Effect Of Communication Of Married Adults On Marital Intimacy And Trust

1Reena Chaudhary, 2Dr. Soni Kewalramani
1Student, 2Assistant Professor
Amity Institute of Behavioral and Allied Sciences
Amity University, Lucknow Campus, Uttar Pradesh, India

Abstract: The present study aimed to investigate the strength of relationship between married adults' communication and its impact on marital intimacy and trust. It synthesises previous research by emphasising the importance of open and honest communication in developing emotional connection, deepening understanding, and supporting the development of trust between spouses.

A total of hundred married young adults comprising fifty females and fifty males participated in the study (25-40 years). The results show that there is a significant positive correlation between the three variables - communication, intimacy and trust. The correlation suggests that changes in one variable may result in influencing with the changes in the other. The study provides further evidence that the predictor variable communication has a significant effect on dependent variables that is intimacy and trust.

KEYWORDS: Communication, Intimacy and Trust, Married adults

I. INTRODUCTION

Communication is a vital aspect of any marriage, as it allows couples to express their thoughts, feelings, and desires to one another. Effective communication can help married adults build trust, intimacy, and understanding, while poor communication can lead to misunderstandings, conflicts, and feelings of disconnection. In the past, communication between married adults was often restricted by cultural and social norms that placed a great emphasis on gender roles and power dynamics within the relationship. This led to a lack of openness and honesty in communication, which could negatively impact marital intimacy and trust. However, over time, there has been a shift towards more egalitarian relationships, where communication is seen as a key component of a healthy and fulfilling marriage. This has led to the development of various communication strategies and techniques designed to improve marital intimacy and trust, such as active listening, non-defensive communication, and empathy.

Intimacy is a crucial aspect of any marital relationship. It refers to the emotional, physical, and psychological closeness between partners. It involves a deep understanding of one another, sharing of thoughts, feelings, and experiences, and a sense of security in the relationship. Intimacy in married adults can take many forms, including physical affection such as hugging, kissing, and sexual intimacy, as well as emotional intimacy, which involves sharing feelings, thoughts, and desires. Emotional intimacy is often the foundation of physical intimacy, and both are essential to maintaining a strong, healthy relationship. Intimacy in married
adults has a long and complex history that has evolved over time. The concept of intimacy has been shaped by cultural, religious, and social norms, as well as by the changing roles of men and women in society. Throughout much of history, marriage was primarily a practical arrangement, rather than one based on love or emotional connection. Men and women were often expected to fulfill traditional gender roles, with men being the breadwinners and women being responsible for child-rearing and household duties. This meant that intimacy in marriage was often limited to sexual relations and fulfilling familial obligations. Today, intimacy in marriage is viewed as a complex and multifaceted concept that can include emotional, physical, and sexual connection. Many couples prioritize intimacy as an important aspect of their relationship, and may work to maintain and deepen their connection over time. However, intimacy can also be impacted by external factors such as stress, work, and family obligations, and may require ongoing effort and communication to maintain.

Trust is a fundamental aspect of any healthy and successful marriage. Trust is built through open and honest communication, consistent behavior, and the ability to rely on one's partner. Trust allows married adults to feel secure and comfortable with each other, which is essential for a strong and lasting relationship. It is essential in many areas of a marriage, including financial matters, decision-making, and emotional support. The concept of trust has always been a fundamental element in the institution of marriage. However, the definition of trust and the ways in which it has been viewed and practiced by married adults has evolved over time. In ancient societies, marriages were often arranged and based on financial or political considerations. Trust between partners was not necessarily a key component of these unions. In fact, infidelity and extramarital affairs were often accepted or even expected. In the 20th century, changing social and cultural norms brought new challenges to the concept of trust in marriage. The rise of feminism and changing attitudes towards sexuality and gender roles challenged traditional notions of fidelity and monogamy. Couples began to negotiate their own definitions of trust and fidelity within their relationships. Today, trust remains a central component of successful marriages. However, the ways in which trust is defined and practiced vary widely among couples. Some prioritize absolute fidelity and transparency, while others may be more open to alternative arrangements such as polyamory or consensual non-monogamy. The key to a successful marriage is for partners to communicate openly and honestly about their expectations and needs, and to work together to build a foundation of trust that is strong and resilient.

Recent research has also highlighted the importance of digital communication in modern marriages, with many couples using technology to stay connected and share their thoughts and feelings with each other.

