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**SEAPRAP RESEARCH
REPORT NO. 57**

**A STUDY OF THE CONJUGAL INTERACTION
OF THE SUCCESSFUL NATURAL FAMILY
PLANNING PRACTITIONERS OF
ILIGAN, LANA O DEL NORTE**

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August 1979

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A report of research undertaken with the assistance of an award from the Southeast Asia Population Research Awards Program (SEAPRAP), Institute of Southeast Asian Studies, Republic of Singapore

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(an edited version)

1967

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Acknowledgements

Many people participate in finalizing a research project. This has truly been my experience; my sincere appreciation and gratitude therefore, go to the following persons and institutions for their assistance and encouragement:

To Dr Vicente Rosales, Director of the University of Santo Tomas Institute of Human Reproduction and Fr. Vicente San Juan of the Catholic Bishops Conference of the Philippines Episcopal Commission on Family Life. Their gentle pressure, guidance and numerous suggestions played an essential role in the conception, growth, labor and delivery of the project.

To the Southeast Asia Population Research Awards Program, Institute of Southeast Asian Studies of Singapore for recognizing the potential of this study and allotting financial assistance.

To Dr Ledeviña Cariño of the University of the Philippines, my adviser in this study, for her patience in scrutinizing the text, professional insights, her technical direction and her cheerful affirmation of the value of the manuscript.

To the Mercy Family Life Center of the Prelature of Iligan, Lanao del Norte for giving me the opportunity to conduct this research; to the zealous Mercy Sisters, particularly Sr. Magdalino Namuag for her untiring assistance in facilitating, contact and rapport with the respondents.

To the many Natural Family Planning practitioners who willingly shared the realities of their conjugal interaction, which provided the researcher with a better understanding of the dynamics involved.

To the professors of the Asian Social Institute, specifically Sr. Digna Schacht, ICM, Dean of Sociology, Mrs. Lourdes Velasco-Albarillo and Miss Exaltacion Ellevera who patiently assisted the researcher throughout the process in spite of numerous prior duties demanding their time and energy.

To special colleagues and friends for their selfless contributions to the organization and editing of this study.

To Mrs. Alicia Pedraya-Roxas of the ASI Alumni Desk for facilitating the documentary mechanics of this research report.

Lastly, to my beloved husband, John, who was a source of special inspiration and nurturance to the researcher in her journey to the final copy of this manuscript; to my Father and Mother, brothers and sister for their financial assistance, gentle understanding and patience in prodding the researcher to push forward and finish, my gratitude always.

Esperanza Aranas-Dowling
May 1979

CHAPTER I

Introduction

In this milieu of pervasive and persistent social change, the Filipino family is called upon more than ever before to address itself to the crucial tasks in nation building. Considered as the heart of the Filipino national life, the family is the bedrock of society whose role is to form secure, capable and productive men and women who will help build a healthy society. This has been highlighted by the late Pope Paul VI who said, "It is in the family that people learn to fit together the life of the individual person and the life of the human group."¹

In fact, an individual's ability to relate and integrate himself with his enlarging network of groups which include his peers, school, and immediate community depends heavily on the quality of experience and degree of inter-personal relationship he acquires within the confines of his/her home.

Hence, any effort to fortify the family presupposes a consideration and knowledge of the biggest influence in the socialization and development of human personalities, that of the marital pair upon whose relationship is anchored the quality of family life.

In the past, considerable impetus has been given to empirical studies on marital relationship in order to analyze accurately and understand more deeply the marriage realities. However, these studies are basically approached from the realm of psychoanalysis, which limits the formulation of treatment plans to a mere pathological basis. Without any intent to discredit the aforesaid orientation in dealing with marital problems, we realize that husbands and wives are not islands unto themselves. They are dynamic living beings in continuous interaction with one another and consequently they also affect each other's behavior.

1. Felicidad Dacayanan, MIC, and Josefina Isaac, eds. Towards Building the Filipino Family Today, p. 2, (Quezon City, Bustamante Press, Inc., 1974).

Today, the significance of the interaction approach in the study of all human relationships is a challenge to social science. Theories of the dynamics of marital inter-relationship have contributed to a more profound understanding of the reciprocal influence of psychological factors in husband and wife relationship. Hence, whenever a married client has come for help with his own personality problem or marital situation, there is the need to include in the diagnostic approach an evaluation of the partner's characteristics and most importantly the interaction process between them.²

As the marital dyad is also in "continuous inter-action with its living environment", the social scientist likewise recognizes that efforts should be made to identify the factors operating within and outside the individual and his marital relations. Thus, the focus should not be on personality structures alone but should also include interpersonal relationships as well as significant socio-economic factors.

In early 1977 an attempt to look into the socio-psycho-cultural characteristics of Natural Family Planning (NFP) practitioners was realized in a masteral thesis entitled "A Profile of Successful Rhythm Practitioners". This thesis showed that Natural Family Planning could be effective within the socio-psychological cultural context.³ In her recommendations, the author proposed to undertake an in-depth study of husband and wife relationships among successful and non-successful NFP practitioners. However, before such an attempt is launched, this researcher strongly believes that there is a need for further exploration of husband and wife interaction, and a need to establish experienced conjugal processes among successful Natural Family Planning practitioners.

The desire to discover deeper insight regarding conjugal processes has prompted the author to undertake this particular study, on the assumption that a wholesome husband and wife relationship is the keystone

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2. Esther Fibush, "Evaluation of Marital Interaction Treatment of the Partner," Social Casework 38, No. 6, (June 1969), pp. 5-7.
 3. Dr. Vicente Rosales, Director, Institute of the Study of the Human Reproduction, Quarterly Bulletin, University of Santo Tomas, Manila, Vol. 38, February 1978.

to healthy autonomous family living. Further, Esquillo in her own study states that husband and wife interaction is a variable worth investigating. It is fairly evident that there are no conclusive findings yet with regard to regularities in conjugal interaction and its sociological correlates among Filipinos.⁴

Research Problems

General: What are the patterns of conjugal inter-action occurring among successful Natural Family Planning practitioners?

Specific:

1. What are the prevailing conjugal patterns of interaction as perceived by both husband and wife?
2. What are the behavioral-psychological dynamics involved in these patterns of interaction?
3. What are the factors that comprise those patterns of conjugal interaction as perceived by both husband and wife.
4. What are the differences in perception of the patterns of interaction by social class?
5. What are the present socio-economic characteristics of these successful NFP practitioners?

Significance of the Study

Any information leading towards a deeper understanding of the dynamics of marital dyad interaction can be appreciated as a direct contribution to the present stock of knowledge in contemporary living. To the knowledge of this writer, no prior studies have focused on discovering empirically the elements of dyad interaction. The importance of this inquiry lies firstly in its potential in establishing the differences of perception concerning the dimension of dyad interaction; secondly, to give light to all family life development tasks related to social research and applied fields.

4. Natividad Esquillo, Conjugal Interaction and Fertility Behavior Among Filipino Urban Working Class, IPC, Ateneo de Manila, 1977.

Research

1. This investigation can provide empirical data concerning the dimension of dyad interaction. This could serve as an initial reference for making further exploration in the area. "Viewing the family along interactional frame of reference is rarely conducted in our local setting. Most Philippine studies approach family along anthropological, institutional and functional views".⁵

2. The results could provide evidence of the need for giving consideration to the respondents view-points in research undertakings. Giving significance to the perception of others facilitates an accurate understanding of our own behavior. As W.I. Thomas stated, "If men define actuations as real, they are real in their consequence."⁶

Theoretical

1. It contributes to the sociologists efforts in developing adequate measurement and definition of concepts on conjugal interaction.

2. This study may provide facts to replace speculations with important implications about family planning behavior as well as program planning.

Applied

A knowledge of the differences and similarities of perception of respondents concerning dyad interaction dimensions will guide family enrichment program implementation. In turn, this knowledge will assist in developing relevant family life courses and programs related to changes in values and orientations for the following reasons:

a) There is a growing recognition of Natural Family Planning as an integral part of Family Life Education, but few have yet seen the reproductive relationship and the educative value of this approach in terms

5. Disclosed findings of Bienvenido Flores, M.A. "An Analysis of Philippine Family Studies, 1952-1971," A Report of an effort at inventorization and evaluation of family theory and research in the Philippines, St. Louis University Research Journal, Vol. V, No. 1, March 1974, p. 9.

6. See W.I. Thomas, Social Theory and Social Research (New York: The Free Press, A Division of the MacMillan Company, Inc., 1957), p. 421.

not only of the individual spouse, but also for the enrichment of the marital relationship itself;

b) There is a growing awareness of the fact that NFP is not the ineffective folk system that it was once thought to be;

c) There is the recognition that NFP not only can be technologically independent, but that it does not require the professional logistics of many of the more sophisticated methods;

d) It has become increasingly clear with experience that the best teachers for NFP are the ordinary couples who practice the method successfully, rather than health professionals with only technical backgrounds;⁷

e) Much to the surprise of many, and contrary to a strongly held prejudice, the Natural Family Planning Program appears to be more easily established among the simple rather than sophisticated and educated couples, and can, in fact be as effective in developing societies it is in developed ones.⁸

Scope and Limitation of the Study

Geographical Scope. This present study covers the municipalities of Lanao del Norte where the Natural Family Planning respondents are located and served by the Mercy Family Life Center of Iligan Diocese from 1973-1978.

Respondents. The subjects of this study are 84 successful couple-practitioners who are chosen as representative samples drawn from the 132 couple respondents of the previous study entitled: "A Profile of Rhythm Successful Practitioners of ASI Mercy Family Life Center".

Coverage. The investigation is confined to perceived patterns of marital interaction among successful NFP practitioners as measured by an interview schedule with open-ended questions, variations of perceptions by

7. Rosales, Op. Cit., p. 2.

8. Ibid,

social class and the factors comprising these identified patterns of interaction as processed through the use of factor analysis method. A self-administered socio-economic questionnaire provides the data on the characteristics of the respondents. The data gathered from the workshop will further illustrate the behavioral psychological dynamics involved in these patterns of interactions but does not pretend to be a comprehensive study on the transactional analysis conceptual model.

Definition of Terms

Conjugal Interaction - refers to the set of processes taking place between husband and wife. It denotes social behavior when the husband and wife interstimulate each other by any means of communication or transactions and modify each other's behavior.

Interaction - refers to the set of processes taking place between individuals. The self-concept of the individual is crystallized through the interaction with others, especially as they perceive the manner in which they are regarded by others in the process of interaction.

Conflict Handling - refers to the manner of resolving conflict. In marriage, it is the skill of expressing and receiving each others insights, ideas and feelings in such a way that greater understanding and intimacy results.

Perception - is an experiential understanding of behavior demonstrated in a period of time.

Patterns - are a set of consistent actions or reactions of an individual towards social stimulus in a given social process.

NFP Couples - are couples practicing the natural family planning approach from 1973-1978.

Mercy Family Life Center - The Family Life Center of Iligan Diocese offering natural family planning as part of the Family Life Apostolate.

It is not the largest single-clinic in the NFP Program in the country, or even the largest temperature group in the islands, but it is certainly one of the largest single-clinic efforts in mucus methods anywhere in the world.⁹

Sexual Interaction - is a relationship between man and woman which involves interactive processes towards growing together, a discipline, a way of loving that finds fullest expression through a willful biological control of reproductive function within a bond.

Decision-Making - refers to an interactive process undergone by two individuals directed towards accountability achieved after a deliberate discussion.

Authoritarian pattern of decision-making - refers to a decision arrived at by one of the marriage partners independently of the other. It is then told to the spouse who, ideally consents.¹⁰

Verbal Coercion pattern of decision-making - refers to a decision again made by one partner, but the consent of the spouse must be obtained. Discussion takes place after one partner has made the decision, during which time he or she tries to obtain the consent of the other by exerting strong verbal persuasion.¹¹

Mutual discussion pattern of decision-making - refers to a decision where marital partners take into account both facts and emotions. Here, the decisions are arrived at, only after thorough discussion, which ideally reveals attitudes and needs of husband and wife.¹²

Self Perception - refers to a manner the husband and wife perceived themselves, either positively or negatively. Likewise, this includes how partners perceived one's role as indicated by their behavior.

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9. Vicente Rosales, Director, Institute of Human Reproduction, UST, Manila, Book Review on Natural Family Planning Booklet by Srs. Rose Palacio, M.D. and Magdalena Namuag, R.N., published and distributed by the Sisters of Mercy, Makati Medical Center Makati.
 10. Mildred Weil, Marriage, the Family and Society, Toward a Sociology of Marriage, (Interstate Printers and Publishers, Inc., 1971), p. 76.
 11. Ibid.
 12. Ibid. p. 76.

Perception of Marriage - refers to the set of expectations they have for their relationship and their view of their parents' marriage as it influenced their relationship.

Ego State - refers to inborn energies or capacities to function in consistent and coherent patterns of thinking, feeling and learning that are observable phenomena. They are expressed verbally and non-verbally.

Parent Ego State (P) - refers to the part of the personality which has been borrowed from our biological parents or from those who took their place in our early life. The ego state helps the person to be responsible and to organize his own life according to a scale of values.

Critical Parent (CP) and Nurturing Parent (NP)

Ego States refers to the functions of Parent Ego States. The Critical Parent comes out as critical, traditional, moralistic, philosophical, prejudicial and discounting. The Nurturing Parent (NP) Ego State comes out as sympathetic, supportive, protective and caring.

Adult Ego State (A) - refers to an ego state that deals with facts by giving and receiving information. It objectively gathers data. Its focus is current, here and now reality. Internally, the Adult (A) may reach back into its memory bank and draw past information into present considerations. Words that describe Adult (A) interventions are: question, probe, interrogate, estimate, probabilities, compute, test reality, organize; adapt, judge, decide and critique and re-decide. Ideally, the adult acts as executive of all other ego states monitoring their activity and regulating the energy flow on the basis of situational appropriateness.

Child Ego State (C) - refers to the ego state which contains 40%-50% of the persons psychic energy. It is still the least understood and probably the most influential in human behavior. It contains the impulses natural to the biological and chronological child. It records early experiences, especially with parents; how he responded and the positions he took about himself, and others. Child responses come out as inquisitive, affectionate, playful, selfish, manipulative, rebellious and intuitive.

Free Child (FC) or Adapted Child (AC) - refers to the functions of the Child Ego State. The Free Child (FC) is the untrained and unrestrained, pleasure - first part of the personality. It is what the child does by instinct in order to get its needs taken care of, its wants and desires fulfilled. When they are answered he responds with warmth and affection. When he is blocked, he reacts, resists, retorts and rebels. The Free Child (FC) is expressive, impulsive, curious, sensuous, affectionate and rebellious. The Adapted Child (AC) is what happens to the Free Child (FC) when training, formation, education and discipline are introduced into his experience. It is the modification of the Free Child (FC) inclinations. The Adapted Child (AC) is the person's answer to authority. The Adapted Child (AC) complies, obeys, withdraws, procrastinates, demands, confuses, accommodates, adjusts and follows. The Little Professor (LP) is the unschooled wisdom or the intuitive, creative part of the human person. The Little Professor (LP) responds to non-verbals, plays hunches, takes risks and manipulates.

Strokes - refers to a unit of recognition. It is an act of recognition of another's presence. Strokes may be conditional or unconditional: conditional when given due to his performance or work; unconditional stroke when given to his/her being a person.

Transactions - refers to an exchange between two persons, consisting of stimulus and a response between ego states.

Complementary Transaction - refers to a message sent from a specific ego state which then gets the predicted response from a specific ego state in the other person. The lines of communication are open, including non-verbal aspects like gestures, facial expressions, body posture, pace and tone of voice. People continue transacting without interruption, breakdown or alienation from one another.

Crossed Transaction - this occurs when the stimulus from an ego state of the sender is answered from an unexpected ego state by the receiver. The effect is a crossing of communication lines or breakdown of communication.

Duplex/Ulterior Transaction - refers to a transaction where two messages are given. The first message is verbal, open, socially conscious

and it appears complementary and acceptable to the listener. The second message is non-verbal, psychological, or slightly conscious, it carries generally a personal discount or a "put down".

