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Personality Adjustment as a Predictor of Marital Relationship Quality

Dopasowanie osobowościowe jako predyktor jakości relacji małżeńskiej

HOW TO QUOTE THIS PAPER: Wojtarkowska-Forczek, E., Krok, D. (2025). Personality Adjustment as a Predictor of Marital Relationship Quality. *Annales Universitatis Mariae Curie-Skłodowska. Sectio J, Paedagogia-Psychologia*, 38(1), 85–100. DOI: 10.17951/j.2025.38.85-100.

ABSTRACT

This article presents a study on the relationship between spouses' personality adjustment and the quality of their relationship. Personality is crucial in building relationships as it forms the basis of an individual's behaviour. The marital relationship is a unique type of relationship where partners share common goals and values. The study was conducted on a group of 153 married couples with the aim of establishing the links between the adjustment of husbands and wives in terms of neuroticism, extraversion, conscientiousness, openness to experience, and agreeableness, with various aspects that make up the quality of marital life, including congruence, cohesion, emotional expression, satisfaction, self-fulfilment, similarity, and disappointment. The results obtained indicate several associations between personality adjustment and marital well-being, with the most significant ones being found for similarity in terms of levels of extraversion, neuroticism, and openness to experience. Higher levels of adjustment within extraversion and openness to experience, and lower similarity within neuroticism, are linked to higher satisfaction with marital relationships.

Keywords: personality adjustment; marriage; quality of life; marital satisfaction

INTRODUCTION

The lives of spouses are shaped by various internal and external factors that determine the quality of their relationships. Within this context, the quality of marital life is of utmost importance, as it is extremely complex and can be described in numerous ways. Researchers suggest that assessing the extent to which common goals are achieved, the level of similarity between partners, or satisfaction with mutual communication can determine the quality of married life (Žak-Łykus, Nawrat, 2013). Another important aspect to consider when evaluating the quality of marital relationships is to determine the extent to which the partners' perception of the relationship aligns with the actual state of their mutual relationship (Kucharewicz, 2018). The level of intimacy linking the partners, which is characterized by openness and mutual concern for each other's well-being, is also essential for the quality of the romantic relationship. This factor fosters motivation to cultivate and develop the relationship (Plopa, 2011). The different areas of marital life are influenced by the individual characteristics of the partners, their family of origin, and the individual goals they set for themselves.

A fundamental attribute of an individual that shapes their behaviour, including in marriage, is personality. The personality traits of spouses underlie the way they interpret and experience life events. They also determine the patterns of marital relations, communication styles between spouses and, in important part, the ways in which they function in everyday family situations (Baptist et al., 2019; Iveniuk et al., 2014). One of the most widely accepted approaches to defining personality is Costa and McCrae's Big Five Theory (McCrae et al., 2005; Zimbardo et al., 2017), which proposes that personality consists of five factors that translate into a person's aspirations and behaviours. According to this theory, the personality structure consists of the following traits: neuroticism, extraversion, openness to experience, conscientiousness, and agreeableness. Using the Big Five Theory, it can be noted that the intensity of individual personality factors is related to the quality of cooperation, response to difficulties, or establishment of contacts with the environment. Focusing, for example, on the high intensity of conscientiousness in both spouses, it can be noted that they present higher satisfaction with their marriage, as they both focus on pursuing common goals with a high degree of commitment and meticulousness (Sayehmiri et al., 2020).

High neuroticism is characterized by emotional instability, a tendency to experience intense anxiety and uncertainty. High extraversion indicates a person's inclination to seek out new experiences, establish many interpersonal relationships, and be optimistic. A high degree of openness to experience reflects a willingness to take on new challenges, a desire to experience risk, and creativity in action. A high level of conscientiousness denotes meticulous attention to detail, accurate performance of duties, and motivation to achieve set goals. Finally, agreeableness

reflects an individual's tendency to make compromises, avoid conflicts, and be straightforward in communication (Costa, McCrae, 1992; Mazur et al., 2017). The configuration of the spouses' personality traits and their similarity in certain dispositions determine how the partners relate and react to each other in various situations that are part of achieving common goals.

