restricts causality inferences. The sample of Lahore city might fail to represent the Pakistani rural population. Future studies ought to follow mediation by SCIPs on a longitudinal basis to include different ethnicities.

Conclusion

This paper sheds light on how interpersonal patterns, personality traits, and marital adjustment go hand in hand with Pakistani couples, where the maladaptive patterns, such as PIPs and DIPs, weaken the quality of the relationship, whereas adaptive ones, such as HIPs and WIPs, improve it. The personality traits, especially low neuroticism, high agreeableness and conscientiousness come out as protective aspects, although cultural factors like SCIPs present distinctive issues in arrangements and joint-family situations. These findings have applied the systemic model proposed by Tomm to a non-Western context and have identified how the influence of the traits on marriage is mediated by cultural norms. In practice, the research recommends culturally specific interventions, including the promotion of empathy and validation to change pathologizing relationships, which may decrease divorce and enhance mental health in high-stress surroundings. The unexpected patterns such as the role of extraversion can be addressed to shape future policies that promote premarital education that focuses on compatibility over socioeconomic factors. Finally, to improve marital adaptation in Pakistan, both psychological knowledge and sociocultural facts must be incorporated to enable healthy marriages.

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