Autonomy - refers to a person being self-governing, determining one's own identity, taking responsibility for one's own actions and feelings and throwing off patterns that are irrelevant and inappropriate to the living in the here and now. Autonomy is the goal of Transactional Analysis.

CHAPTER II

METHODOLOGY

The primary aim of this study is to explore the patterns of interaction as perceived by the successful Natural Family Planning Practitioners of Iligan, Lanao del Norte, to determine the variations of their perception by social class, to identify the factors comprising these patterns of interaction, to describe the behavioral-psychological dynamics involved in these patterns of interaction, and to surface the socio-economic characteristics of these sample respondents. This study can be classified as a combination of a descriptive and an exploratory type of study. The descriptive parts illustrate the socio-economic characteristics of the respondents. The exploratory part includes the perceived patterns of conjugal interaction, the variations of their perceptions by social class, the factors comprising these elements of the conjugal interaction and the behavioral dynamics involved in these interaction.

Research Design

A. Sampling Design. In early 1977 a study was made on "A Profile of the Successful Practitioners of Mercy Family Life Center, Iligan, Lanao del Norte."¹ A multi-stage sampling was used in this particular study. The study limits itself to the representative sample drawn from the successful rhythm practitioners of Iligan City and four municipalities of Lanao del Norte, with the constraints imposed by time, resources, transportation, facilities and especially the political condition of the area.

The sample respondents of this present investigation were 84 couples selected from the 132 couple respondents of the previous study with the following criteria:

1. The couple belongs to the age group of 13-40 years.
2. The woman has a pattern cycle of 25-30 days as recorded in her ovulation chart.

1. Remedios Matias, Profile of Successful Rhythm Practitioners, Unpublished Thesis, Asian Social Institute, 1977.

3. The couple have a regular intercourse pattern as marked in her ovulation/BBT chart.
4. The couple had a record of birth before their acceptance of NFP.
5. They are living together as husband and wife.
6. They were still practitioners of NFP at least one year before the study was conducted.

B. Method of Data Collection

All the data in this study have been obtained through personal interviews, questionnaire and workshop conducted by the researcher and her staff during the period of three months.

Establishing Rapport

The quality of the data presented in this study is a product of the rapport which the researcher and her staff have been able to establish in these personal interviews. Most of the subjects of our interviews have in all cases met the interviewers three times: through home visits, through an organized session, or through personal introductions made by the staff of the Mercy Family Life Center. All 84 couple (168) respondents agreed through a letter of acceptance to undergo the three processes of the research, such as a face-to-face interview separately from the spouse, a self-administered questionnaire and a one-day workshop for couples.

Objectivity of the Investigation

In the course of interviewing, the staff has constantly reassured the respondents that the interviewers are not passing judgement on any type of marital interaction and not interested in redirecting the subjects behavior. This was explained at the beginning of each interview, but much of the reassurance has depended on the ease and objective manner of the interviewer, on the simple directness of her questions, on her ability not to show any emotional objection to any part of the shared data, on her tone of voice, on her calm and steady eye, on her continued pursuit of the routine questioning, and on her evident interest in

discovering that each type of experience shared has much meaning to each respondent. These things have been actualized in a face-to-face interview, which cannot be done effectively on a questionnaire.

In an interview, the method model asks the respondents, "How do you handle a controversial issue?" and the respondent describes what generally happens as the interviewer records it. While the behavior-psychological method (workshop) asks the husband and wife in a workshop, "Prepare and play-out a short drama on how you have dealt with one another in the face of a controversial issue at home (after 30 minutes). Please record this dialogue on paper". Working together, the couple has given a record of a typical historical event with each one acting as monitor for the other in terms of the truth and completeness of the dialogue.

Confidentiality of the Record

In the interviews the staff have had the opportunity to convince the respondents that all our records are kept confidential and that none of the local staff has access to the record except the researcher. Recording the data in code in the presence of the respondent has done a good deal to convince them of the confidentiality of the record.

Flexibility in Form of Question

While the point of each question has been precisely defined throughout the interview, the wording of each question has been adapted to the vocabulary and experience of each respondent. The study has included persons who were poorly educated as well as those from the highly educated group. The staff have constantly had to define terms and explain exactly what we have intended by our questions, for both highly educated as well as for poorly educated subjects. This would not have been possible in a questionnaire study. The staff had to discover the meanings that were being attached to particular terms, and learn which terms could be used without giving offense. In order to establish rapport, one has to learn to use the local vocabulary with an ease and a skill that convinces the subject that we know something of the custom and mode of living in his/her community. The adaptation of vocabulary in an interview thus not only contributes to the establishment of rapport, but also brings out information which would be completely missed on a standardized questionnaire.

Determining the Quality of the Response

In a face-to-face interview, the interviewer has an opportunity to check the honesty, the certainty, and the exact meaning of the subject's reply. The speed of the subject's response, his tone of voice, the eye direction, the intonation and the directness often provide a clue to the quality of the information which he is giving. When the reply seems uncertain, the interviewer asks for additional information, sometimes on matters which are not covered by the standard interview. This may sometimes direct the inquiry toward important data which could have been overlooked if the interview had been confined to the minimum material.

Time Involved in the Interview

The average interview period for every respondent contributing to the present study has required between two to three hours. When the respondent appeared shy, the interview was often extended beyond the three hours; but when the respondents were open and had experience being interviewed, the interview could then be accomplished in two and one half hours. However, for a variety of reasons connected with the work schedule of respondents, the field period was extended to three months.

Types of Research Instruments

1. An interview schedule consisting of open-ended questions to solicit information regarding the dynamics and elements of marital interaction.

Major areas within the instrument included the following data: data on perceptions; self/marriage, sexual interaction, conflict handling, decision-making and value of children.

2. A Self-administered questionnaire on socio-economic characteristics were given to the couple respondents after every face-to-face interview.

3. A Workshop. The rationale for this exploratory methodology is due to the personal observation of the writer that many times the respondents in sociological studies are only used by the scientist for social research. Generally, the scientist does not provide an opportunity for the respondents to understand what they have undergone, and what their actual contribution is to the research and especially to their own personal growth.

There were two workshop groups at the center and three workshop groups in the barrios with four-co-facilitators assisting a group of 15-20 couples. To check respondents tendencies to answer what ought to happen, sample dramatizations by interviewers and co-facilitators were provided and to assist them to record only the actual dialogues that transpired. To check monopolizing by the more vocal respondents, and to allow the more timid couples to share and participate, individual and couple forms were provided.

While the couples were answering their individual and couple forms, the process itself led them to answer to questions like: *Who Am I? What am I doing? Where are we going in our communication process?* In short, while doing the data-gathering, the methodology was bringing the initial findings back to the respondents immediately for inclusion in redecision their dialogues.

A. Structure: The workshop is a one process method with two types of feedback:

Phase I: On the Spot Feedback (During the workshop data gathering). Respondents were dramatizing, recording, receiving new information, analyzing, interpreting, planning and reinforcing changes.

Phase II: Post-Document Feedback (After the completion of the written thesis). Within six months after the completion of the written analysis, the scientist brought back the findings, interpretations, and recommendations to the respondents in a workshop context. This allowed for review and updating of interpretations by respondents and interviewers, reunion of participants and interviewers/researchers and finally for reinforcement of the respondents' decision for change.

B. Elements of the system of Transactional Analysis Used. Because of the difficulty in initiating and continuing the process wherein couples are deeply involved, the researcher decided to limit the data-gathering on these areas:

1. Graphing of Ego-Gram
2. Transaction: Limited to the area of decision-making
3. How couples get strokes from each other

C. Data Processing and Analysis. To secure answers to the problems of this investigation, two major processes have been undertaken: quantitative and qualitative analysis. The first process involves the quantitative analysis. The responses were edited, analyzed and categorized. Finally, every data factor was numbered and coded in the standard code forms. Programs found in the Statistical Package for the Social Science (SPSS) were used for the computer runs which processed the data. Two computer runs were made - one for the husbands and one for the wives. Statistical treatment for the data included the following:

1. Descriptive Analysis (Proportion, Standard Deviations, Mean and Median) was used to describe the characteristics of the sample and the proportions and percentage value of the elements perceived by the couple respondents.

2.1 Rationale: Factor Analysis was used to determine the respondents perceived dimensions of marital interaction and the factors comprising each element of interaction. The factor analysis method was used to determine the numbers and the nature of the underlying variables among the larger set of measures.² Technically, it is a method of extracting common factor variances from "n sets of measures."³ A distinctive feature of factor analysis is that through its techniques, the existence of some underlying patterns of relationship will be determined which then may be taken as dimensions accounting for the observed interrelations. The method, consequently, designates which of the included items belong to a certain pattern. It is therefore clear that such methodology delineates the perceived interaction of the respondents.

2.2 Interpretation of Factors. After the rotated factor loadings were obtained, the next step was to interpret the extracted factor results. This step involved three procedures: 1) identifying the content and the nature of the factor structure, 2) labeling the factors, and 3) giving visual representation of the factor results.

2. Fruckter, Benjamin. Introduction to Factor Analysis, (New Jersey: D. Van Nostrand Company, Inc., 1954).

3. Kerlinger, Fred. Foundation of Behavioral Research (3rd Edition), New York: Appleton Century Crafts, Inc.

The first procedure centers on finding the element common to all items in a given factor. This task was done via a close examination of factor loadings. The inference concerning inclusion and exclusion of an item in a factor depends on the magnitude of its factor loadings. This is done by determining whether the loadings are high zero or near zero in a certain factor.

For the purposes of the present inquiry's analysis, any item with a factor loading of .20 or greater is considered as making a sufficient contribution to the factor.⁴ Moreover, arbitrary classifications of loadings are established for purposes of description and discussion; loadings of .20 to .30 are regarded as low; .40 to .50 as moderate; and .60 to .70 as high; and .80 and above as very high loadings. It should be noted that based on inconsistency, certain items have been eliminated and smaller factors were left uninterpreted. The ambiguous and inconsistent results can be attributed to the relative presence of random errors in data.

Thurstone has pointed out the possibility of leaving without interpretation some factors which do not lend themselves to clear scientific interpretation.⁵

With reference to the labelling of the factor, the procedure involved the researcher's analysis of the essence as demonstrated by the clustered items within a factor. The label encapsulates the substantive nature of the factor underlying the series of interrelated and clustered items. It also reflects the essence of the clustered inter-related items. Furthermore, reference to the question of giving consideration or importance to a certain factor, is governed by the use of a given criterion. Since the given value represents the variance commonly shared by the complete items corresponding to a factor, a factor is only considered if it is accounted for by a high eigen value. The eigen value of a specific factor

4. Ibid.

5. "Incidental factors are almost certainly present in every study. Hence, the investigator should feel free to leave without interpretation of those primary factors which do not lend themselves to rather clear interpretation." (Thurstone, 1974), from Rummel's article, "Interpretation of Factors". Rummel, Op. Cit., P. 361.

is considered high, if such value reaches as high or higher than 2.0. This criterion stems from the fact that an eigen value is a commonly shared variance within a factor.

3. Coefficient of Correlation. The data is presented and expressed by correlations which are calculated by standard statistical formulae called "Pearson R".

To further deepen the analysis of data extracted from the interview schedule, results from the workshop instruments were incorporated to yield a comprehensive understanding of the behavioral manifestations of these interactions.

CHAPTER III

PRESENTATION, ANALYSIS AND INTERPRETATION OF THE FINDINGS

This chapter is divided into five broad sections, each containing information pertinent to the present investigation. The sequence of the presentation is as follows:

- A. Descriptive analysis of the identified patterns of Marital interaction as perceived by the successful Natural Family Planning Practitioners;
- B. Descriptive analysis of the behavioral-psychological dynamics involved in these patterns of interaction;
- C. Description of the factors comprising these patterns of interaction;
- D. Description of the social class variations of respondents' perception before acceptance on Natural Family Planning Practice;
- E. Description of the socio-economic characteristics of the respondents.

A. Descriptive Analysis of the Identified Patterns of Marital Interaction as Perceived by the Successful Natural Family Planning Practitioners

Perception of Self. Upon the assumption that every person is a born winner, and has all the capacities to live in harmony with self, others and community, the respondents were asked how they perceived themselves. The researcher discovered that (34%) of the husbands perceived themselves as worker, (26%) inferior/subservient, (23%) patient and disciplinarian (17%). The female respondents viewed themselves as independent (32%), ambitious, (29%), nagger (23%), and sensitive or easily hurt (17%). The low and high perception of themselves did not indicate a positive and negative perception. The data seemed to indicate that each partner was making an effort toward becoming his or her own self. As Carl Roger asserted, if the person in a partnership looks acceptingly on all the awful, crazy and hideous, tender, beautiful and competent aspects of him/

he's self, he is becoming more a person to live with.¹

"A living partnership is composed of the people, each of whom owns, respects and develops his/her own selfhood."

This is supported by Muriel James's theory that "every individual can learn to trust himself, think for himself, make his own decisions and express his feelings."²

TABLE I

DISTRIBUTION OF RESPONDENTS BY PERCEPTION OF SELF

Perception of Self Category Label	Husband Absolute	%	Wives Absolute	%
Patient	19	23		
Inferior/subservient	22	26		
Worker	29	34		
Disciplinarian	14	17		
Nagger			14	17
Sensitive/dependent			19	23
Ambitious			24	29
Independent			27	31
Total	84	100	84	100

Perception of Role. "Vancio's study shows that in a general sense Philippine culture defines behavior associated with marriage bond; yet the actual relationship developed by any particular couple derives from varying social environments. The unity of the interacting husband and wife personalities presupposed by marriage occurs as each party fulfills a

1. Carl R. Rogers, Ph. D., Becoming Partners: Marriage and Its Alternatives, (Center for Studies of the Person, La Jolla California, De La Corte Press, New York, 1972), p. 206.
2. Muriel James and Jongeward, Born to Win, Addison Wesley Publishing Co., London, Don Mills, Ontario, 1971, p. 12.

number of assigned roles. Due to continuous influx, family relations are influenced by factors which play a part in the spouse's perception or non-perception of roles. The distinctiveness of the relationship lies in the tendency of husband and wife to interpret or define each others action instead of merely reacting to it."³

The second element which the writer has seen from the data gathered is differentiation of marital roles and dissolution of roles. The majority of the male respondents perceived their role as lover (51%), son to my wife (38%) and father to my wife (12%). The female respondents responded that they also shift roles like being a friend/partner, (38%), mother to my husband (33%), while only 12% perceived that they are a helper and a maid to their husband.

TABLE II

DISTRIBUTION OF RESPONDENTS BY PERCEPTION OF ONE'S ROLE

Category Label	Husband Absolute	%	Wives Absolute	%
Father to my wife	10	12		
Son to my wife	22	26		
Lover to my wife	43	51		
Boss to my wife	9	11		
Father of the family			14	17
Helper/maid of my husband			11	13
Mother of my husband			27	32
Friend/partner			32	38
Total	84	100	84	100

This data seems to indicate that marital role adjustments among these couples shows a certain flexibility of their role relationship. It also shows an attempt to move away from fixed, static behavior guided by

3. Joseph Vancio, Realities of Marriage in Metro Manila: An Exploratory Study - Final Report, (Ateneo de Manila University, IPC, Quezon City, 1977).

role expectations of society, religion, parents and friends. The couples' ability and willingness to take the role of each other at different settings within the conjugal relationship responds to the living partnership in the process of marriage as supported by Carl Rogers.⁴

"When you can listen to your own organism and move in the directions that 'feel right' to it and to you, you are moving away from behavior guided by role expectations. And to that extent you are moving toward a complexity of partnership, a richness of living together which is far less simple than living by a role. You don't expect to be molded by expectator, no matter how compelling these may seem to be, nor shaped by the wishes, rules, roles which others are all too eager to thrust upon us."

This is also described by Harriet Mowrer's interplay of socio-psychological processes like - role differentiation of marital roles.⁵

Differentiation of marital roles is a second mechanism which contributes to marital stability, and in that produces an interdependence which is both emotional and physical between husband and wife. The ability of the partner to move from one role to role as situation demands, while still playing a complementary rather than a conflicting role, is a characteristic of marital adjustment. Example: Wife's competence in moving from a potential mothering role to a loving mate.