Research has shown that personality traits are critical for marital satisfaction. Researchers suggest that high neuroticism and openness to experience, coupled with low levels of conscientiousness and agreeableness, may be associated with a higher likelihood of relationship degradation (Solomon, Jackson, 2014). Emotional stability is an essential trait for satisfactory and accurate communication between spouses. Strus (2006), in his Polish study found that low neuroticism is a personality trait that determines emotional stability. Furthermore, experiencing satisfaction with staying married is strongly associated with the general ability to experience well-being, which is rooted in higher levels of extraversion (Rostowski, Rostowska, 2014).

Findings in Western societies suggest that individuals whose partners have low levels of neuroticism, high levels of agreeableness, and high levels of conscientiousness tend to report better marriage quality (Donnellan et al., 2004; Malouff et al., 2010). However, research findings on partner openness and marriage quality in different societies have been mixed. For example, Dyrenforth and colleagues (2010) suppose a negative relationship between partner openness levels and relationship satisfaction among Australian respondents, but not among married couples in the UK. A Canadian study conducted by Bouchard et al. (1999) postulate that high levels of openness in husbands were positively associated with better marital quality in wives among French Canadian couples. In terms of extraversion, some researchers, such as Malouff et al. (2010), have identified a positive relationship between the levels of extraversion in partners and their marital quality. However, other studies, including Iveniuk et al. (2014), have found that high levels of extraversion in husbands were linked to more marital conflict reported by wives in middle-aged and older couples.

Although the aforementioned studies did not provide a clear picture of the impact of partners' personalities on individual marital quality, they suggested that the personalities of both partners in a relationship should be taken into account to better understand its impact on marital quality. This is because individual differences in personality may determine marital interactions in terms of communication and adjustment to marital relationships, as stated by Wang et al. (2018). Given the important role of personality in human behaviour, it will undoubtedly affect the individual dimensions of marital quality. Meta-analyses of studies indicate that the configuration of several partners' personality traits is a significant factor in marital satisfaction (Esplin et al., 2024). Most data indicate

that spouses who perceive their relationship as happy and fulfilling present low levels of neuroticism, high ranges of conscientiousness, extraversion and agreeableness (Malouff et al., 2010).

Analysing the results of studies on the associations between personality matching and marital quality of life, it is important to note that they are not unequivocal. Some studies have observed a beneficial role of personality similarity in the quality of marital relationships. For example, Luo and Klohnen (2005) assume that spouses with similar personality patterns were characterized by better marital quality, while large personality discrepancies were associated with marital distress according to Kilmann and Vendemia (2013). In terms of individual personality traits, it was suppose that similarities in neuroticism, conscientiousness, and agreeableness were positively related to marital quality by Nemechek and Olson (1999) and Robins et al. (2000). Nemechek and Olson (1999) also noted differences between men and women in the relationship; similarity in neuroticism was associated with better marriage quality for wives, while similarity in agreeableness was associated with better marriage quality for husbands. Wang and his collaborators (2018) assume that greater discrepancies (i.e. lower adjustment) in the range of neuroticism, agreeableness, and openness traits were associated with lower levels of spousal support. In addition, greater discrepancies in extraversion were associated with lower marital support in husbands only, and greater discrepancies within agreeableness were associated with higher levels of marital relationship strain.

However, it must be acknowledged that there are studies that either postulate no significant relationship between personality trait matching and marital quality or found very small effect sizes for personality similarity after accounting for individual personality traits, such as Dyrenforth et al. (2010) and Gattis et al. (2004). This may be due to some cross-cultural differences or differences in the measurement of various characteristics of marital quality of life. On the Polish ground, there is a lack of this type of research, which is an area for future exploration.

The aim of this article was to investigate the predictive value of personality adjustment for marital relationship quality. Based on the current state of research, the following hypotheses have been formulated:

H1: A higher index of personality adjustment in the area of extraversion is associated with a greater ability to express emotions to each other and a sense of self-realisation.

H2: A lower level of spousal adjustment in the domain of neuroticism is reflected in higher satisfaction with the marital relationship.

H3: A higher level of spousal adjustment in terms of openness to experience is associated with higher marital satisfaction.