Dessyrianti, R. F., & Setiawan, J. L. (2023). According to the study, trust and communication play an important role in marital intimacy in dual-earner relationships. Both trust and communication contributed to marital intimacy simultaneously and partially, with trust having a larger influence. The greater the trust between the partners, the greater the marital intimacy, and vice versa. Couples must therefore build their trust and communication in order to increase marital intimacy, particularly in dual-earner marriages. Farah Haris, Indian Journal of Social Research Vol. 59 (1) (Jan. - Feb., 2018) (35-44). The marital satisfaction and communication among spouses study included 50 wives and 50 husbands from Kerala's Kannur district. According to the findings of the study, interpersonal communication skills are required for the formation of a strong relationship tie between the couples. There was also no statistically significant difference in gender, age, or years of marriage among couples on the research variables.

Aniekan NYARKS, Ph.D & Mark M. HOPE, Ph.D, Marriage, according to the study, is a legally and socially sanctioned relationship, usually between a man and a woman, defined by laws, norms, conventions, beliefs, and attitudes that define the rights and duties of the spouses, as well as the status of their progeny. Furthermore, marriage exists to bring a man and a woman together as husband and wife to be father and mother to any children born from their union. It is founded on the anthropological truth that men and women are distinct and complementary, the biological truth that reproduction requires both a man and a woman, and the social truth that children require both a mother and a father. Furthermore, sustaining a marriage and creating a happy family go beyond true love, honesty, and trust in marital communication. Effective communication in marriage is essential to the success and longevity of any marriage. Kardan-Souraki M, Hamzehgardeshi Z, Asadpour I, Mohammadpour RA, Khani S, 2016. According to the findings, self-disclosure and empathetic response can also promote intimacy because when people trust each other and share their ideas, feelings, and internal truth, it helps couples strengthen their intimate connection. Furthermore,
research show that sex education and counselling assist couples develop adequate understanding in this area and take appropriate actions to deal with sexual problems and improve their intimacy. Amuta Arumugam1, Dr. Ganesan Shanmugavelu, 2021. This study discovered that interpersonal communication skills are required for the partners to form a strong relationship bond. There are significant points out the importance of interpersonal communication skills for a strong couple marital relationship, and it is important to provide communication, counselling to the couple before they get married, which can endorse the couple's marital satisfaction and life quality, and it is one of the main preventions in the initial levels. Realistically, excellent couple communication is an important instrument for marriage strategy since it improves appropriate understanding of the message.

II. RESEARCH METHODOLOGY

**Purpose:**
The aim is to examine the impact of communication on trust and intimacy as well as the link between these three factors.

**Objective:**
- To find the correlation between communication, intimacy and trust.
- To find how communication affects marital intimacy and trust.

**Hypotheses:**
H1: There will be a positive correlation between communication, intimacy and trust.
H2: There will be a significant impact of communication on intimacy and trust.

**Tools Used:**
1. **Scale of Self-perceived Communication in the Couple Relationship (SCCR):** The questionnaire used contained 21 questions and 4 item Likert-type scale responses (from 1 = agree to 4 = strongly disagree, thus avoiding bias to choose medium value), in matters related to communication. Overall reliability was calculated using Cronbach’s alpha coefficient and reached a value of 0.85.

   Conducted exploratory factor analysis (EFA) two factors were obtained from the first subsampling (n1 = 310). It explained 46.6% of the variance. These factors were consisting of eight of the original 21, as they were successively removed when their commonality was below 0.40, their load factor was less than or equal to 0.40 greater than 0.40 on more than one factor.

   **Reliability:** The reliability was reported to be good with the value of alpha= 0.76, what is considered "acceptable". This indicates that the items on the SCCR are measuring the same construct and are reliable.

   **Validity:** The SCCR has been shown to have good content validity because it contains items that assess different dimensions of communication in romantic relationships, such as listening, expressing feelings, and providing support.

2. **Personal Assessment of Intimacy in Relationships Scale (PAIR):** Personal Relationship Intimacy Assessment A 36-item measure established by Schaefer, M.T., and Olson, D.H. in 1981 is used to assess intimacy. The scale comprises five factors:

   There is an emotional intimacy scale, a social intimacy scale, a sexual intimacy scale, an intellectual intimacy scale, a recreational intimacy scale, and one “faking” measure. 1-7, 15, 17-20, 23, 24, 26, 27, 30, 34, and 35 are the positive items. 8-14, 16, 21, 22, 25, 28, 29, 31-33, and 36 are the negative items.

   Positive items are assessed on a 5-point scale ranging from 1 (does not describe me/my relationship at all) to 5 (describes me/my relationship very well), while negative items are rated on a 5-point scale ranging from 1 (does not describe me/my relationship at all) to 1 (describes me/my relationship very well).

   **Reliability:** The test has been confirmed to be reliable and has produced positive results in the past. The split-half method was employed to assess reliability, no test-retest analysis had been conducted. Cronbach’s alpha reliability achieved .70.