Perception of Marriage. Respondents share different views or attitudes towards marriage. To most male respondents, marriage is a means of having an intimate companion to build a home, (52%), to have a mother to take care of my children and needs, (22%), to settle down for a normal living, 18 percent and only 8 percent regard marriage as a regular sex outlet. For the female respondents marriage is a means of having a future source of security, (36%); to have sex and children, (26%); to belong to someone you can count for life, (31%) and about 7 percent regard marriage as an escape from the home responsibility of taking care of brothers, sisters and especially parents.

4. Carl Rogers, Ph. D. Becoming Partners: Marriage and Its Alternatives, Center for Studies of the Person, La Jolla, California, Dela Corte Press, 1972.

5. Harriet Mowrer, The Socio-Psychological Processes of Marriage Integration, in Howard Becker and Reuben Hill (eds.), Family and Parenthood, Boston, 1958, pp. 347-354.

On the whole, respondents are optimistic about their future life combined with joys and sorrows, although 74 percent feel that their families have not yet achieved financial stability and said they are working towards it. A smaller number (26%) have not yet achieved financial stability and believe that the chances for reaching that goal seems rather dim and hopeless.

TABLE III

DISTRIBUTION OF RESPONDENTS BY PERCEPTIONS OF MARRIAGE

Category Label	Husband Absolute	%	Wives Absolute	%
To have an intimate and permanent companion to build a home	44	52		
To settle for normal living	18	22		
To have a mother and care of future of my children	22	26		
To have sex and children			22	26
Future source of security			30	36
Excuse of escaping Home responsibility			6	7
To belong to someone			26	31
Total	84	100	84	100

The majority of the male respondents, (56%) see their parents' marriage as characterized by joys and sorrows, though 24 percent evaluate their parents' marriage as troubled and full of life's problems, while 20 percent consider it as moderately happy life. Interestingly, some 24 percent believe that achieving financial stability is dim and hopeless. Their experience of growing up in a large family in a situation of poverty is maintained, rather than permitting the person to move away from the given poverty condition.

Sexual Interaction. Bell further states that "sexual adjustment in marriage calls for at least minimum satisfaction for the self and the other in their sexual interaction."⁶ Unlike other areas of interaction in marriage, the sexual role relationship is less often guided by open verbal communication. Frequently each partner has to try and "read" the sexual desires of the partner. Failure to communicate to the partner may innocently believe that techniques, frequently, and methods of foreplay are satisfactory, when in reality they are not. Respondents were asked series of questions in this area:

First, Perception as regards the marital act: A substantial number of male respondents reported the marital act as a normal act of couples, (37%), mutual expression of joy and success, (29%), mutual way to enjoy our bodies, (21%) and a way of appreciating spouse body, (15%). The wives' perception showed the following: source of strength and struggles and pain, (32%); way of healing hurts and pains, (27%); mutual expression of success, (25%) and a significant 16 percent report sex as a God-given gift to couples for procreation.

Although the perception varies, the data in Table IV-A below shows that the sexual act has a natural bonding mechanism. "Sexual urge in man is not only genital juxta-position. It is an interpersonal relationship of two individuals, two persons distinct from each other yet uniting in an expression of human communication.

As to the perception on orgasm, the majority of the male respondents perceive orgasm as personal satisfaction due to the following responses: a way of experiencing complete satisfaction, (75%); reinforces man's virility, (15%); it completes the sexual act if mutually achieved, (10%). The female respondents perception tends to focus on the "significant other"; that it is complementing and fulfilling if both spouses enjoy and achieve orgasm, 47 percent; its an indescribable feeling of satisfaction, (39%); and a significant 14 percent report that it supplements and strengthens their marital bond. The data reaffirms one assumption rarely verbalized: that mutual orgasm is important and as a corollary, that the interests, drives

6. Robert Bell, Marriage and Family Living, (Boston, D.C. Heath, 1959), pp. 356-360.

and abilities of the two sexes are equal. Kinsey's study disclosed that "the anatomic structures which are most essential to sexual response and orgasm are nearly identical on the human female and male."⁷

TABLE IV-A
DISTRIBUTION OF RESPONDENTS BY PERCEPTION OF
MARITAL ACT AND ORGASM

Category Label	Husband Absolute	%	Wives Absolute	%
<u>Marital Act</u>				
Way of appreciating spouse body	11	13	-	-
Normal act of lovers	31	37	15	16
Mutual way to enjoy our bodies	18	21	-	-
Mutual expression of joy and success or celebration	24	29	20	25
Source of strength in struggles and pain	-	-	22	27
Way of healing hurt and pains	-	-	27	32
Total	84	100	84	100

TABLE IV-B
DISTRIBUTION OF RESPONDENTS BY PERCEPTION OF ORGASM

Category Label	Husband Absolute	%	Wives Absolute	%
<u>Orgasm</u>				
Way of completing the act	8	10		
Reinforce man's virility	13	15		
Way of experiencing complete satisfaction	63	75		
Undescribable feeling of satisfaction			33	39
Supplements/strengthens our marital bond			12	14
Fulfilling if the other enjoys and achieves orgasm			39	47
Total	84	100	84	100

7. Alfred Kinsey, Sexual Behavior in the Human Female, (Philadelphia: W.B. Saunders Co., 1948), p. 237.

Respondents perception on sex and orgasm indicates the mature view of sexuality... sexuality is a powerful force that emanates from self to others, that seeks the good of the other rather than the good of self.

Another question followed to check this openness and desire for mutual gratification. The respondents were asked to share the approaches of the marital act as experienced in the relationship as husband and wife. Thirty-nine percent of the husbands and 33 percent of the wives prefer short touching periods before coitus until both achieved orgasm, and share days' activities, feelings, and problems; while 32 percent of the husbands and 36 percent of the wives prefer extended touching period before coitus until orgasm even before sharing feelings and problems. The remaining 29 percent of the male respondents and 31 percent of the female respondents prefer immediate coitus and helps the spouse achieve her sexual peak before husband follows.

TABLE IV-C
DISTRIBUTION OF RESPONDENTS BY EXPERIENCED
STEPS IN MARITAL COITUS

Category Label	Husband Absolute	%	Wives Absolute	%
<u>Experienced Steps of Marital Coitus</u>				
- short touching period, longer thrusting time until both achieve orgasm and share days' activities, feelings and problems	33	39	25	33
- longer touching time, longer thrusting time until both achieve orgasm and share days' activities and problems and future plans mutually	27	32	30	36
- no preparation, direct insertion allows spouse to achieve orgasm first and husband follows, discuss problems after achieving orgasm	24	29	29	31
Total	84	100	84	100

Given the length of marriage and three years NFP practice, the respondents were also asked what varieties for unique love-making patterns has been developed on this process of relationship aside from the common normal position. Fifty-two percent of the female respondents prefer "side face-to-face"⁸ method, while (49%) of the husbands expressed "Ride a cock horse"⁹ style as the most satisfying position. The "Spoon Style"¹⁰ position is commonly preferred by (17%) of the husband and (15%) of the wives, while the "Tandem-Twosome Position"¹¹ is preferred by (19%) of the husbands and (13%) of the wives.

TABLE IV-E

DISTRIBUTION OF RESPONDENTS BY EXPERIENCED VARIETY OF POSITIONS
AND EXPERIENCED DESIRED TIMING DURING SAFE DAYS

Category Label	Husband Absolute	%	Wives Absolute	%
<u>Experienced variety of Positions</u>				
- Face to face	14	17	44	52
- Spoon style	13	17	11	15
- Tandem Twosome	16	18	12	13
- Ride-a-cock horse	41	48	17	20
Total	84	100	84	100

8. Side-face-to-face. The couple lie on their sides facing each other. She places her top leg over his. The man rests his top leg over her bottom one, from: Judy Wade and Val Hudson, A Practical Guide to a Loving Parenthood, Coronet Books, Hodder and Stoughton, 1977, p. 67.
9. Ride-a-cock Horse. The man lies flat on his back, the woman sits astride him taking her weight on her knees and bottocks. The beauty of this position is that the couple face each other and both can have their hands free, Ibid., p. 73.
10. Spoon Style. The woman lies on her side, the man on his side behind her. Their bodies lie as close as two spoons in a cutlery drawer. Although not face-to-face this position leaves the man's hands free to caress her body, Ibid., p. 74.
11. Tandem-Twosome Position. The woman kneels on the bed resting her weight on her hands, the man kneels upright behind her. He can use his hands to support her or to caress her, Op. Cit., p. 75.

Since the marital act and conception is no longer viewed today as beyond the control of the individual, respondents were asked what are the varieties of abstention experienced during the fertile period of spouse? Among male respondents, 50 percent are engaged in productive activities like overtime work, backyard gardening, and household repair activities, while 57 percent of the female respondents are engaged themselves in parish work activities like: motivating couples to practice NFP, conducting and assisting barrio marriage enrichments seminars and health and nutrition seminars. Thirteen percent of the male respondents color and update daily spouse ovulation charts, while 18 percent report the use of condom and withdrawal during the first year and a half practice of NFP. Engaging in productive activities like sewing, mending and backyard gardening are reported by 37 percent of the female respondents.

The data shows that respondents learned to appreciate each other's sacrifice for the good of the other, hence they become closer because they are aware that periodic abstinence in NFP practice involves difficulties in developing patience, love, and self-control in their postponements of the mutual satisfaction. This finding is reaffirmed by Ledesma's study.¹²

TABLE IV-F
DISTRIBUTION OF RESPONDENTS BY VARIETIES OF ABSTENTION
DURING UNSAFE DAYS

Category Label	Husband Absolute	%	Wives Absolute	%
- Engaged in productive activities	42	50		
- Colors and update spouse chart and discuss experiences in parish work	10	13	5	6
- Condom and withdrawal use (only at 1½ years of NFP practice)	9	18		
- Volunteer Parish Work			48	57
- General house cleaning and mending of clothes, sewing, gardening			31	37
Total	84	100	84	100

12. Dolores Ledesma. Study of Ozamis Family Life Services, (Unpublished Thesis, UST, Manila, 1975).

The data reaffirms that affection is both giving and receiving processes, indicating accountability and responsibility to each partner. Quoting Dr. Rosales: "The nature of sexuality is fundamentally creative and reproductive. It is meant as a means of producing offspring. . . But the reproductive process in man is a long drawn out and complex process that requires stability of the union of man and woman who would embark in this noble union of participation in the creation of a new human life. The union must not only be stable, but one that must reflect the deep bond of affection, of selflessness. Because it has such serious and far-reaching implications, it is the responsibility of man to understand his own sexuality and to develop the quality of character to utilize sexuality with responsibility - a responsibility to himself, to the other person, and to the child that may come forth to the community of which he is a part.¹³

TABLE IV-G

DISTRIBUTION OF RESPONDENTS BY PERCEIVED EFFECT OF NFP
PRACTICE TO SEX LIFE OF RESPONDENTS

Category Label	Husband Absolute	%	Wives Absolute	%
- abstinence makes lovemaking enjoyable	25	30		
- makes me sensitive to spouse need	41	49		
- makes me irritable	8	10		
- improves my ability to share and demonstrate affection	10	12	26	31
- clarifies my role in marital act			25	30
- makes me self-confident that urges can be controlled and directed			16	19
- widened my understanding about sexuality			17	20
Total	84	100	84	100

13. Dr. Vicente Rosales, Director, Institute of Human Reproduction, UST, Manila, 1978, Quoted from Reproduction: A View on Sexuality, Vol. 3, No. 36.

Respondent were asked what are the effects of NFP practice in their sex life. The majority of respondents reported that the NFP practice makes them sensitive to spouse needs, (49%), abstinence makes their lovemaking enjoyable, (30%) improves their ability to share feelings and demonstrate affection, 12 percent and only 10 percent say they become irritable. While the female respondents report that it improves their ability to ask for affection and share feelings, 31 percent, clarify the role in marital act, 30 percent, widens their understanding on sexuality, 20 percent and the practice confirms that urges can be controlled and directed as shared by 19 percent.

The responses to the two questions indicate that rest from intercourse enhances enjoyment and demonstration of the ability to forego the fulfillment of one's own physical pleasure for the sake of the other person, giving practical evidence of the security of the relationship and providing happiness that generosity of love can provide.¹⁴

Since sexual interaction is a marital developmental process, its achievement does not depend on the learning of physical technique but more importantly in the socio-psychological factors like trust, empathy, relaxation and spontaneity.¹⁵ Respondents were asked two questions:

First, what are their perceived demands of the marital act? Among the male respondents they report responsiveness to spouse as an indicator, 48 percent, fidelity or faithfulness, 26 percent, and openness to variety of body movements and positions 22 percent, while the female respondents consider fidelity and faithfulness high, 59 percent, clarify hurts and pains before coitus, 29 percent and only 12 percent consider "not vulgar infidelity" an indicator for satisfying marital act.¹⁶

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14. John Billings and Evelyn Billings, Development of Ovulation Method, Proceedings of a Research conference in NFP Human Life Foundation, January 23-26, 1972 convened at Airlie House, Warenton, Virginia.
 15. Mildred Weil, Marriage, The Family Society, Toward a Sociology in Marriage and Family, (Interstate Printer and Publishers, Inc., 1971), p. 138.
 16. Not vulgar infidelity - extra marital relationship of the husband discreetly handled and only few people outside the couple know the affair.

The second question, what are the perceived measures of sexual satisfaction? Twenty-nine percent of the male respondents viewed spouse ability to share feelings and problems after the act, 29 percent of spouses' joy in managing the home and the children, 27 percent of spouses express active participation during safe days and achievement of orgasm, 25 percent. While among the female respondents the spouse's ability to share feelings and problems before and after coitus is reported by 43 percent, gentleness and regularity in demonstrating affection is reported by 29 percent while appreciation of little efforts of growth is shared by 15 percent and only 13 percent share expressions of hard work for financial problems.

TABLE IV-H

DISTRIBUTION OF RESPONDENTS BY PERCEIVED MEASURES OF SEXUAL SATISFACTION, DEMANDS OF MARITAL ACT, EFFECT OF NFP PRACTICE TO THEIR SEX LIFE

Category Label	Husband Absolute	%	Wives Absolute	%
<u>Perceived Demands of Marital Act</u>				
- faithfulness and fidelity	25	29	50	59
- responsiveness of spouse	40	49		
- openness to variety of body position	19	22		
- clarified hurts before sexual act			24	29
- not vulgar infidelity			10	12
- clarified hurts before sexual act			50	59
Total	84	100	84	100
<u>Measures of Sexual Satisfaction</u>				
- spouse joy and active participation during safe days	22	27		
- spouse joy in home and children management	24	29		
- spouse openness to body movements	24	17		
- spouse ability to verbalize feelings and problems after the act	24	29	36	43
- gentleness and regularity in demonstrating affection			24	29
- proud of his spouse			11	13
- considerate of weaknesses and appreciation of little efforts shown			13	15
Total	84	100	84	100

The data indicates that sexuality is then educable and ethical, which means the formation of man as a sexual being is the result of an adequate upbringing and an understanding of the meaning of sexuality.¹⁷ Because of its implications, man has the duty to understand his own sexuality and develop the quality of character that will treat/handle sexuality with responsibility.

Conflict Handling. Whenever two or more people associate for any length of time, they make decisions and solve problems related to their particular relationship. Certain methods come to be accepted by the couple for solving problems and making decisions which have developed and been modified as new experiences emerge. The writer asked the respondents a series of questions:

The first question, how would you handle controversial issues? The result shows that among the male respondents the pattern is the following: husbands present decision and convince spouse to agree, (54%); present facts and convince spouse to make decision, (44%) and about 2 percent only presents facts and discuss issues and make decision together. While sixty-four percent of female respondents compromise personal decision if facts are understood, 29 percent present her own decision and convince spouse to agree and about three percent discuss facts, issues and decisions together.