METHOD

Participants and procedure

A total of 153 couples whose marital seniority ranged from 2 to 44 years took part in the study. A minimum of 2 years of marital seniority was a prerequisite for taking part in the research procedure. The age of the female respondents ranged from 21 to 68 years with $M = 37.98$ ($SD = 11.88$), while the male respondents ranged from 26 to 71 years with $M = 39.38$ ($SD = 11.38$). The couples surveyed varied in terms of fertility, as 35.2% of the respondents had no offspring, while the rest had between 1 and 6 children. Another factor differentiating the spouses was education. The educational level of the women was as follows: higher education – 62.8%, secondary education – 30.7%, lower secondary education – 6.5% of the respondents. The education of the husbands was as follows: higher education – 53.6% secondary education – 31.3%, vocational education – 11.1%, lower secondary education – 3.9% of the respondents.

Procedure

The respondents were recruited using the non-random “snowball” method and were asked to complete questionnaires. Most respondents were from the southwestern part of Poland. Although the responses were provided individually, they were analysed as married couples. The level of personality match was determined using a formula that considered both partners’ scores’ intensity and spread (Friedrich, 2017). The study was conducted during the COVID-19 pandemic, with some subjects completing the questionnaires directly, and others completing them through telephone contact. In both cases, a paper-and-pencil method was used. Spouses from recruited couples with a minimum marital experience of 2 years completed the questionnaires starting with the metric. Care was taken to ensure that the spouses did not consult with each other when answering the questions. The study was approved by the Research Ethics Committee at the Faculty of Theology in University of Opole (30 January 2019) and conducted according to the guidelines of the Declaration of Helsinki.

Tools

To examine the level of personality traits, we used the NEO-FFI Questionnaire developed by Costa and McCrae, consisting of 60 items translated into 5 subscales: neuroticism, extraversion, agreeableness, conscientiousness, and openness to experience (Zawadzki et al., 2007). Each subscale contains 12 questions. The Big Five Theory states that there are five super-factors that

determine an individual's behaviour (John et al., 2008). The individual personality traits are as follows: Extraversion reflects the tendency to seek stimulation and social contact, while its opposite pole is the tendency to distance oneself from other people; Neuroticism determines the level of emotional experience from equilibrium to maladaptation, and high scores in this area translate into difficulty in coping with stress; Conscientiousness reflects the tendency to act meticulously and consistently to achieve set goals, and low scores on this factor indicate chaotic behaviour; Openness to experience indicates a search for new challenges and unconventionality in action, while low scores in this area may indicate rigidity in thinking and a conservative attitude; and Agreeableness determines a person's tendency to cooperate with others, while low levels of agreeableness indicate a tendency to fall into conflicts. The questionnaire presents a high level of validity and reliability, with an α -Cronbach's reliability level for the subscales in the current study ranging between 0.55 and 0.65.

We used two questionnaires to assess the quality of marital life. The first one is the Marriage Well-Being Questionnaire, which consists of 32 statements to assess one's own and one's spouse's relationship-building behaviour (Plopa, 2011). The tool contains the following scales: intimacy – experiencing positive emotions in relation to the closeness of one's spouse; self-realisation – being able to realize one's own identity in a relationship; similarity – presenting similar views; disappointment – experiencing failure in a marriage. The tool presents satisfactory reliability falling within the α -Cronbach's range of 0.57 to 0.60.

The second tool used in the aspect of marital relationship quality was the Dyadic Adjustment Scale (DAS) Questionnaire, consisting of 32 statements that represent four dimensions of marital satisfaction (Cieślak, 1989). The different aspects of marital satisfaction were: compatibility – the degree of mutual agreement; cohesion – shared commitment; satisfaction – positive emotions in the marriage relationship; emotional expression – showing affection to each other. The reliability of the α -Cronbach scale is 0.82 to 0.92.

Matching coefficient

The coefficient used to determine the extent to which spouses' personalities match in terms of specific traits is expressed by the formula: $\sqrt{xy}$. In this formula, x represents the score achieved by the wife on the relevant scale, and y denotes the score obtained by the husband on the same subscale. This coefficient was developed to measure the intensity and spread of personality traits in the marital dyad, and statistical analyses have shown it to be an optimal adjustment index (Friedrich, 2017, p. 40). High values for the adjustment index indicate a strong intensity of the trait and little difference in spousal performance.

RESULTS

As part of the statistical calculations, correlation and stepwise multiple regression analyses were carried out for marital relationship quality against the personality adjustment index.

Correlation analyses

In the first stage of the calculation, correlational comparisons were made between the personality compatibility index and the quality of marital relationships (Table 1).