   **Validity:** The PAIR intimacy scale has been found to have good convergent validity, meaning that it correlates positively with other measures of intimacy. It has also been found to have good discriminant validity, meaning that it correlates less strongly with measures of unrelated constructs, such as anxiety and depression.
3. **Trust in Close Relationships Scale:** Trust in Close Relationships Scale developed by Rempel, JK., Holmes, J.G. and Zanna, M.P in 1985, a 17-item scale is used for assessment of trust in one’s relationship partner. The scale is divided into 3 subscales viz., predictability, dependability, and faith. The positive items are 1-3, 7-13, and 15-17. The negative items are 4-6, and 14.

   Items are rated on a 7-point Likert-type scale which range from 1 (strongly disagree) to 7 (strongly agree) for positive items, and 7 (strongly disagree) to 1 (strongly agree) for negative items. High scores reflect better trust in a relationship.

   Reliability: Internal consistency of the TICR scale was found to be high, with Cronbach’s alpha coefficients ranging from 0.85 to 0.93 across studies. This indicates that the scale items measure the same underlying trust construct. A number of studies have also assessed test-retest reliability, with results showing moderate to high stability over time, suggesting that the scale produces consistent results over time.

   Validity: Several studies have shown trust in competence in close relationships. Construct validity was determined by factor analysis, which consistently supported the two-factor structure of the scale.

   Convergent validity was demonstrated by correlations with other measures of trust, relationship satisfaction, and commitment, suggesting that the scale is related to other constructs theorized to be related to trust in relationships.

**Sample Profile:**
The total sample of the present study consisted of 100 married adults, 50 married males and 50 married females within the age range 25 to 40 years.

**Sampling Technique**
Sampling for the present study was based on purposive sampling technique in order to add credibility to sample selection.

**Variables:**
Predictor variable- Communication
Criterion variables- Intimacy and Trust

**Type of research:** Quantitative correlational research

**Procedure:**
Firstly, the questionnaire was selected that suited the subject of the topic. Three questionnaires were selected respectively for the three variables of the current study that is Communication, Intimacy and Trust. Different instructions were given for different scales. Later scoring was done, and correlation and regression was calculated.
### III. RESULTS AND DISCUSSION

The analysis in this chapter was conducted to validate the hypothesis stated in the previous chapter.

**Table 5.1** Correlation between Communication, Intimacy and Trust among married adults.

<table>
<thead>
<tr>
<th></th>
<th>SCCR</th>
<th>PAIR</th>
<th>TICR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spearman's rho</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SCCR</td>
<td>1.000</td>
<td>.540&quot;</td>
<td>.516&quot;</td>
</tr>
</tbody>
</table>
| PAIR           | .540"| 1.000| .635"
| TICR           | .516"| .635"| 1.000|

Note. **: Correlation Is Significant at the 0.01 Level (2-Tailed).

SCCR and PAIR have a correlation coefficient of 0.540, with a significance level of p 0.01. This positive correlation implies that as SCCR rises, PAIR rises as well. This means that these two variables have a meaningful link and may influence each other in some way. Similarly, the correlation coefficient between PAIR and TICR is 0.635, with a p-value of 0.01. Again, we have a positive correlation, showing that when PAIR increases, so does TICR. This finding implies that there is a substantial relationship between these two variables and that they may be interrelated or dependent on one another. Furthermore, the correlation coefficient between SCCR and TICR is 0.516, with a p-value of 0.01. This positive correlation implies that while SCCR rises, TICR rises as well. This means that there is a meaningful relationship between these two variables and that they may have a mutual influence on one another.
Overall, the correlation matrix shows that SCCR, PAIR, and TICR have strong positive relationships. Changes or variations in one variable may be accompanied by changes in the other variables, according to these studies. This suggests that H1 which is there is a positive correlation between Communication, Intimacy and Trust is accepted.

Table 5.2(a). Table shows relationship between SCCR and PAIR

<table>
<thead>
<tr>
<th>Model</th>
<th>Sum of Squares</th>
<th>Df</th>
<th>Mean Square</th>
<th>F</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regression</td>
<td>18286.887</td>
<td>1</td>
<td>18286.887</td>
<td>56.152</td>
<td>.000</td>
</tr>
<tr>
<td>Residual</td>
<td>31915.703</td>
<td>98</td>
<td>325.670</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>50202.590</td>
<td>99</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note: a: Dependent Variable: PAIR
b: Predictors: (Constant), SCCR

The ANOVA table shows the results of a regression model with one predictor variable (SCCR) and one dependent variable (PAIR). The regression model is statistically significant, as indicated by a significant F-value (56.152) with a p-value of .000. This suggests that the predictor variable (SCCR) has a significant effect on the dependent variable (PAIR). The regression model explains a substantial amount of variability in the dependent variable, with a sum of squares of 18286.887. The remaining variability, represented by the residuals, is captured by the sum of squares of 31915.703. The total sum of squares represents the overall variability in the dependent variable, amounting to 50202.590.