The second question follows, how would you handle marital conflicts? About 50 percent of the husbands tend to be passive and silent, 39 percent seek solutions from parents/in-laws, and only 10 percent discuss the conflict mutually without childrens hearing. The female respondents seem to be a source of disagreement and arguments as reported by 49 percent, seek parental assistance, 44 percent and again only 7 percent are willing to discuss calmly and mutually, Instead some forms of defenses are: positing, "cold war" treatment, or withholding sexual privileges from husbands.

17. Dr. Vicente Rosales, Op. Cit., p. 4.

TABLE V-A

DISTRIBUTION OF RESPONDENTS BY WAYS OF DISCUSSING CONTROVERSIAL
ISSUES, HANDLING MARITAL CONFLICT, PERSONAL PROBLEMS
AND FINANCIAL PROBLEMS

Category Label	Husbands Absolute	%	Wives Absolute	%
<u>Ways of Discussing Controversial Issue</u>				
- compromise decision if facts are understood			54	64
- present decision and convince spouse to agree	45	54	24	29
- present facts and convince spouse to make decision	57	44		
- present issues and discuss facts together and decide	2	2	6	7
Total	84	100	84	100
<u>Ways of Handling Marital Conflict</u>				
- silence and passive relationship of spouse	42	50		
- discuss problems without children hearing	9	10	6	7
- seek advice from parents and friends	33	40	57	44
- wait for right timing, mood of spouse before asking for discussion			41	49
Total	84	100	84	100
<u>Ways of Discussing Financial Problem</u>				
- keep silent and borrow money from friends/parents	39	46		
- share to spouse and discuss possible alternative	29	35		
- checks home expenses and areas to economize expenditures	16	19		
- nags husbands to borrow money			22	26
- blames spouse of his incapacity to provide			3	4
- seek alternative with spouse			59	70
Total	84	100	84	100

Significant insight drawn from the data is the pattern of discussion and decision-making of both respondents, who tend to vent what Bernard Farber¹⁸ conceptualized as "verbal coercion" where the decision is usually made by one partner but the consent of the spouse has to be obtained. Discussion takes place after one partner has made the decision, during which time he or she tries to obtain the consent of the other by exerting strong verbal persuasion. Although this procedure seems to result in extensive and intensive battles, domination of one mate or one spouse yields 72 percent of the couples, finding that arguments are stimulating and enjoyable. Therefore, arguments among these sample of couple respondents are viewed as a positive dimension to mutual interaction. They tend to enjoy the exchange of opinions in a friendly and animated debate. Dr. Mendez in her study, disclosed that "couples who discuss and study their problems together in a spirit of give and take are apt to resolve their differences satisfactorily. Consequently, the conflict will tend to unite them more instead of drawing them apart."¹⁹ This was likewise the findings of Vancio's study: "the ability of the couples to communicate with each other was significantly related to marital success."²⁰ He added that marriage under stress can go in many directions. How the couples handled the stressful situation reflects to a great extent the solidarity of the marriage.

When finding themselves in a strained relationship, most of the male respondents, (66 percent) bear the strain for the sake of companionship until its mood is ready for discussion, 18 percent would discuss the matter with the spouse, and only 14 percent would tend to be negative, withholding any demonstration of affection and sexual contact. While 36 percent of the female respondents demonstrate affection without warmth, 20 percent demand immediate attention to household repair needs, 14 percent sleep separately and 12 percent use other outlets like scolding children when the father is around.

18. Bernard Farber, An Index of Marital Integration. Sociometry, 20, (June, 1957), pp. 117-134.

19. Dr. Paz Policarpio Mendez. "Solving Marital Problems", from the Readings in Filipino Family, (Manila: Family Life Workshop of the Philippines, Inc., 1968).

20. Joseph Vancio, Op. Cit., p. 278.

Table V-B below reveals that the respondents prefer to keep negative feelings to themselves rather than burdening their partners. This may be explained within the perspective of our culture and the "martyr complex of the woman".

TABLE V-B
DISTRIBUTION OF RESPONDENTS BY WAYS OF HANDLING STRAIN
RELATIONSHIP

Category Label	Husbands Absolute	%	Wives Absolute	%
- bear it out until mood is ready for discussion	44	66		
- silence and helps on household chores	14	16		
- discuss matters calmly	16	18	18	20
- no demonstration of affection/sleep separately			12	14
- start scolding children when he arrives			10	12
- demonstrate affection without warmth			26	32
- demands attention to household repair/needs			18	20
Total	84	100	84	100

The ability of the couple to communicate and share activities, experiences, problems and negative feelings with partners is one of the building blocks for a satisfying relationship. However, it has been the contention of several Filipino scientists that this characteristic is uncommon to Filipinos. The data does not support such a contention.

As to the areas of sharing experiences and activities with a spouse, 44 percent of the male respondents share activities and experiences and feelings/problems only with their spouse after very satisfying lovemaking, 35 percent will share considering the right mood and timing for the spouse, while 18 percent can share anytime they want. For the female respondents, 52 percent would do the same as the husband does, 44 percent take into

consideration areas that will not cause misunderstanding, while only 4 percent can share and explain feelings and experiences anytime they want.

TABLE V-C
DISTRIBUTION OF RESPONDENTS BY AMOUNT OF EXPERIENCE SHARED
TO SPOUSE, HANDLING STRAIN RELATIONSHIP AND PROBLEMS

Category Label	Husbands Absolute	%	Wives Absolute	%
- I share activities and experiences with spouse	32	38		
- I share most of the activities and experiences when I arrive home	15	18		
- I share activities/experience/feelings after satisfying lovemaking	37	44	43	52
- I share some activities and keep things that will cause misunderstanding			37	44
- I share everything anytime I want			4	4
Total	84	100	84	100

The process of sharing among these respondents tends to show an element of persistent feeling of one partner whether accepted positively or negatively. An element of risk is also seen for the sake of the relationship. This finding seems to be supported by Vancio's study: the ability of the couple to communicate with each other is significantly related to marital success.

With regards to the experienced areas that do need mutual decision-making, fifty percent reported that incurring debts have to be discussed mutually before going into debt; family investments 38 percent, and only 7 percent of the male respondents believed that work or employment has to be discussed mutually. The female respondents vary in the areas to be decided mutually: ways of expressing affection and child discipline 49 percent, desired number of children 39 percent, and child education 4 percent. On the other hand, 95 percent of the couple respondents agreed that the household budget has to be decided by the wife solely. This

finding is likewise supported by previous research. Esquillo in her study of conjugal interaction has reported,

"the presence of three modes of conjugal decision-making pattern of interaction recurring among Marikina household respondents. The most prevalent among these modes is the syncratic pattern wherein spouses and other family or household members decided on an activity jointly. The second is the wife-autonomy pattern whereby the wife alone decides on some activities. This pattern recurs in six economic functions, five household chores and four child correlated concerns. Husband autonomy is another observed pattern which signifies that the husband exclusively makes the decision."²¹

Likewise with the findings of Lamberte,²² he claims in his study that:

"the high degree of husband's self concept as a man and breadwinner makes him assert his authoritarian stance in the family. Thus, his strivings to earn more by working longer hours is most shared by his desire to avoid challenges when household members, more so the wife, draws an income higher than his own."

Decision-making and Children. Another element of interaction playing crucially in a conjugal union is decision-making. The respondents' process in making a decision with regard to their first two children and last two children varies. Seventy percent of the couple respondents tend to be authoritarian in deciding for their first two children, 26 percent were mutually coercing each other verbally to have a child while only 4 percent mutually decided their first two children. In comparison to the process of their last two children, sixty-five percent of the couple respondents decided jointly the coming of their children, 29 percent still coerce each other to have these children and only 6 percent tend to be authoritarian in the process of deciding the last two children. The data indicates that their process of decision-making shifted from authoritarian to mutual discussion pattern in the last two children and indicates an improvement of their process of communication which can be shown in their transaction result.

21. Esquillo, Op. Cit.

22. Lamberte, Op. Cit.

TABLE VI
 DISTRIBUTION OF RESPONDENTS BY DECISION-MAKING ON THE FIRST
 TWO CHILDREN AND THE LAST TWO CHILDREN

Category Label	First Two Children Absolute	%	Last Two Children Absolute	%
Interview-Schedule Data Patterns of Decision-Making:				
Authoritarian	59	70	3	6
Verbal Coercion	22	26	24	29
Mutual Discussion	3	4	57	65
Total	84	100	84	100

Value of Children. Children are highly valued by the majority of the respondents. Eighty percent of the respondents (both husbands and wives) plan to have another child after two-three years of NFP practice. All agreed that having planned children brings them closer together and more conscious of the growth of their relationship. The presence of children is reported by all respondents. The number of children per marriage ranges from 2-12, with a mean of 4 children per marriage. Twenty-five percent of the male respondents shared interest in experimenting a determined baby sex.

Having a large family is seen as more desirable if one could afford to is agreed by 75 percent of the couple respondents for the following reasons: the child learns to share and be cooperative and the family has more fun; it is a way of resisting materialism and spreading wealth. While respondents who have a broad definition of goals and interest in social concerns tend to prefer a small family, respondents who are concerned about the adequacy of their role as homemaker preferred small/medium-sized families. Some respondents consider this interest in small families as responsible behavior, while male respondents wanting large families viewed children as psychological and emotional supports in their relationship.

The findings show that planning with confidence among lower class families happened after having 3-7 children, and after two-three years

devoted to the practice of NFP. It also indicates that these couples are open and spontaneous in discussing sex and parenthood among themselves and at home, compared to couples who have only casual discussions on the subject.

Liu, Rubel and Pato's study correlated the conjugal role relationship with fertility patterns. They posited that couples who made decisions jointly and did things together tended to have a smaller family than did couples whose roles are autonomous. Another proposition they advance is that the "better" the interpersonal relationship between the spouses, the greater the likelihood of being effective in spacing the size of their family.²³

Bulatao in his work "Value of Children", reveals that the presence of children relatively fosters stability in marriage and family unity. His findings show that the most important value to parents of children is the latter's assistance in the former's old age.²⁴

B. Descriptive Analysis of the Behavioral-Psychological Dynamics Involved in the Interaction.

To further examine the variables more deeply related to the processes such as decision-making, a behavioral-psychological interaction is employed. A sample correlation between the sociological data and the psychological data gathered is found in the table VII.

In Part I, Psychological Data - in the dialogue on having their first-two-children, respondents indicate in their recorded dialogue that their Transactions were principally crossed as against 30 percent who indicated complementary dialogues.

23. See Esquillo, Martinez. Conjugal Interaction and Fertility Behavior Among the Filipino Urban Working Class (Quezon City, IPC, Ateneo de Manila University, 1976), p. 280.

24. Bulatao, Rodolfo, et al., "The Value of Children: Cross National Study", Vol. 1, 2, 3, (Honolulu, Hawaii, East-West Population Institute, 1975).

TABLE VII

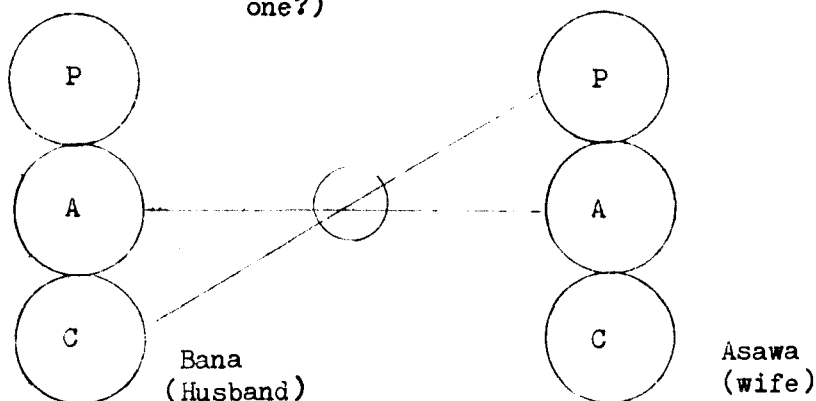
DISTRIBUTION OF RESPONDENTS BY DECISION-MAKING ON THE FIRST TWO CHILDREN AND THE LAST TWO CHILDREN

Classes	First Two Children Absolute	%	Last Two Children Absolute	%
Part I - Workshop Data				
Complimentary Transaction	24	30	54	62
Crossed Transaction	56	65	22	28
Ulterior/Duplex Transaction	4	5	8	10
Total	84	100	84	100
Part II - Interview Schedule Data				
Patterns of Decision-Making:				
Authoritarian	59	70	3	6
Mutual Coercion	22	26	24	29
Mutual Discussion	3	4	57	65
Total	84	100	84	100

An Example of Crossed Transaction from Recorded Workshop Data:

Bana: Gusto ko dungagan nato and atong anak day?
(husband) (I would like that we will have another baby darling?)

Asawa: Uy, ambot nimo. Kita ka bitaw nga nagkapuliki nako
(wife) niining imong anak, unya dungagan na pod? (Frowning voice, high pitch tone)
(I don't know with you. You see how I am so occupied with this your child, and now you're asking for another one?)



Crossed transaction means that unexpected and often painful and disruptive responses are given as stimuli. Communication breaks down. When communication breaks down they are generally Critical or Controlling, and/or Submissive or Rebellious, from the Adapted Child (AC) are the Ego States from which heavy negative conditional and unconditional strokes are given and received. Examples: The message always includes: "I don't like what or the way you do things" or "I don't like me" and/or "I don't like the way I do things." Since the Adult Ego State is minimally if at all in use, it can hardly be in an executive and monitoring position and therefore cannot be developing personalities in the couple.

As to the manner of arriving at decisions about first-two-children, Part II shows that seventy percent of the couple respondents pointed to the authoritarian pattern as their principal decision-making model, against 4 percent who pointed to a mutual discussion pattern. In the authoritarian pattern, one spouse makes the decision independently of the other, presents it to the other and ideally, gets consent. Although there may be no critical or coercive factor, there is control, often dictated and accepted for cultural reasons; religious or ethnic. From a Transactional Analysis perspective "Independently" means that the dominant spouse uses the Critical Parent (CP) and not the Adult(A) while the submissive spouse uses the Adapted Child (AC) and not the Adult(A). The counter-communication element here is the discount of a spouse's capacity to contribute to the decision-making process on an equal footing. This implies a cultural pattern which is unconsciously acted out by the couple themselves.

In contrast to the first, the dialogues on having their last-two-children, indicate that a significant 62 percent of couple respondents recorded complementary transactions as predominant against 28 percent who recorded crossed.

Example of Complementary Transaction from Recorded Workshop Data:

Bana
(Husband)

Gimingaw na man ako ug gamayng bata. Puede na kahang atong sundan si Baby?
(I am already missing a small child. Is it possible that we will have another following our baby now?)

Asawa:
(wife)

Ako sad, morag daku-daku na man si Baby ug maayo na sad sundan.
(Me too. It seems Baby is now big enough, besides its a good idea to have another one!)

Bana: Sa imong paminaw, kaya ba nato?
(Husband) (What do you think, can we afford it?)

Asawa: Kana atong sabotan pag-ayo kay taas-taas na ra ba
(Wife) ang presyo sa palaliton karon.
(That we have to discuss carefully because prices
of commodities nowadays have increased.)

Complementary transaction means stimuli from one spouse are responded to from the expected ego states, allowing communication to flow without interruption or breakdown. Communication flow generally indicates that the inside, constructive ego states are operative: Nurturing Parent (NP), Adult (A), and Free Child (FC). This leaves less energy for the outside destructive or non-productive ego states to operate: the Critical Parent (CP) and the Adapted Child (AC). When the inside ego states are operative, the strokes are generally positive, conditional and unconditional, given and received. Example: The message always includes: "I like you" and "I like what the way you do things" or "I like myself" and "I like the way I do things". Since the Adult (A) is operative at least internally, it is more likely to maintain an executive check on the other ego states. With the Adult (A) as executive the couple is expanding their capacities of awareness, spontaneity and intimacy, and as such are developing autonomously.