Table 1. Pearson's *r* correlation results between personality compatibility coefficient and relationship satisfaction

Marital satisfaction NEU		Personality compatibility coefficient				
		EXT	CON	OPE	AGR	
KDM-2	Intimacy WOM	0.03	0.08	-0.01	-0.14	-0.02
	Intimacy MEN	-0.18*	0.13	0.08	-0.24**	-0.05
	Self-realisation WOM	-0.11	0.28***	0.24**	-0.02	-0.01
	Self-realisation MEN	-0.36***	0.25**	0.21**	0.19*	0.18*
	Similarity WOM	0.01	0.14	0.10	-0.12	-0.03
	Similarity MEN	-0.29***	0.39***	0.35***	-0.33***	-0.11
	Disappointment WOM	-0.08	0.04	-0.10	-0.22**	-0.01
	Disappointment MEN	-0.43***	0.34***	0.29***	-0.28***	0.07
DAS	Compliance WOM	-0.29***	0.21**	0.01	-0.14	0.21**
	Compliance MEN	-0.24**	0.25**	0.04	-0.02	0.18*
	Coherence WOM	-0.09	0.29***	-0.06	-0.20*	0.33***
	Coherence MEN	-0.10	0.30***	-0.01	-0.27***	0.30***
	Satisfaction WOM	-0.11	0.15*	-0.03	0.03	0.15
	Satisfaction MEN	-0.06	0.21**	-0.07	-0.03	0.14
	Emotional expression WOM	-0.06	0.14	0.14	0.16*	0.02
	Emotional expression MEN	-0.05	0.14	0.05	0.20**	0.09
	General DAS WOM	-0.31***	0.34***	0.00	-0.13	0.33***
	General DAS MEN	-0.23**	0.40***	-0.00	-0.08	0.31***

*** $p < 0.001$; ** $p < 0.01$; * $p < 0.05$

EXT – extroversion, NEU – neuroticism, OPE – openness to experience, CON – conscientiousness, AGR – agreeableness, WOM – female, MEN – male.

Source: Authors' own study.

The results indicated that spousal adjustment in terms of conscientiousness and consistency in action is associated for wives with higher self-realisation, and for husbands with the experience of convergence in set life goals.

High similarity in terms of openness to experience is associated with a higher intensity of showing affection to each other, a stronger belief in the convergence of goals pursued, but also in the difference in values presented. Men in such marriages experience diminished closeness and reduced motivation to build bonds and realise their own identity.

The agreeableness adjustment coefficient is associated with greater convergence of views, cohesion and a positive assessment of the quality of the marriage. Husbands experience greater opportunities for self-realisation.

Stepwise multiple regression analyses

In the next step of the calculations, stepwise multiple regression analyses were performed for the dimensions of marital relationship quality against the personality match scores. Table 2 shows the regression results of the elements of matched marriage in the wives' optics against the spouses' personality adjustment.

Table 2. Stepwise multiple regression of women's KDM scores against personality adjustment

Variables	β	t	p
Self-realisation WOM: $R = 0.28$; $R^2 = 0.07$; $F(1.151) = 13.65$; $p < 0.001$			
PCCEXT	0.28	3.69	0.000

EXT – extroversion, NEU – neuroticism, OPE – openness to experience, CON – conscientiousness, AGR – agreeableness, WOM – female, MEN – male, PCC – personality compatibility coefficient

Source: Authors' own study.

The stepwise regression analysis indicates that women's self-efficacy is explained 7% by the extroversion adjustment coefficient. Signs indicate that the increase in wives' sense of self-realisation increases with increasing spousal expressivity matching.

Table 3 presents the regression results of the factors comprising husbands' sense of remaining in a matched marriage against personality match. Variability in the area of husbands' self-actualisation is explained 26% by the spouses' adjustment coefficients in the areas of neuroticism, experiential openness and extraversion. Analysis of the relationship signs indicated that higher levels of men's experience of self-realisation opportunities were associated with stronger deepening of the adjustment in the areas of stimulation demand and creativity and weaker adjustment in the area of emotional instability.