Table 5.2(b). Table shows impact of predictor variable on dependent variable

<table>
<thead>
<tr>
<th>Model</th>
<th>Unstandardized Coefficients</th>
<th>Standardized Coefficients</th>
<th>T</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Constant)</td>
<td>48.139</td>
<td>10.979</td>
<td>4.385</td>
<td>.000</td>
</tr>
<tr>
<td>SCCR</td>
<td>1.442</td>
<td>.192</td>
<td>.604</td>
<td>7.493</td>
</tr>
</tbody>
</table>

Note.

a: Dependent Variable: PAIR

The standardised coefficient (Beta) for SCCR is 0.604, indicating that SCCR has a moderate effect on the dependent variable relative to other variables in the model.

Both the constant term and the SCCR coefficient are statistically significant, as indicated by their respective t-values (4.385 for the constant term and 7.493 for SCCR) and significance levels (p < .001).

In conclusion, the analysis suggests that SCCR has a positive and significant impact on the dependent variable PAIR. The constant term represents the expected value of PAIR when all predictors are zero.
According to the ANOVA results, the regression model, which uses the predictor variable "SCCR" to predict the dependent variable "TICR," is statistically significant. As evidenced by the big F-value (35.816) and very small p-value (0.000), the regression model explains a significant portion of the variability in TICR. This shows that SCCR can be used to predict TICR.

The residual term represents the unexplained variability in TICR that the regression model does not account for. Overall, the ANOVA table indicates the regression model's significance and efficacy in predicting TICR based on SCCR.

The model equation is TICR = 55.000 + 0.691 * SCCR, which means that the anticipated value of TICR is determined by multiplying the constant term (55.000) plus 0.691 by the value of SCCR.

When SCCR is zero, the constant term indicates the predicted value of TICR, which is 55.000. The SCCR coefficient (0.691) indicates that for every unit increase in SCCR, the expected value of TICR rises by 0.691 units. The constant and SCCR coefficients are both statistically significant (p 0.001), showing that the relationship between SCCR and TICR is unlikely to be coincidental.

In summary, despite controlling for other parameters in the model, the model predicts that if SCCR rises, TICR will rise by 0.691 units.
This study addressed the role of communication on marital intimacy and trust in married adults. Findings revealed that effective communication plays a vital role in the marital intimacy and trust of married adults. It promotes emotional connection, dispute resolution, emotional support, and facilitates shared goals and decision-making. Open and honest communication between couples develops a stronger connection and understanding, creating a safe space for vulnerability and intimacy. Those who are married can improve their link and experience better marital pleasure by actively listening, expressing needs politely, and resolving problems constructively. Prioritising effective communication is essential for maintaining a healthy and successful marital relationship.

According to the findings of this study, Communication, Intimacy, and Trust have a positive correlation among married adults. Therefore, H1, which stated that there is a positive correlation between communication, intimacy and trust, was accepted. This finding shows that these three variables have a substantial relationship and may be connected to or dependent on one another. These studies demonstrate that changes or fluctuations in one variable may coincide with changes in other variables. Hence, H2 was also accepted that there is a significant impact of communication on intimacy and trust. From table 5.2 it suggests that the predictor variable communication is the good predictor and has a significant effect on the dependent variable, intimacy and trust. The coefficient for SCCR has a standardised coefficient, which indicates that a one standard deviation increase in SCCR is associated with a standard deviation increase in PAIR and TICR. This suggests that communication has a relatively strong effect on the dependent variables.

In line with the hypothesis, the findings revealed that communication plays an important role in marital intimacy. A prior study found that communication skills boosted intimacy between husband and wife (Farbod et al., 2014). Communication is critical to developing intimate connections (Sprecher, 2002). When communication is effective, marital closeness grows. Communication allows couples to express their emotions, wants, and hopes. As a result, their intimacy will most likely grow as they get to know each other better. As a result, effective communication between partners is required. Trust is important in building connections (Ramadhini & Hendriani, 2015). The findings are consistent with prior research that has found that trust within a marriage is associated with closeness. Trust is a key aspect of marriage harmony and integrity (Larzelere & Huston, 1980) and is required for a successful marriage (Harris et al., 2008). Another study discovered that existing relationships cannot be strongly interwoven until trust is present (Asif & Saim, 2018).

These study findings would help develop better understanding the role of communication in marital intimacy and trust among married adults. Future studies will be better to include both husband and wife to explore the dynamics of the same marital relationship.

REFERENCES

4. Diya M. Jain.(2022). Trust, Intimacy and Relationship Satisfaction among Young Adults. The International Journal of Indian Psychology, Volume 10, Issue 4,