Similarly, findings in Part II show that a significant 65 percent of the couple respondents indicated a mutual discussion decision-making pattern for their last two children as against the recorded 6 percent of the authoritarian pattern. The mutual discussion pattern, as described previously allows both partners to take into account each other's facts and feelings. Their decisions emerge only after thorough discussion. From a Transactional Analysis perspective, the phrases "take into account" and "thorough discussion" indicate a highly operative Nurturing Parent (NP), Adult (A) and Free Child (FC) ego state in both spouses. With the inside constructive ego states mutually acknowledged and stroked behaviorally, there is little likelihood of communication breaking down or decision-making being disrupted or unilateral.

It should be noted here that the authoritarian pattern in decision-making may be characterized by complementary transactions rather than crossed transactions specifically where the society is strongly traditional, change resistant and only slightly affected by modernization. Presently,

one culture after another is being opened to these changes. When this occurs, the submissive partners can obtain new information about themselves, their roles and relationships, motivating them to rebel, cross transact and intentionally break the time-honored patterns of communication in favor of new relationships.

Although the correlation between the sociological and the psychological data is significant on the decision-making aspect of the conjugal interaction of the couple respondents, it has yet to be shown through further workshop and application whether the other areas focussed on in the study (such as perceptions of self, marriage, sexual interaction, etc.) correlate to a similar degree.

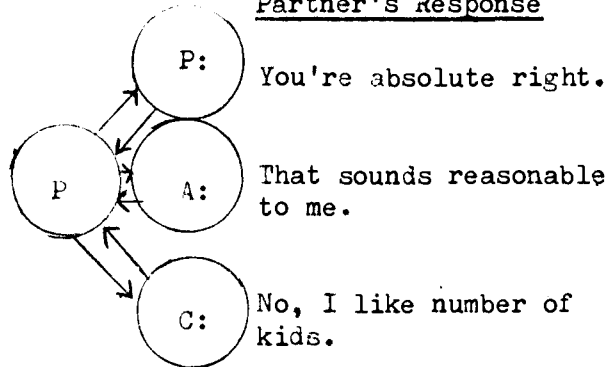
Marital Transactions. A transaction is an exchange, verbal or non-verbal, between two or more persons. When one says "hello" to another, and she says "hello" back, the exchange of hellos is called a transaction. The exchange can be friendly words, angry looks, gifts or throwing dishes. All conversations between spouses are a series of transactions, one exchange after another. Below are examples of the three kinds of transaction:

- Couple respondents talking about children

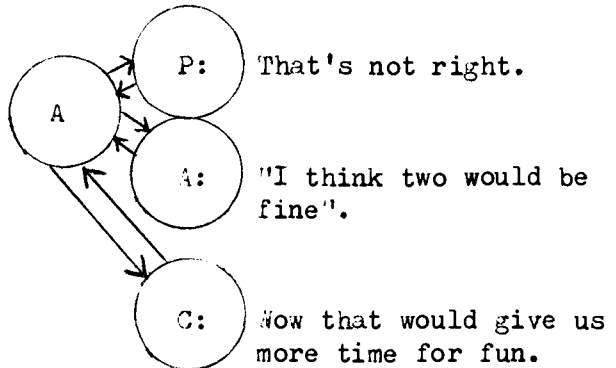
Spouse

Partner's Response

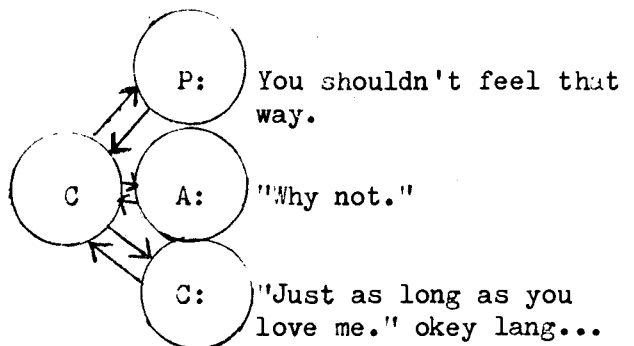
"We should not have more than two kids".



"I'm for having just two kids. What do you think?"

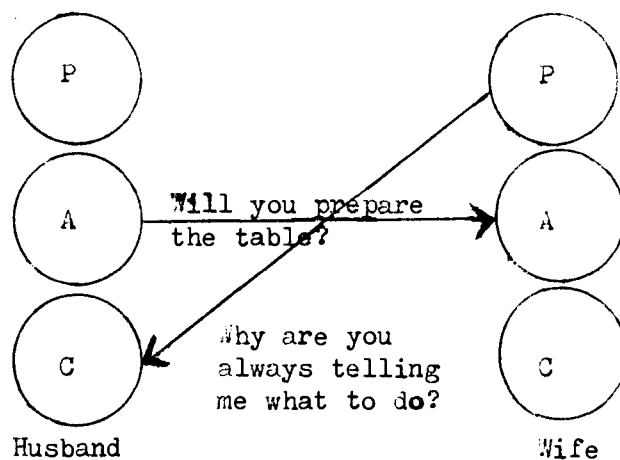


"I couldn't stand having more than two kids."



Above are examples of simple complementary transactions. The lines of communication are parallel. They do not cross. Communication can flow without interruption.

The second diagram following shows a simple transaction, with lines crossed. The wife asks her husband, "Will you prepare the table?" (Adult to Adult). Her husband instead of answering as expected from his adult, "Yes" or "No", reacts angrily: "Why are you always telling me what to do!" The exchange about preparing the table immediately breaks down and he misreads the wife's stimulus as bossy. The transaction is crossed.

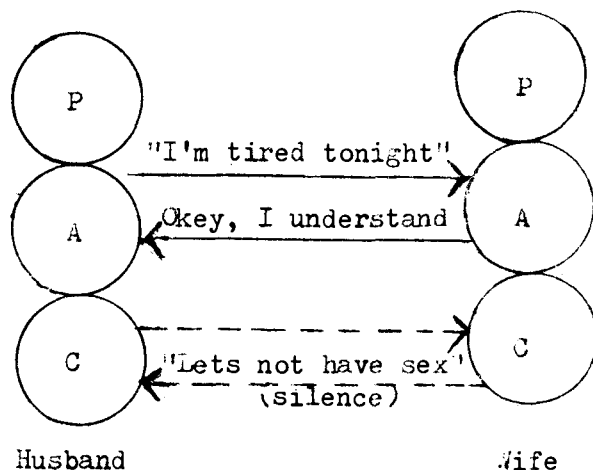


Note: Not all crossed transactions result in unpleasant breaks in communication (some are witty)". But most marital conflicts begin with such crosses." If a persons' Adult (A) is contaminated by his Parent or Child, his messages to another will sometimes be inappropriate, and result in 'misunderstandings.' The Child in the husband above may have chosen to hear his wife's Adult as if it were his own internal, Critical or Domineering Parent.²⁵

Another kind of transaction that surfaced among the participants is called Duplex or Ulterior. This type has a covert or hidden message in it. The hidden message can be positive or negative.

25. Leonard Campos and Paul McCormick, Introduce Your Marriage to Transactional Analysis, TA Primer (3rd edition Stockton, California: San Joaquin Institute of TA, 1972).

For example:



Strokes. An important responsibility for your Adult (A) ego state is to see that you give and receive strokes. You need to stroke and be stroked whether one is old, young and single or married. A stroke is a physical caress, a word of recognition, an insult, or a slap in the face. It is a stimulus from another, some form of recognition, positive or negative. The findings show that 59 percent of the male respondents received positive strokes from their wives while 37 percent indicated that they received negative strokes from their wives. Many female respondents (74 percent) reported receiving mostly positive strokes from their husbands and others (22 percent) received mostly negative strokes from the spouse.

Strokes can be positive or negative. Positive strokes include the message that you are OK. They help you feel good and alive. A nod of appreciation, a warm hand shake, and a sincere compliment are all positive strokes. Negative strokes imply that you are not OK. You are negatively stroking someone when you shout at him, call him boring, "tanga or bulok" or belittle him. Negative strokes are sometimes called discounts. A discount is a message that reads: your needs, feelings, interests don't count! or a more heavy personal discount goes further: "You don't count".

Strokes can be either conditional or unconditional. When one strokes his wife, simply because he loves her, not to get her to do something for him, the stroke is unconditional. Stroking for performance is called conditional stroking; e.g. "I like her when she cooks a good dinner." Stroking for being you is unconditional. "I like being with you" or "I like you."

TABLE VIII

DISTRIBUTION OF RESPONDENTS BY KINDS OF STROKES RECEIVED
FROM ONE ANOTHER

Classes	Husband Absolute	%	Wives Absolute	%
Positive Strokes	48	59	62	74
Negative Strokes	33	37	19	22
No answer	3	4	3	4
Total	84	100	84	100
Unconditional Strokes	54	65	48	58
Conditional Strokes	28	33	32	37
No answer	2	2	4	5
Total	84	100	84	100
Verbal	33	40	37	44
Non-verbal	49	58	47	56
No answer	2	2	-	-
Total	84	100	84	100

The findings on strokes show that 65 percent of the husbands received mostly unconditional strokes from their spouse and only 28 percent indicated that they received mostly conditional strokes, while 12 percent of the respondents did not respond. Among the female respondents 58 percent indicated that they received mostly unconditional strokes from their husbands while 37 percent received conditional strokes. The strokes shared by these sample respondents are heavily non-verbal compared to the verbal type of strokes. This confirms the findings that culturally most Filipino couples communicate more non-verbally than verbally.

Examples of Non-Verbal Communications between spouses include: a smile, a movement upward (+) or downward, thumbs up, raising of the eyebrows, silence, wearing shorts, a slap or caress, turn away or walk away, tears,

laughter, and a shrug of the shoulders, etc.

Ego States. The ego-gram is a simple but graphic way of showing how each partner uses his/her ego states. Each of the ego states has its own ways of feeling and thinking and behaving. The Parent for nurturing or controlling herself/himself and others; the Adult for staying in touch with reality, the Child for having fun, and being creative. To measure which ego states are commonly used the respondents were asked to graph their individual ego-grams and compare them with the spouses' ego-gram. A sample of an individual ego-gram is shown as follows:

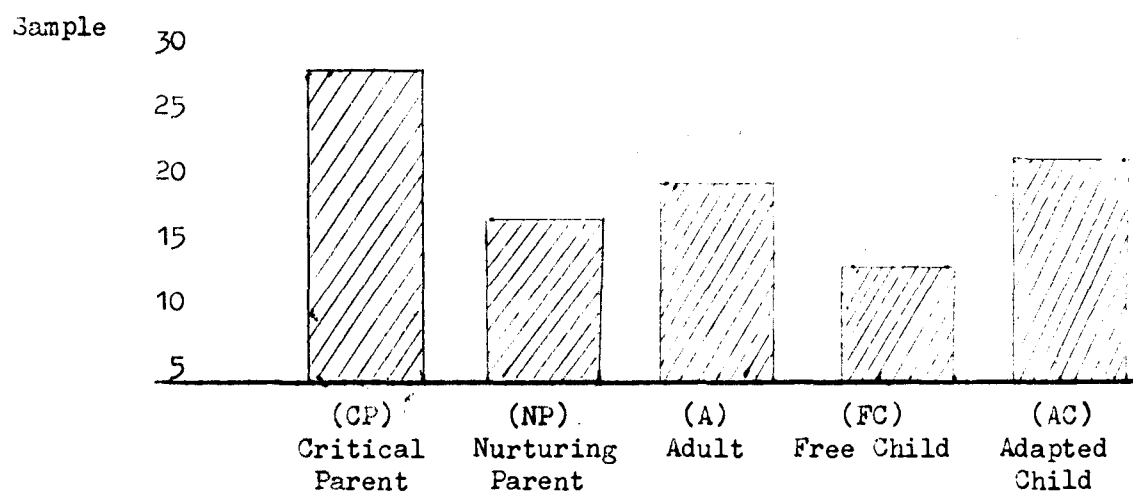


TABLE IX

DISTRIBUTION OF RESPONDENTS BY GRAPHING EGO STATES MOST COMMONLY USED AND LEAST COMMONLY USED IN THEIR MARITAL INTERACTION

Classes	Husbands Absolute	%	Wives Absolute	%
Nurturing Parent-Adult-Free Child (NP-A-FC)	45	54	37	46
Critical Parent-Adapted Child (CP-AC)	37	42	41	52
Not clear graph	2	2	2	2
Total	84	100	84	100

It may be noted that the table on Ego States put several sets of Ego State functions together. The Nurturing Parent (NP), the Adult (A) and the Free Child (FC) are grouped together. The Critical Parent (CP) and the Adapted Child (AC) are separated into another group. The data was gathered in this manner because of the writer's focus on ego states, transactions and strokes that contributed to and/or detracted from the interaction between couple respondents. Nonetheless, there are exceptions to this rule. Generally the (CP), (A) and (NP) contribute to communication flow and may enhance the couples chances of success in Decision-making, Conflict-Resolution, Child Planning, etc. The (CP) and the (AC) generally impair communication and so make successful interaction unlikely.

The sample correlation between the sociological and psychological data included only the Decision-making patterns from the sociological interviews and the transactions from the Psychological findings. Although the correlations will not be expanded in this descriptive and exploratory study, it is interesting to note that the analysis of the other psychological data (i.e., ego states, strokes) also shows an initial correlation complementary to and supportive of the correlation shown between Transactions and Patterns of Decision-Making. Further research is necessary in order to confirm these tentative correlations.

C. Description of the Factors that Comprise Conjugal Interaction as Perceived by the Couple Respondents

Measuring patterns of interaction among couples proved to be a delicate task owing to the fact that these elements are interrelated. To measure and cross-check whether these variables belong to the same element, the principal component analysis with various rotation, found in the SPSS (Statistical Package for Social Services) program for factor analysis was used. As a result, these factors were based on the reduced number of variables from the original categorized variables. The results reaffirm variation of perception between husband and wife as to self, marriage, children, sexual interaction, conflict-handling and decision-making.

1. Ten variables load significantly in the first factor. Those with high loadings are on the perception of self, feelings experienced and behavior manifested. The remaining variables like role perception, likeable

traits, feelings experienced and manifested behavior have moderate loadings. This rotation has an eigen value of 7.7673 and a percent of variations of 24.50. The wife's data shows a heavy loading in one's role perception, in likeable traits, and its feelings experienced and manifested behavior with an eigen value of 6.8160 and a percent of variation of 23.50.

2. Four variables load significantly on the second factor, taking perception of sex, marital act, and perceived effect of Natural Family Planning practice on sex life as high loads, while variables on perceived demands of marital act, frequency of marital coitus, perception of orgasm, feelings experienced on sex perception and perceived measures of sexual satisfaction have moderate loadings. These factors have an eigen value of 5.34 and a percent variation of 17.00. The wife's data on the second factor loads significantly in the following variables: perceived demands of marital act, perception of orgasm, perception of sex, feelings experienced by sex perception and perceived effect of Natural Family Planning practice on the marital bond. Variables like perceived measures of sexual satisfaction, perception of marital act, effect of NFP practice on sex life and feelings of the frequency of marital coitus load moderately. These variables have an eigen value of 5.656 and a percent of variation of 19.50.

3. Three variables load significantly on the third factor, taking ways of handling: financial problems, strained relationships, controversial issues and marital conflict. Variables on handling personal problems and familial problems load moderately. The loadings show a general concern for income management and home issues while the significant loads focus on the process of the same variables. These factors have an eigen value of 3.224 and a percent of variation of 10.20. The wife's data shows heavy loadings on two variables only: handling strained relationships and controversial issues, while personal problems and financial problems load moderately. These variables have an eigen value of 1.38345 and a percent of variation of 4.8.

4. The fourth factor demonstrates expectations and growth of Natural Family Planning practice to these practitioners. Husband and wife data show two variables load as significant: perceived effect of Natural Family Planning practice to spouse and perception of a good spouse, while variables

on: perceived effect of Natural Family Planning practice to marital bond, perception of successful marriage, perceived challenge of Natural Family Planning practice to married life and marriage perception load moderately. The factors show concern for the growth of the marital bond and at the same time are not in isolation, but shared with the other couples. These variables have an eigen value of 4.034 and a percent of variation of 5.0.