Table 3. Stepwise multiple regression of men's KDM scores against personality adjustment

Variables	β	t	p
Self-realisation MEN: $R = 0.52$; $R^2 = 0.26$; $F(3.149) = 19.28$; $p < 0.001$			
PCC NEU	-0.33	-4.21	0.000
PCC EXT	0.30	3.56	0.000
PCC OPE	0.42	5.34	0.000
Similarity MEN: $R = 0.39$; $R^2 = 0.15$; $F(1.151) = 28.67$; $p < 0.001$			
PCC NEU	0.39	5.35	0.000
Disappointment MEN: $R = 0.43$; $R^2 = 0.18$; $F(1.151) = 34.78$; $p < 0.001$			
PCC NEU	-0.43	-5.89	0.000

EXT – extroversion, NEU – neuroticism, OPE – openness to experience, CON – conscientiousness, AGR – agreeableness, WOM – female, MEN – male, PCC – personality compatibility coefficient

Source: Authors' own study.

The experience of similarity that husbands have is explained in 15% by matching levels of extraversion. Marital cohesion increases with increasing spousal matching in expressivity. The extent to which husbands experience disillusionment with their marriage is explained in 18% by the spousal matching coefficient in terms of emotional instability. Analysis of the sign of the relationship indicates that the experience of negative emotions in marriage increases with the mismatch between husbands and wives in terms of neuroticism. Table 4 shows the regression results of women's satisfaction with marriage against personality adjustment.

The results indicate that women's sense of congruence is explained by 8% based on their adjustment in terms of neuroticism. Higher unity in marriage among women is associated with lower spousal matching in emotional instability. Women's cohesion is explained by 16% based on matching coefficients of conscientiousness and extraversion. The higher the level of spousal similarity in emotional expressivity, and the lower the level of matching in consistency in action, the greater the level of congruence in women's views and commitment to building the relationship. Emotional expressivity experienced by wives is explained by an 8% match in extraversion and openness to experience. Women's affection towards their spouse increases with greater spousal matching in stimulation-seeking and creativity. The overall satisfaction with marriage among women is explained by 21% based on their adjustment in neuroticism, conscientiousness, and extraversion. The increase in women's overall satisfaction with marriage is conditioned by increasing levels of spousal adjustment in stimulation-seeking and decreasing levels of similarity in creativity and emotional vacillation. Regression results of husbands' marital satisfaction questionnaire scores against personality match are presented in Table 5.

Table 4. Stepwise multiple regression of women's DAS scores against personality adjustment

Variables	β	t	p
Compliance WOM: $R = 0.29$; $R^2 = 0.08$; $F(1.151) = 14.87$; $p < 0.001$			
PCC NEU	-0.29	-3.85	0.000
Coherence WOM: $R = 0.41$; $R^2 = 0.16$; $F(2.150) = 15.58$; $p < 0.001$			
PCC EXT	0.50	5.51	0.000
PCC CON	-0.35	-3.91	0.000
Emotional expression WOM: $R = 0.30$; $R^2 = 0.08$; $F(2.150) = 7.64$; $p < 0.001$			
PCC EXT	0.28	3.27	0.001
PCC OPE	0.30	3.41	0.000
General DAS WOM: $R = 0.47$; $R^2 = 0.21$; $F(3.149) = 14.82$; $p < 0.001$			
PCC NEU	-0.27	-3.30	0.001
PCC EXT	0.42	4.64	0.000
PCC CON	-0.36	-4.01	0.000

EXT – extroversion, NEU – neuroticism, OPE – openness to experience, CON – conscientiousness, AGR – agreeableness, WOM – female, MEN – male, PCC – personality compatibility coefficient

Source: Authors' own study.

Table 5. Stepwise multiple regression of men's DAS scores against personality adjustment

Variables	β	t	p
Compliance MEN: $R = 0.25$; $R^2 = 0.05$; $F(1.151) = 10.16$; $p < 0.001$			
PCC EXT	0.25	3.18	0.001
Coherence MEN: $R = 0.38$; $R^2 = 0.13$; $F(2.150) = 13.32$; $p < 0.001$			
PCC EXT	0.47	5.15	0.000
PCC CON	-0.29	-3.19	0.001
Satisfaction MEN: $R = 0.33$; $R^2 = 0.09$; $F(2.150) = 9.17$; $p < 0.001$			
PCC EXT	0.39	4.17	0.000
PCC CON	-0.30	-3.19	0.001
Emotional expression MEN: $R = 0.34$; $R^2 = 0.1$; $F(2.150) = 9.89$; $p < 0.001$			
PCC EXT	0.30	3.51	0.000
PCCE OPE	0.35	4.05	0.000
General DAS MEN: $R = 0.5$; $R^2 = 0.24$; $F(2.150) = 25.23$; $p < 0.001$			
PCC EXT	0.61	7.10	0.000
PCC CON	-0.36	-4.18	0.000

Legend: EXT – extroversion, NEU – neuroticism, OPE – openness to experience, CON – conscientiousness, AGR – agreeableness, WOM – female, MEN – male, PCC – personality compatibility coefficient

Source: Authors' own study.