5. The last factor is demonstrating the value of children in married life. Two variables load highly: motivation for spacing children and reasons for accepting the Natural Family Planning approach, while variables perceived benefit of children, motivations for having another baby, reasons for limiting number of children and perceived topics that motivate the continued practice of Natural Family Planning load moderately. These variables have an eigen value of 1.25783 and a percent of variation of 4.0. The wife's data loads heavily on variables: motivations of having another baby, perceived effect of family planning practice to marital bond, while motivations of spacing children and perceived benefits of having children load moderately with an eigen value of 0.33628 and a percent of variation of 2.9. These loadings show concern for the fundamental values underlying birth control.

D. Description of the Social Class Variation in the Perception of Conjugal Interaction Before Acceptance of Natural Family Planning Practice

This portion is limited to the couple respondents' views on marriage, sex and children as seen from different social classes. The use of social class variations in presenting the findings may give the reader an understanding of the dyad interaction and the family characteristics of a certain social class. Secondly, social class as an analytical tool for studying significant variations in describing many facets of social thought and behavior is a challenging approach to social researchers in a developing country.

Lower Class Family. The lower class used here includes twenty-five to thirty percent of the total sample. To go into all the variations of lower class life, as related to rural-urban, geographical, migrant or non-migrant, and ethnic factors would demand additional chapters or even another study. Hence, in this study lower class refers to the group with

common social characteristics such as: formal education of six years or less while the male's occupation is generally semi-skilled or unskilled and his work pattern is often sporadic, with periods of employment and unemployment. Their wives are also working in domestic service. The total income of the husband is rarely 300-400 pesos a month. Their place of residence is found in crowded areas of the city or in old homes converted into rooms located in non-legalized housing areas.

Lower class husbands in this study follow a pattern of early and steady dating. They do very little shopping around through random dating for the eventual marriage partner. They do not seem to have regarded themselves as an active chooser of a mate but are inclined to think simply that 'it was just time', 'somehow it was settled', or 'we just did it'. Rarely do they express strong feelings for making a decision to marry. The pattern of thinking and planning needed in seeking out the best mate and planning marriage is often alien to them.

The Rainwater study also reveals that lower class adolescents rarely show initiative in seeking or choosing marriage partners.²⁶ Going steady in the lower class then bears a different quality of relationship than in the middle class. This relationship is characterized by a lack of planning and often the desire to escape from role frustrations and home responsibilities rather than entering new roles with anticipation. Stress on immediate satisfactions and present time restrictions often make dating and courtship in the lower class less of a process leading to marriage as it often does in the middle class.

Attitudes on pre-marital sex are rather restricted although the male sees sexual conquest as a strong sign of masculinity. The lower class female views virginity as one of her strongest weapons in acquiring a husband.

Marriage. In the lower class, marriage may mean simply that a couple is living together, and whether they are legally married in a church or in a civil ceremony is often of little importance. The lower class woman expects little from her husband. She is willing to settle for some permanence in a not too happy relationship because she feels nothing better

26. Rainwater, Op. Cit., p. 62.

is to be gained from a man. They enter marriage at a young age, because the woman, for example, feels somewhat lost when she outgrows the status of a daughter and often wishes to escape from role and home responsibilities. Marriage to her calls for big a celebration and often carries little significant change in role behavior. For the men, marriage means complete sexual rights and for the female, that the husband will at least contribute something to their living expenses. At the beginning of their marriage, the lower class couple often do not set up any kind of home of their own. They move into homes of relatives, in-laws or friends. Only ten percent move into their own rented homes. Leisure time is not usually pursued by the husband and wife as a paired relationship. When the husband is home, he usually wants to be let alone and not be bothered with things to do. When he goes out, he goes more often with other men than his wife. The wife's social life often centers around relatives or friends of the same sex whose husbands are doing the same thing. Once again, it may be pointed out that the male keeps his world masculine to reinforce his masculinity. So, the lower class male often does not see any particular difference between his social role before and after marriage. If he gives his earnings to his wife, he defines himself as being a good husband.

Lower class women are more likely to want their husbands first to be good providers and good lovers. The meaning of "good lover" extends far beyond sexual relation to the much broader desire for some consideration of them by their husbands. On the other hand, the husband sees "good lover" as a meaningful way of showing emotional consideration to his wife but is not often willing because it is not seen as masculine behavior. The primary role of the woman centers around her being a mother, rather than a wife and also meeting the day-to-day needs of the family. The husbands restrict their definition of a good wife to the mother-housekeeper component.

Marital Coitus. Since the lower class marriage is of a patriarchal nature when the husband is around, the male tends to be patriarchal in his assumed rights of authority, but commonly not in his obligations. Due to the lack of marital "sharing", sexual satisfaction for the lower class is basically for the male. Both husbands and wives feel that sexual qualification for the wife is much less important, so that, at least wives seem generally content when intercourse results in the husband's pleasure even if not their own. Sexually, satisfying her indicates to the wife that she

continues to have the sex "weapon" in dealing with him. A "good wife" in the lower class is not expected to show any great interest in, or satisfaction with marital sex. Being interested in sex, even with her husband, may raise questions about her "goodness" as a woman. It logically follows that extramarital relations are acceptable for the male, but severely condemned for the female. The wife is expected to be completely faithful; even the slightest flirtations are seriously regarded. The greatest threat to the lower class wife from her husband's philandering is often not her "ego" loss but the implied loss of the use of marital coitus as an important/control influence over her husband.

Value of Children. The attitudes and patterns of the lower class in regard to sex are closely related to some of the attitudes about having children. The woman who both desires and bears children is strongly approved because having children is seen as the woman's primary reason for being. This statement is also supported by Rainwater's study.²⁷ The lower class woman accepts these values; she not only wants children but she wants a number of them too. Her own experience of growing up in a large family with poverty around her does not deter her from moving into the same situation. The male's interest in children tends to center around his own ego needs, rather than around interest in the children. He sees getting his wife pregnant as one of the few signs of masculine effectiveness. Given the woman's strong desire for children and the man's view that his wife's pregnancies are a sign of his masculinity, attempts to control and space his children are limited. Lower class limitation of family size is often "a subject of fantasy and tentative goals," but not one in which concerted effort is spent. Even when the lower class woman wants to practice contraception she often gets little help or understanding from her husband. The lower class male sees contraception as interfering with his sexual rights. Limitation and spacing among the lower class develop after they have several children. Thus, the notion of shared responsibility in parenthood is largely absent in these families. Fathers reaction to his children is generally determined by his moods. He can be indulgent if he feels like it, because he does not concern himself with the rearing of children. When the father is home, the home is father-centered not child-centered as in the case of lower middle class. Lower class mothers

27. Ibid., p. 26.

have very limited expectations from the children. The hope that the child will be successful someday and move out of the lower class condition is outside their realm of possibility.

Conflict Handling. The father's role in a lower class family is often sporadic. When he is at home, he displays his sense of "rights". He is not open for violation or interference with his decisions from either wife or children. This may be due to the depressed nature of the home condition or setting that often stirs his male feelings of frustration and suspicion of control by the wife.

Lower-Middle Class. The group presented in this section is composed of couples whose: 1) husbands are employed and/or self-employed; 2) wives have home skills occupation; 3) education of 7-12 years or less; 4) family income is over 600-900 pesos a month; 5) residing in their own homes constructed by their own efforts.

Marriage:

The lower middle class wife accepts the naturalness of the traditional wife-mother role voluntarily. She meets certain needs of the husband, cares and rears children and maintains the home. While she might have some frustrations and dissatisfactions in fulfilling these roles, she accepts being a helpmate to her husband as a "natural" behavioral pattern of a woman, enjoying a secondary power and prestige relationship. Her primary role centers around having children, running household chores and managing the day-to-day needs of children.

Children:

She had little control over her pregnancy before the Natural Family Planning course was launched. As a result she had a number of children. She invests more time not only regarding the physical health of the children, but is also conscious of the contacts and experiences of her children for personality development. Most wives see their children as their property and their responsibility. It is through their children that the wife fulfills herself and her potentialities as well as attaining personal significance.

Sex Expressions:

The lower middle class female is conditioned to reserve her sexual expressions only for marriage. She accepts the belief that sexual relations

only go with being married. She accepts this role as natural and views sexual relation with some degree of anticipation and anxiety. In spite of frustrating experiences, she does not view the relationship as an unlimited series of events but rather an expression of love for her spouse. The lower middle class man perceives sexual activity exclusively for personal satisfaction, but consider one's spouse as important. He seeks personal assurance through the sexual relationship.

Upper Middle Class. The middle class illustrated here live in a house where servants are employed to help handle household chores, and have an educational attainment of 14 years and above. The family has money and are adequately maintaining a semi-upper class style of life with an average monthly income of 2,000 pesos and above. By occupation they are the proprietors, managers and professionals. Generally the mother does not devote a great deal of time rearing her children because others handle their day-to-day care.

Marriage:

Being an adult and married are general concepts viewed as related to these couples. The desire to seek and achieve status marks fulfillment once married. Among the wives marriage is still a female adult career which is most socially valued. Men have been socialized toward this important role in performing a financially stable occupation. Being a good provider as husband and father contributes to the over-role as an adult male. A woman views marriage as a means of achieving economic independence from her parents. She makes an investment in the husband's ability to provide her future economic security, thereby placing her economic future in her husband's hands. While they maintain separate households, they do not conceive of themselves as a unit apart from the larger kin group.

The availability of money and knowledge opens up other areas of interests needed to pursue a way of life and develop less dependence on the marriage relationship. The increasing level of education for women has had a strong influence in the acceptance of her traditional-wife-mother role. It creates a sense of intellectual need and interest which they find difficult to satisfy within the traditional role setting. Women have developed capacities for other interests and often have a strong desire to seek fulfillment. Twenty-one percent of these women are involved in

different parish apostolic work and civic organizations. The relationship to the husband continues to be important, but the nature of relationship changes. Wives are interested in a relationship of equality and want to be viewed not as a helpmate but as a partner. The role confusion and social change seems to be an important factor underlying the partnership that wives desire. Thus, the middle class wife's problems of role adjustment are not due to personal inadequacy. The old roles are no longer appropriate and new ones of equal social and personal acceptance need to be developed.

Employed Wives:

Technological change leads a number of middle class wives to join in the work force, thus reducing their household chores and increasing the need to employ helpers to take over many traditional functions. A large number of the wives have left the homes for either part-time or full-time employment. The job for the woman meets economic and personal needs rather than the drive to pursue a career. Wives joining their husbands in the work force share the responsibility of providing family income and give up the notion of breadwinning as an exclusively male role. Some wives express the notion that they constitute a threat to their husband's sense of masculinity and this becomes an area of disagreement for some couples.

Sex

Sexual satisfaction patterns seem similar to the lower class male attitudes that it is basically for the male. Both husbands and wives feel that sexual satisfaction for the wife is much less important. Generally most of the wives seem to be content with intercourse resulting in the husband's pleasure even if not their own. Wives are expected to be completely faithful. For the males, extra-marital adventures are not barred, though they may try to keep them from their married partners. In most cases, the husband sees his potential world of sexual outlet in the same way as he did when he was single. Wives tend to endure a non-vulgarized infidelity if carried on with discretion.

Children

Middle class women have been concerned with their pregnancies. With the development of contraceptives, most of them used different methods of contraception prior to natural family planning use but have not been freed

from some unwanted pregnancies. When the father is not home, the home is child centered. Both husbands and wives have a high aspiration level for their children. Family lines perpetuate themselves through their children and thus, having a son is particularly important. The motivations for having less children are due to their aspirations for things that must be achieved and in the search for more time to demonstrate a wife's role while facing reduced time in the mother's role. With the acceptance of Natural Family Planning, both husbands and wives focus on the psychological health of their children and give a greater commitment to emotional balance and not only concern for their physical health.

E. Description of the Socio-Economic Characteristics of the Successful Natural Family Planning Practitioners:

Present Age

Age distribution of respondents range from 25-50 years for the husbands and 20-40 for the wives. The average age of male respondents is 34.988 with a standard deviation of 7.683; while that of the female respondents is 31.536 with a standard deviation of 5.152.

This indicates that a majority of the husbands fall within the middle years group as well as the wives.

TABLE IX
DISTRIBUTION OF RESPONDENTS BY PRESENT AGE

Classes	Husbands Absolute	%	Wives Absolute	%
45 - 50 up	12	15		
41 - 44	7	9		
36 - 40	18	20	26	31
31 - 35	32	38	20	25
25 - 30	15	18	23	27
20 - 25	-	-	15	17
Total	84	100	84	100
Mean		34.988		31.536
Standard Deviation		7.683		5.152

Age at Marriage

The greatest number of male respondents (57 percent) marry between ages ranging from 26-30. On the other hand, most wives marry at a much earlier age, i.e., between 21-25 years of age. In both respondents' categories, only a smaller percentage settled down in their thirties among the female respondents. The average age of the husband at marriage is 24.845 with a standard deviation of 0.402, while the mean age of wives at marriage is 21.583.

TABLE X
DISTRIBUTION OF RESPONDENTS BY AGE AT MARRIAGE

Classes	Husbands Absolute	%	Wives Absolute	%
31 - 35	13	16		
26 - 30	48	56	6	7
21 - 25	23	28	45	54
15 - 20	-	-	33	39
Total	84	100	84	100
Mean		24.845		21.583
Standard Deviation		.402		2.272

Length of Marriage

Length of marriage refers to the number of years a couple has been living together with or without the benefit of ecclesiastical or civil marriage. A considerable number of respondents (33 percent) have been living together for 10-12 years, or less as shown in the table in the table below.

On the average, most of the respondents, have been married or have stayed together for about 9-10 years ($\bar{X} = 9.476$, $S = 0.437$). This seems to indicate that the respondents are young couples, considering the number of years of marriage or taking into account the years they have lived together.

TABLE XI

DISTRIBUTION OF RESPONDENTS BY LENGTH OF MARRIAGE

Classes	Absolute	Percentage
16 - 18	4	4
13 - 15	13	15
10 - 12	28	33
7 - 9	11	13
4 - 6	20	25
1 - 3	8	10
Total	84	100

Number of Children

The average number of children per couple is 1.917 for males and 2.143 for females with a standard deviation of 0.171 for males and 1.784 for females. Compared with the national average, which is 6 per couple, the data suggest a much lower average number of children per couple in the area of study. This can be explained in terms of the number of years the couples have been staying together. As stated earlier the respondents are young couples in the sense that 48 percent have been married for a shorter duration, less than 9-10 years.

Types of Family Structure

It has been a common contention that the type of family structure prevailing in the rural areas is the extended type. However, the present investigation disclosed that 55 percent of the cases show the family is strictly nuclear, that it is basically composed of father, mother and unmarried children. Only 35 percent belong to the extended type which includes a parent of any of the spouses, or other bilateral relatives.

Geographical Mobility

Thirty-five percent of the respondents had transferred residence at least once; in fact all but 51 percent previously occupied one-three other dwellings. Moreover, among the reasons cited for their transfer are the following: nearness to place of work, opportunities of other jobs and proximity to friends. The current residence pattern is neolocal (couples reside away from either spouse's parents) in 50 percent of the cases, virilocal (couples reside with or near husbands' parents) in 25 cases, uxorilocal (couple reside with or near wife's parents) in 25 cases.

TABLE XII

DISTRIBUTION OF RESPONDENTS BY RESIDENTIAL HISTORY

Classes	Absolute	Percent
Once	29	35
Twice	43	51
Thrice	5	6
None	7	8
Total	84	100
Mean	2.071	
Standard Deviation	0.147	
<u>Place of Origin</u>		

The relative predominance of the neolocal pattern corresponds with the fact that most husbands are migrants: 45 percent have come from the Visayas region, 54 percent of the wives have come from the different parts of Mindanao and only 25 percent are Iligan-born women.

TABLE XIII
DISTRIBUTION OF RESPONDENTS BY PLACE OF ORIGIN

Classes	Husbands Absolute	%	Wives Absolute	%
Visayas/Luzon	37	45	13	21
Iligan	11	14	21	25
Mindanao	36	41	45	54
Total	84	100	84	100
Mean		2.036		2.321
Standard Deviation		0.950		0.809

Educational Attainment

Educational attainment refers to the number of years an individual spent in school. The findings show that the typical respondent is at least an elementary school graduate. The table in the next page shows that generally husbands and wives in the target area are more or less on the same educational level.

TABLE IX
DISTRIBUTION OF RESPONDENTS BY EDUCATIONAL ATTAINMENT

Classes	Husbands Absolute	%	Wives Absolute	%
No schooling	-	-	-	-
Primary - 4 years or less	7	8	-	-
Intermediate - 6 years	38	46	26	31
High School - 6-10 years	12	15	26	31
College - 10-14 years	27	32	32	38
Mean		8.595		9.238
Standard Deviation		0.420		3.414

Apostolic Work Involvement

Although almost all of the respondents are Catholic, 51 percent acknowledge their being inactive members of the parish church. Their involvement with the parish church is focussed only on rituals and sacramental functions. A significant number of respondents are involved in apostolic activities. Sixty-three percent of the husbands and 51 percent of the wives are involved in family life work like conducting motivational seminars for potential practitioners, assisting in conducting marriage enrichment seminars and health nutrition seminars, while a significant number of women are involved in labor problems like formation of support groups. The findings indicate the willingness and ability of couples to share and respond to community activities and social needs.

Employment Status

Aside from its implication on the study, a knowledge of the employment status of the respondents would give additional insight into the socio-economic situation of the couples. As usual, the findings point to the male dominance in the labor market. Data disclose that more husbands than wives comprise the employed force. This is not at all surprising since the husbands are the recognized head of the family and the main family provider. However, quite a number of wives are part of the employed force. This indicates the awareness of the wives in helping to augment family income.

TABLE XIV
DISTRIBUTION OF RESPONDENTS BY EMPLOYMENT STATUS

Classes	Husbands Absolute	%	Wives Absolute	%
Employed	58	57	45	52
Self-employed	26	31	28	34
Housekeeper (unemployed)			11	14
Total	84	100	34	100
Mean	1.607		2.488	
Standard Deviation	0.106		1.485	

Occupation

The findings on occupations revealed that 37 percent of the husbands are engaged in white-collar jobs. They are working as government employees, logistics officers, policemen, teachers, private company engineers, accountants, clerks, surveyors and mechanic supervisors. By contrast, 32 percent are engaged in blue-collar jobs like: maintenance workers, electricians, drivers, mechanics, rig drivers and machine operators. This is a result of the continuous industrialization of Lanao del Norte. At present there are 14 industrial companies which employ the residents of Lanao del Norte. Twenty percent are self-employed groups like tailors, bank painter, and photographers. Only 7 percent are involved in farming and fishing jobs. A minimal 4 percent are big businessmen of the area.

TABLE XVI

DISTRIBUTION OF RESPONDENTS BY MONTHLY FAMILY INCOME

Income	Couple Absolute	Respondents Percent	Classes
2,000 and above	3	3	Upper-Middle
900 - 1,999.99	19	22	Upper-Middle
700 - 899.99	15	18	Lower-Middle
500 - 699.99	20	24	Lower-Middle
300 - 499.99	27	33	Lower
Mean	609.333		
Standard Deviation	453.527		

Attendance of Non-Formal Education Classes

Although the data seem to suggest that almost all the respondents had some formal schooling, the majority (54 percent) belong to the low-educational level group. This phenomena may be attributed to the scarcity of high schools and colleges in the rural area. Moreover, their low economic condition hinders many of the people in the countryside from pursuing a higher education. Nonetheless, the presence of the Mercy Family Life Courses enable 100 percent of the respondents to avail themselves of these classes which enrich their knowledge and understanding of the dynamics of family life.

TABLE XV
DISTRIBUTION OF RESPONDENTS BY CURRENT OCCUPATION

Classes	Husbands Absolute	%	Wives Absolute	%
Business/Vendors	3	4	13	15
Professional	24	29	30	28
Farmer/Dressmaker/Beautician	4	5	15	17
Fishermen	2	2	-	-
Officer employee	7	8	15	17
Laborer (electrician, mechanics, drivers, etc.)	27	32	-	-
Tailor/Barber/Painter/Photographers	17	20	-	-
Housekeepers	-	-	11	13
Total	84	100	84	100
Mean	5.238		2.929	
Standard Deviation	0.279		1.663	

Income

The monthly income of the family accounted for the sum total of outputs from both direct and indirect sources of income earned during the month of May 1977 (a month before the interview was made). The indirect sources were the total amount, either in cash or in kind, earned from either primary or secondary sources or from both occupations of the couple. The indirect sources were those derived from the material assistance either in cash or in kind received by the family.

CHAPTER IV

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

Aware of the complexity of determining the inner dynamics of conjugal relationship, the writer believes it is imperative to explore and discover these intricate patterns of interaction. The importance of this investigation rests on the commonly-accepted fact that specific individual acts or behaviors are definitely a function of views and meanings ascribed by the individual actor to a certain stimulus or situation.¹

The primary concern of this present investigation is to identify the perceived patterns of marital interaction; describe the behavioral and psychological dynamics involved in the interaction; determine the differences of respondents' perceptions by social class; bring to the surface the factors of elements comprising these identified patterns and to describe the socio-economic characteristics of these respondents.

This portion particularly describes the delineated factor structures generating from the factor analyzed series of variables. Accompanying the description of factors is a discussion of their corresponding components. The delineated empirical factor structure serves as the respondents' perceived elements of marital interaction.

Identified Patterns and Factors Comprising Marital Interaction as Perceived by the Respondents

Resulting factor structures generally disclose five patterns of respondents' answers. A pattern of similarities in perception is noticeable in the responses of both groups. However in some cases certain differences are likewise observable. Based on the factor analysis results, the respondents' perceived elements of marital interaction can be identified as follows: perception of self, perception of marriage, sexual interaction, conflict handling, decision-making and the value of children.

1. W I Thomas Citing Robert Merton in Social Theory and Social Research, (New York: The Free Press, A Division of the MacMillan Company, Inc., 1957).

Perception of Self. The factor content indicated by perception of self dimensions are: 1) self perception, feelings experienced regarding their self perception, behavioral manifestation of one's self perception, 2) perception of one's role, perceived likeable traits, and 3) feelings experienced and behavior manifested by one's role perception. The total indicates a pattern of thinking, feeling and behaving. It is a phenomenological identification of the inner capacities or energies which can be observed by others. This facility of self-awareness is increased as respondents verbalize and share with others what they experience internally. Among the significant insights which surfaced in this particular element are the following: first, the presence of the struggle to become one's real self in an atmosphere of communal belongingness; secondly, the ability to differentiate roles and the willingness to move from one role to another as the demands of the situation created a mechanism for satisfying marital interaction.

Perception of Marriage. The perception of marriage dimension includes the following factor content: a) marriage perception, b) perception of spouse, c) perceived effect of Natural Family Planning on spouse, d) effect of the NFP practice on the marital bond and the perceived challenge of NFP to married life. This particular element is related to the couples' optimism about their future life in spite of problems and sorrows. Possession of this awareness about their different capacities is self-directing along the path of marital bond building.

Sexual Interaction. Another salient factor perceived by the respondents is the couple's orientation regarding sex. The corresponding factor contents include the following: a) perception of sex, and orgasm; b) feelings experienced regarding these perceptions; c) manifested behavior during fertile period of the spouse; d) perceived effect of NFP practice to sex life; e) perceived measures and demands for sexual satisfaction. These factors are related to the respondents' widened understanding of sexuality. Of importance is the idea that physical closeness, through the medium of touch and fusion, aids the couple to give oneself to each other totally, and thereby affirm each other's sexual identity and personal significance. Sexuality reaffirms the natural bonding power of the sexual act and signifies the uniqueness of the personal bond through the principle of exclusiveness.

A significant number of couple respondents no longer view sex beyond the control of an individual. Sex is accepted as part of the total marital interaction process, not without disregard for the importance of socio-cultural and psychological elements present in this relationship.

Conflict-Handling/Decision-Making. The essence of the respondents' perceived conjugal conflict-handling factor is related to the overt behavioral manifestations of disagreement and agreement patterns of the spouses. Its related factor contents include: a) process of handling controversial issues; b) strained relationships; c) marital conflicts financial problems, and d) personal problems.

Generally, the respondents manner of handling and solving problems appears to be healthy. Although a majority of the couples indicated "verbal coercion pattern" as their common approach to decision-making, seventy-two percent of the same respondents find arguments to be stimulating and enjoyable. Thus arguments among these respondents are viewed as a form of dialogue and entertainment and so contribute a positive dimension of marital interaction.

The process of sharing activities and experiences with the spouse tends to show two elements of communication: persistent feeling and risk. Persistent feeling means that among these respondents there is a pattern in the attitude of sharing one's feelings with the spouse even when these are not all positive; and risk means sharing a hidden part of herself/himself even at the price of possibly being rejected or misunderstood. Of course a few still hide certain issues from their spouse if they think these might create unpleasant scenes. The contention of various Filipino scientists that sharing and communication of personal and negative feelings is a rare characteristics among Filipino couples is not supported by the male respondents' expression of these feelings as substantiated in this study.

Value of Children. The last element of interaction discovered is the value of children in married interaction. The component factors include: a) motivation for spacing children; b) perceived benefits of having children; c) beliefs on children; d) perceived effect of NFP practice on the marital bond.

These factors seem to indicate the changes in child-bearing and child-rearing today. Children of course remain vitally important but

but planned pregnancies ensure a desirable number of living children. All respondents agree that having planned children brings them closer together and more conscious of the growth in the quality of their marital relationship. Having a large family is seen as desirable (if one can afford it) by seventy five of the couple respondents for the following reasons: children learn to share and be cooperative, as a way of preventing too much materialism. Further, the same respondents view children as psychological and emotional supports for their relationship. In comparison, respondents who have a broad definition of goals and interest in social concerns tend to prefer small or medium sized families. These couples indicate this preference as responsible behavior on their part. The most important reason indicated in the desire for children centers around the ego-needs of the parents. Children as answers to couples' ego-needs do not imply selfish motives, but rather a very human need that parents want to be involved in giving and receiving love from their children.

Behavioral-Psychological Dynamics Involved in the Conjugal Interaction

The data gathered for the behavioral-psychological dynamics that either contribute to the conjugal interaction, or present difficulties, are focused on ego states, strokes and transactions.

The finding on ego states shows that the majority of the couple respondents use ego states as a contribution to the communication-flow for successful decision-making, conflict resolution and child planning. Only a limited number of couple respondents impair communication because of inability to energize constructive ego states. However, the data on transactions show that a formative intervention in between the respondents decision-making on the first-two-children and the last-two-children was provided by the Natural Family Planning Program of the Mercy Family Life Center. All couple respondents employed crossed transactional, authoritarian decision-making patterns in the choice of the first-two-children. In contrast, the same group used complementary transactions and mutual decision-making patterns in the decision for the last-two-children. This difference may be due to Mercy Family Life Center's program which requires that couples interested in being accepted as Natural Family Planning practitioners have to undergo a series of four two-day workshops involving subjects on biology,

psychology, theology and the spirituality of a wholistic approach to Family Life. The program's role on changing the transactional decision-making patterns of these couples can serve as worthwhile data to implementors and policy makers of Family Life programs.

Although a substantial majority has reached high school and collegiate levels, the data on strokes indicate that the sharing of recognition among couples is heavily non-verbal. Only a sprinkling of couple respondents indicate verbal forms. It is worth mentioning that strokes are directed mostly to work and performance of task, rather than for his/her being a person.

The findings also pointed out that formal education does not guarantee a flowing, mutual interaction of the couples unless both worked it out during the married years.

The sample correlation between the sociological-psychological data included only the decision-making patterns, deduced from the structured interviews and from the workshops, providing valuable insights for this dimension. Although the correlation will not be expanded in this descriptive and exploratory study, it is interesting to note that the analysis of the other behavioral data, i.e., ego states and strokes also shows an initial correlation to the sociological data on patterns of decision-making. Thus, further research is necessary on the interrelatedness of the decision-making factor and of the other sociological data (i.e., perception of self, marriage, sexual interaction, conflict handling and the value of children) to the behavioral-psychological data (i.e., ego states, transact and strokes), selected for this study. This would provide impetus for program planning in the future, especially in a developing country where couples value children and large families very much.

Variations of Perception by Social Class Limited to Marriage, Sex and Children Before Acceptance of Natural Family Planning

The complexity of marriage, specifically marital interaction, is to state a generality that stresses common patterns. Anyone who studies the family quickly realizes that within Filipino marriage and family, many significant variations exist. For example, there are significant differences by social class, income, education, perceptions and other background. The decision to concentrate on the lower, lower middle, and upper

middle class is due to the fact that "various values related to social class position are acquired during formative years and they often seem 'natural' to the individual."² Norms and values differ from one social class to another, but whatever they are, they help guide social interaction and provide indicators for researchers in making evaluations.

The husband and wife relationship in the three classes presented is bound to vary a great deal with different couples. The lower class marriages are characterized by the male concern for maintaining his masculinity and augmenting his economic power for survival. The wife's role is in the home and some try to accept some type of domestic service occupation to augment family income. Thus, when the father is home, the home is father-centered and his strong sense of "authority and rights" are not open to violation or interference from either wife or children. Limitation and spacing seem to have been developed only after they have several children. Thus the notion of shared responsibility is largely absent in lower class families, while lower middle class wives accept the naturalness of the traditional wife-mother role voluntarily. While she might have some frustration and dissatisfaction in fulfilling these roles, she accepts as "natural" the behavior pattern of a woman, i.e., that she is a helpmate to her husband enjoying a secondary power and prestige relationship. They seek personal assurance through sexual relationship. They view children as their property and responsibility. It is through their children that they fulfill their potentialities, and attain personal significance. The very fact that the great stress on ego needs that is found in the lower middle class is absent in the upper middle class, makes it probable that within the upper middle class, couples expect less of each other in marriage. The intention to have more money and knowledge of many areas of interest, all directed to pursue a way of life, makes them less dependent on marriage. The wives with increased levels of education had a hard time accepting the traditional wife-mother role due to special needs and interests, especially around social concerns. The intention to seek equality in the relationship makes it more difficult to satisfy the traditional role setting, thus she employs more household help to take care

2. Lewis Corey, Class Status and Power. (The Free Press, 1953), p. 373.

of traditional functions. In the lower middle class, one's spouse is important, while in the upper middle class the partner may have "significant others"... other than the lawful wife. Speculation can be offered in terms of the abovementioned "significant other" to sexual relationship. Money and power may allow the seeking of sexual satisfaction outside of marriage with a minimum of difficulty. An extra-marital relationship carried on with discretion seems to be accepted by upper middle class women. This implies that exclusiveness of the marriage relationship was not the prime reason for entering into or maintaining the marriage. This enables us to reflect on the effects of consumerism and mass media on our young couples' view of the marital relationship and marriage in general. The motivations for having less children are due to aspirations for things that must be achieved and less time for the mother's role.

Characteristics of the Respondents

The following data are based on the 84 couple-respondents selectively drawn from the sample representatives of the previous study entitled "Profile of the Successful Rhythm Practitioners of Mercy Family Life Center Iligan, Lanao del Norte." The participants are equally male (84 males or 50 percent) and female (84 females or 50 percent). The majority of the male respondents are factory or company employees and laborers. Self-employed men comprise the second largest group like farmers, tailor, barber, and painters, followed by government employees, vendors and businessman. Teachers, bank and office employees comprise the majority of the female respondents, followed by dress-makers, vendors, beauticians, and a small group of women handling domestic occupations.

The ages of the male respondents range from 25-45 years with the mean age of 34.988, while the female respondents range from 20-40 years with the mean age of 31.536. The mean age at time of marriage for respondents themselves is 24.845 for males and 21.585 for females. The age at time of marriage for respondents is generally younger for females and older for males. On the average, most respondents have been married or have stayed together for about 9-10 years. ($\bar{X} = 9.476$, $S = 0.437$). This indicates that the respondents are young couples, taking into account the number of years they have been living together.