The level of variation in men's sense of marital congruence is explained by 5% due to the level of adjustment in terms of extraversion. As spousal adjustment increases in terms of stimulation-seeking and sociability, men experience greater agreement in the relationship. In addition, men's experience of cohesion in marriage is explained by 13% through matching in terms of conscientiousness and extraversion. An increase in joint commitment to the marital relationship is conditioned by increased matching in the areas of conscientiousness in action and expressivity. Moreover, men's satisfaction with remaining married is explained by 9% due to the level of spousal matching in terms of extraversion and conscientiousness. The increase in positive emotions about staying married in husbands increases with greater similarity in terms of consistency in action and seeking stimulation. Additionally, emotional expression in marriage from the husbands' perspective is explained by a 10% matching coefficient in openness to experience and extraversion. Furthermore, an analysis of the signs of the relationship showed that increasing similarity in the areas of creativity and stimulation-seeking determines an increase in the extent of mutual affection displayed in marriage. The index of overall marital satisfaction in men is explained by 24% due to the matching coefficient of conscientiousness and extraversion. Overall relationship satisfaction increases with higher matching in sociability and lower matching in the area of conscientiousness in action.

DISCUSSION

The results obtained from the conducted research showed significant links between spousal matching in certain personality traits and the quality of marital life. According to systemic family theory, the marital dyad functions proportionally to the way each member functions (Ryś, 2014). The similarity or dissimilarity in the way husbands and wives behave and perceive reality translates into their response in the romantic relationship realized in their daily life together.

Regression analysis showed that high levels of spousal matching in terms of extraversion are included in models explaining numerous aspects of marital satisfaction. The similarity of partners in terms of extraversion indicates a match in stimulation demand and a propensity for positive emotionality (Siuta, 2006). As research shows, high levels of extraversion are associated with a greater ability to be aware of one's own emotions and to regulate them in an efficient way (Bijak, Kleka, 2021). Elements of marital satisfaction associated with matching levels of extraversion are self-realisation, cohesion, emotional expression, and overall satisfaction with the marriage of both spouses and compatibility in men. The results obtained positively verified the first hypothesis, stating that spousal matching in terms of extraversion is significantly related to emotional expression and self-realisation.

Our results are consistent with the study by Wang and colleagues (2018), in which lower extraversion discrepancy, i.e. a higher adjustment index, was associated with higher levels of marital support and better marital relationships in the husband group. Our results also confirm the general trend noted in Kilmann and Vendemi's (2013) study that low spousal personality discrepancies were associated with lower marital distress. This may be due to the fact that adjustment and a similar understanding of each other's needs in terms of relationship intensity translate into a similar way of understanding and pursuing common goals, showing emotions to each other, and perceiving shared values in the marital dyad, and in the husbands themselves, are related to a sense of agreement on important life issues (Masłowski, 2007). Matching in the relational aspect enables a similar way of regulating closeness and realizing mutual expectations.

Another important finding of the study is the association of lower levels of adjustment in terms of spouses' neuroticism with factors comprising relationship quality. This relates to men's self-realisation, sense of compatibility, and women's overall satisfaction. The results obtained did not positively verify the second hypothesis stating that lower neuroticism adjustment determines higher marital satisfaction. The results obtained contradict previous research findings showing a positive relationship between neuroticism adjustment and marital relationship quality (Nemeczek, Olson, 1999; Robins et al., 2000).

In seeking an explanation for our results, it could be argued that the spouses' divergent ways of dealing with difficult situations may enable them to complement each other and find constructive strategies to resolve crises (Żak-Łykus, Nawrat, 2013). Research indicates that neuroticism is the personality trait most strongly correlated with marital satisfaction, as it often leads to a focus on negative emotions and a decreased sense of satisfaction with the marital relationship (Claxton et al., 2012). Wives experience greater disappointment in their marriage when they have higher levels of emotional lability due to increased levels of adjustment in this trait. This correlation arises because, with a matching level of low stress coping skills, spouses more easily enter conflict situations that cannot be resolved in the short term due to emotional lability (Górk, Mazur, 2019). Moreover, research on well-being shows that individuals with increased levels of anxiety are less likely to evaluate their interpersonal relationships positively (Popiela, 2016).