The employment status of the respondents gives additional insight into the socio-economic situation of the couples. The data discloses that more husbands than wives comprise the employed force. However, quite a number (41 percent of the wives) are part of the work force. This may be indicative of the insufficiency of family income which compels wives to be engaged in occupational pursuits to augment family resources and increases awareness of their needed counterpart in pursuing vocational interests.

Their occupations and mean monthly income of ₱609.333 show that they belong to the lower-middle income group. The findings also indicate that respondents who are college-educated professionals with similarly employed spouses explain the higher income level trend of some respondents.

Although all the respondents are Roman Catholic, 31 percent acknowledge their being inactive members of the parish church. Their involvement is focused only on rituals and sacramental functions. But it is interesting to note that a significant number of respondents are devotedly involved in family life activities like: motivating couples to practice the Natural Family Planning program, assisting and conducting barrio marriage enrichment seminars, conducting pre-marital sessions, giving seminars on health and agri-nutrition, bible studies and social action like support groups for a demonstration on labor problems. The majority of the respondents have attended the Mercy Family Life Workshop regularly.

Conclusions

Objective 1. The descriptive analysis identifies five significant areas critical to conjugal interaction, namely: perception of self; perception of marriage; sexual interactions; conflict-handling; decision-making and the value of children.

a) To achieve a consciously directed and satisfying marital bond a couple must individually develop his/her own selfhood and a realistic view of marriage. It is only when these two areas are clarified that ability to handle conflicts, make decisions, facilitate healthy sexual life and give high regard to children may be dealt with effectively.

b) To participate in the noble mission of creating a new human life calls for stability of union that reflects the deep bond of affection,

selflessness of love, and a quality of character which must be developed to utilize sexuality with responsibility to himself, others and the child to be born.

Objective 2. The couple respondents heavily view conjugal interaction not in the context of familial responsibilities and functions, but rather as an affective psychological process. When respondents committed themselves to an adult Formation program (NFP), and so deepened consciousness and appreciation of the Oneness (TA assumptions), they energized the inside, constructive ego states which make Transactions Complementary and Strokes Positive allowing more Adult Ego State behavior as Executives of two Personalities. Growth in adult (A) executive behavior equals progress toward autonomy (TA goal).

Objective 3. The discussion on lower, lower middle, and upper middle class perceptions on marriage, sex and children does not indicate the superiority of any set of class values over the other, but rather indicates that many accepted values may be seen within the context of one's particular socialization experience.

a) The lower and upper middle class values, though at the opposite ends of the sample class hierarchy, share certain values in regard to marriage that are not verbalized by the lower middle class.

Objective 4. The factors comprising the five significant areas mentioned in question one confirm the role of perception, attitudes and values that couples hold in their social behavior. Thus, a positive perception of marriage and perception of spouse motivate behavioral changes that strengthens the marital interaction;

a) In like manner, a healthy perception of sex motivates the use of sexuality responsibly. Couples can forego the physical pleasure of sex during the fertile period, and so they never view sex as beyond the control of an individual;

b) Lastly, the manner of conflict resolution tends to be harmoniously discussed in spite of tensions, arguments and debates.

c) Thus, respondents disclose that what the culture says determines the way couples operate as husband and wife may not in fact be what they really like and want. Information on alternatives for change can facilitate a more conscious and satisfying relationship.

d) Thus, unconscious and unreflected norms delivered by cultural messages tend to determine the transactions and decision-making patterns of the spouses which block the giving and receiving of information leading to mutual decision-making.

Objective 5. The following socio-economic characteristics of the sample are highlighted:

a) Most respondents have a moderate number of married years described as the maintenance phase of married life;

b) A significant group is actively involved in family life educational activities as well as labor problems;

c) The couples on the average are very mobile and the majority reside away from the parents of either spouse;

d) More males are employed in factories but a substantial 31 percent are self-employed.

Previously held notions about Natural Family Planning have maintained that it is an ineffective system when applied to the low-income groups, middle-age marriages, actively involved, mobile couples, the simple and unsophisticated. The study's findings on the socio-economic component provide evidence to the contrary.

Recommendations

Theoretical

1. That there is a need to develop a new methodology in studying conjugal interaction dynamics and to employ other tools in bringing to the surface marital dynamics otherwise not obtained in the usual interview schedule;

2. There is a need for further research on motivational phenomena, the value of children, an in-depth study on social class indicators and a comparative study of interaction among artificial birth control users;

3. There is a need to bring back the findings, interpretations, and recommendations of the respondents to allow updating of theories learned and clarify interpretations of interviewed respondents and to support behavioral changes they have undergone since the interview.

Applied

For family life educators and program planners of educational developmental programs:

1. There is a need to re-focus curriculum content and methodologies of all family life courses in the area of understanding the history and cultural roots of the perceptions of self and marriage before any other areas of social interaction are discussed and analyzed;

2. There is a need for more alternatives/strategies to go beyond the cognitive to the behavioral level in order to achieve autonomous individuals/families;

3. There is a need for different approaches in motivating couples in different social classes. For lower and upper middle class couples the data discloses a need for value clarification, while the lower middle class calls for alternatives for strengthening their marital bond;

4. To encourage a mutual decision-making pattern for couples there is a call for a conscious reflection on the "chauvinistic" norms - both for women as well as men - unconsciously passed on from generation to generation through messages bearing unquestioned cultural assumptions.

NATURAL FAMILY PLANNING - AN OVERALL VIEW*

It is difficult to give you an overall view of anything - particularly such a complex thing as natural family planning - in the ten minutes to which each one of us is limited. An overall view is sometimes referred to by what might be, this morning, a more appropriate term: a bird's eye view. More appropriate because if a bird is flying at any reasonable altitude, then the panorama that is open to him may be broad indeed but devoid of any detail. And that is what is bound to result in this presentation. Hopefully, the speakers who follow will focus on one aspect or another of natural family planning and provide greater insight.

It might be useful to begin with a definition of Natural Family Planning and of Periodic Abstinence. Natural Family Planning might be defined as techniques for planning or preventing pregnancy by observation of the naturally occurring signs and symptoms of the fertile and infertile phases of the menstrual cycle. It is implicit in the definition of natural family planning, when used to avoid pregnancy, that there is abstinence from sexual intercourse during the fertile phase of the menstrual cycle. Periodic abstinence may be defined as voluntary avoidance of sexual intercourse by a couple during the fertile phase of the menstrual cycle in order to avoid pregnancy.

Also, it is implied that in the practice of natural family planning to avoid pregnancy, not only is sexual intercourse avoided during the fertile phase of the menstrual cycle, but that drugs, devices and surgical procedures are not used and that the act of sexual intercourse, when occurring, is complete. It is recognized that some couples use knowledge of the fertile period in combination with another method of family planning, such as the condom, the diaphragm, etc. While these are methods that may be said to be based on the fertile period, they do not, properly speaking, constitute natural family planning. It should also be made clear, that there is nothing in the definition offered to suggest any reason for the use of, or preference for, natural family planning. Throughout the world, there have been different reasons that have motivated couples to the use of this method and users have included persons of all religious persuasions and also those of no religious belief.

The scientific basis for the observation of the fertile period for purposes of avoiding pregnancy might be said to have started with the publications of Ogino and Knaus almost a half century ago, making it possible for women, on the basis of records of the lengths of their menstrual cycles, to calculate mathematically the days when they might become pregnant. The practice became known as "rhythm", and through the next decades was used, abused, misused and violated to the extent that its disreputability continues to hamper the development of the newer and more reliable approaches today. Every miscalculation, every misunderstanding of the technique, every violation of the rules, was attributed, many times wrongly, to the lack of reliability of the formulas and in many places rhythm has left such a bad name that it is important for NFP enthusiasts in those places to dissociate themselves from the 'rhythm' practice of a decade or two back.

The definition of the post-ovulatory infertile phase by the use of the thermometer had much more practical success, and ten years ago Marshall defined its biologic effectivity by the determination of a Pearl Index of 1.2 for the use of the method restricted to the post-ovulatory phase only. Significantly, many programs started, using the temperature curve and the observation of signs and symptoms to define the required periods of abstinence. Some of these programs date back to 1961 as does the clinic of Dr. Joseph Ricotta in Buffalo, New York, and some have evolved and developed into national networks as have Serena in Canada, Cler in France, and Accion Familiare in Mauritius. Other work on the symptothermic approach have provided evidences of even greater effectivity as have the studies of Dohring in Germany and Roetzer in Austria.

Additional enthusiasm was generated after the publication by Billings of what he called the Ovulation Method, a system which depends exclusively on a woman's observation of her feelings resulting from the changing pattern of cervical mucus secretion. Many saw in the Ovulation Method a system not only less complex but also more applicable to the developing areas of the world. The enthusiasm for the Ovulation Method has helped to focus renewed interest not only on the mucus of the cervix as an indicator of fertility, but has also stimulated the development of various combinations of mucus with temperature and other symptoms. What is more, it has provoked renewed interest in natural family planning amongst scientists, professionals, family planners, program administrators and users.

The renewed and growing interest in natural family planning stems from a variety of factors. There is a growing awareness of the fact that natural family planning does work and is not the ineffective folk system that it was once thought to be. There is a recognition of the fact that for some couples, natural family planning is the method of choice for whatever reason, not always ethical and religious. There is a growing disillusionment over the technical methods of family planning and the side effects they are increasingly associated with. There is effects they are increasingly associated with. There is the recognition that NFP not only can be technology independent but that it does not require the professional logistics that many of the more sophisticated methods may and do require.

Increasingly, medical biologists are taking NFP with seriousness and looking into the system to discover what it is worth. This professional interest may be typified by what the World Health Organization has, by directive of the World Health Assembly, become involved in: a small but serious and dedicated effort to look into NFP in order to find how the system can be improved, how it can better be delivered, and how it can be taught to couples willing to learn how to use it. Through its Task Force on Methods for the Determination of the Fertile Period, the WHO has undertaken studies on such things as priorities for NFP, endocrine profiles of normally menstruating and ovulating women, on determinants of ovulation, on devices that can be of ancillary use in detecting ovulation, on the effectiveness of various approaches to NFP, and on the teaching of NFP itself. The involvement of the World Health Organization will not only, hopefully, provide some important answers, but will and does enhance the prestige and validity of NFP as an approach to family planning.

But while there is growing recognition of NFP as an effective method of family planning, few have yet seen in this approach to the reproductive relationship, the educative value of this approach in terms not only of the individual spouses but also for the enrichment of the marital relationship itself. Precisely because this approach depends so much on the day-to-day decisions of the spouse rather than on the properties of chemical substances or the inevitable effects of physical influences its value for the human personality is incalculable. NFP for those really devoted to it, therefore, is more than a technique of family planning, it is an education, a growing together, a discipline, a maturation, a way of life and a way of loving that finds fullest

expression in the willful control of the reproductive instincts within a marriage. It is a means of understanding not only of self but also of the marital relationship. It is the enrichment of the interpersonal relationship. It is a coming to terms with one's own sexuality and a comprehension of one's self as a sexual being.

Throughout the world, those who have had a deep interest in natural family planning, recognizing the value of solidarity and as a means of establishing binds with one another, have organized themselves into the International Federation for Family Life Promotion (IFFLP), or in French the Federation Internationale de Accion Familiale (FIDAF). It might be noted that the federation, as its name suggests, views NFP as more than a technique - It views NFP as understood best when seen in the context of a total marital relationship, and as a family relationship as the true base of NFP. The organization has just held its first congress in Cali, Colombia, in June of 1977. It welcomes not only the interest and support of others but invites all those interested in NFP to affiliate with their own national NFP organization as well as with the federation.

In spite of the great strides made in NFP practice and all the new interest generated, many aspects of natural family planning are, only now, coming to light. It has become increasingly clear with experience, for example, that the best teachers of NFP are ordinary couples who practice the method successfully, rather than the health professional with a technical background. Much to everyone's surprise, and contrary to fairly universal bias, an NFP program seems to be more easily and successfully established among simple as against sophisticated and educated couples, and can be just as effective in the context of a developing society as in a developed one.

But there are many more problems to overcome. The attitudes of the medical profession continue to be skeptical and unbelieving, even if indeed there are good reasons to explain why the physician, by his training, finds it difficult to be sympathetic to an approach totally distinct from his own tendencies. Nor are those laboring in the field of NFP in agreement, or even in necessarily friendly terms with each other - as if they were condemned by the Biblical warning of failure to understand one another contained in the story of The Tower of Babel, and, although, there is growing awareness of the need to do so in some programs there is some resistance to

extend the scope of NFP background to include an adequate and practical understanding of the nature and forces of sexuality and the indispensable role that the husband plays in the successful use of this approach.

* Presented at the XIV International Congress of the International Federation of Catholic Medical Associations, held in Bombay, India, 29 January to 1 February 1978, by Vicente J.A. Rosales, M.D., Associate Professor of Medicine and Director of the Institute for the Study of Human Reproduction, University of Santo Tomas, Manila, and Member of the Executive Board of the International Federation for Family Life Promotion. This paper was the introductory presentation to an entire session on Natural Family Planning. The theme of the XIV Congress was: Improving the Quality of Life. At the end of the Congress, the FIAMC delegates passed a resolution to the effect that it was the obligation of Catholic doctors to inform themselves regarding all aspects of Natural Family Planning so that they might serve those who sought to practice this mode of planning their families.



SEAPRAP

THE SOUTHEAST ASIA POPULATION RESEARCH AWARDS PROGRAM

PROGRAM OBJECTIVES

- * To strengthen the research capabilities of young Southeast Asian social scientists, and to provide them with technical support and guidance if required.
- * To increase the quantity and quality of social science research on population problems in Southeast Asia.
- * To facilitate the flow of information about population research developed in the program as well as its implications for policy and planning among researchers in the region, and between researchers, government planners and policy makers.

ILLUSTRATIVE RESEARCH AREAS

The range of the research areas include a wide variety of research problems relating to population, but excludes reproductive biology. The following are some examples of research areas that could fall within the general focus of the Program:

- * Factors contributing to or related to fertility regulation and family planning programs; familial, psychological, social, political and economic effects of family planning and contraception.
- * Antecedents, processes, and consequences (demographic, cultural, social, psychological, political, economic) of population structure, distribution, growth and change.
- * Family structure, sexual behaviour and the relationship between child-bearing patterns and child development.
- * Inter-relationships between population variables and the process of social and economic development (housing, education, health, quality of the environment, etc).
- * Population policy, including the interaction of population variables and economic policies, policy implications of population distribution and movement with reference to both urban and rural settings, and the interaction of population variables and law.
- * Evaluation of on-going population education programs and/or development of knowledge-based population education program.

- * Incentive schemes — infrastructures, opportunities; overall economic and social development programs.

SELECTION CRITERIA

Selection will be made by a Program Committee of distinguished Southeast Asian scholars in the social sciences and population. The following factors will be considered in evaluating research proposals:

1. relevance of the proposed research to current issues of population in the particular countries of Southeast Asia;
2. its potential contribution to policy formation, program implementation, and problem solving;
3. adequacy of research design, including problem definition, method of procedure, proposed mode of analysis, and knowledge of literature;
4. feasibility of the project, including time requirement; budget; and availability, accessibility, and reliability of data;
5. Applicant's potential for further development.

DURATION AND AMOUNT OF AWARDS

Research awards will be made for a period of up to one year. In exceptional cases, requests for limited extension may be considered. The amount of an award will depend on location, type and size of the project, but the maximum should not exceed US\$7,500.

QUALIFICATIONS OF APPLICANTS

The Program is open to nationals of the following countries: Burma, Indonesia, Kampuchea, Laos, Malaysia, Philippines, Singapore, Thailand and Vietnam. Particular emphasis will be placed on attracting young social scientists in provincial areas.

Applications are invited from the following:

- * Graduate students in thesis programs
- * Faculty members
- * Staff members in appropriate governmental and other organizations.

Full-time commitment is preferable but applicants must at least be able to devote a substantial part of their time to the research project. Advisers may be provided, depending on the needs of applicants.