Our analyses also revealed that higher levels of adjustment in openness to experience are associated with husbands' self-realisation and both spouses' emotional expression. These results support hypothesis three, which states that higher levels of spousal adjustment in terms of openness to experience are associated with higher levels of marital satisfaction. The findings suggest that men's sense of self-realisation in marriage and mutual display of emotions increase with the increasing levels of seeking new challenges and creativity in action. As the research shows, openness to experience is also important for quality

communication as it enables spouses to express themselves and co-create goals that determine happiness in marriage (Dżumańska-Misiarczyk, 2020). Openness to experience tends to promote important qualities like communication, adaptability, and emotional bonds. Spouses who are characterised by openness will be more open-minded and receptive to different viewpoints that is likely to reduce conflicts and foster a deeper emotional connection. Open spouses will also be naturally more willing to use new approaches to solving problems or adjusting to new life stages, making them more adaptable in case of potential marital conflicts.

These results are consistent with Wang et al.'s (2018) study, which showed that higher adjustment in openness to new experiences is associated with higher levels of spousal support within the marital relationship and, as a result, with higher marital satisfaction. Our findings also support studies indicating a positive relationship between similar personality patterns and marital quality (Luo, Klohnen, 2005). Based on our interpretation of these results, it can be concluded that openness to experience determines the ability to broaden insight into oneself and develop an individual value system, which increases with acquired experience. Through this phenomenon, spouses become better able to express their own experiences in relation to their partner (Baptist et al., 2019; Szyszko, 2007). On the other hand, discrepancies in the search for new experiences often lead to crises related to the pursuit of mutually exclusive goals and individualization, weakening the marital bond (Hayes, Joseph, 2003).

The present study has some limitations that need to be mentioned. Firstly, the sample size could be increased to enable more accurate and in-depth analysis of the results. Secondly, it would be beneficial to include variables related to coping strategies for stress and communication styles of the spouses. Additionally, data collection was challenging due to the pandemic-induced isolation experienced by the couples, which may have affected their perception of certain aspects of their relationship.

In conclusion, our study demonstrates a significant relationship between personality adjustment and marital quality. Specifically, a higher level of personality adjustment in extraversion was found to be associated with greater emotional expression and self-realisation in both spouses. Moreover, higher levels of spousal adjustment in openness to experience were linked to increased marital satisfaction. These findings highlight the crucial role of stimulation-seeking and socializing traits, as well as the drive to seek new challenges in action, in fostering positive marital relationships and overall satisfaction with shared life experiences.

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ABSTRAKT

W artykule przedstawiono badanie dotyczące związku między dopasowaniem osobowościowym małżonków a jakością ich związku. Osobowość ma kluczowe znaczenie w budowaniu relacji, ponieważ stanowi podstawę zachowania jednostki. Związek małżeński jest wyjątkowym rodzajem relacji, w której partnerzy mają wspólne cele i wartości. Badanie przeprowadzono na grupie 153 par małżeńskich w celu ustalenia powiązań między dopasowaniem mężów i żon pod względem neurotyczności, ekstrawersji, sumienności, otwartości na doświadczenie i ugodowości z różnymi aspektami składającymi się na jakość życia małżeńskiego, w tym zgodnością, spójnością, ekspresją emocjonalną, satysfakcją, samorealizacją, podobieństwem i rozczarowaniem. Uzyskane wyniki wskazują na kilka związków między dopasowaniem osobowościowym a dobrostanem małżeńskim, przy czym najbardziej znaczące z nich stwierdzono dla podobieństwa pod względem poziomów ekstrawersji, neurotyczności i otwartości na doświadczenie. Wyższe poziomy dopasowania w zakresie ekstrawersji i otwartości na doświadczenie oraz niższe podobieństwo w zakresie neurotyczności są związane z wyższą satysfakcją z relacji małżeńskich.

Słowa kluczowe: dopasowanie osobowościowe; małżeństwo; jakość życia; satysfakcja małżeńska