

# The Relationship between Emotional Expressivity, Self-efficacy and Marital Happiness among type II Diabetic Patients

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## Abstract

This study examined the relationship among emotional expressivity, self-efficacy and marital happiness in patients with type II diabetes. It was hypothesised that there will be positive relation among emotional expressivity, self-efficacy and marital happiness in patients with type II diabetes. It was a co-relational study in nature. Sample size was 100 (n=100) in which fifty was the male patients (n=50) and fifty was the female patients (n=50). Emotional expressivity in participants was assessed by using the Provision of Emotional Expressivity Scale, self-efficacy scale was used to measure self-efficacy and comprehensive marital satisfaction scale was used to measure marital happiness in sample. In statistical analysis Pearson product moment correlation and independent sample t-test were used for analysis. Result shows that there is significant negative relation between self-efficacy and marital satisfaction. Result shows that there is non-significant negative relation between emotional expressivity and marital satisfaction. The results expressed that there is non-significant negative relation between self-efficacy and emotional expressivity. Results described that there is significant difference on self-efficacy between males and females.

**Key words:** *Emotional expressivity, Self-efficacy, Marital satisfaction*

## 1. Introduction

The current research aimed to explore the relationship among emotional expressivity, self-efficacy and marital satisfaction in diabetic patients. In general it has been observed that patients diagnosed with type II diabetes have poor ability to express emotion and have low marital satisfaction. Bandura (1997) concluded that patients with diabetes have very low self-efficacy due their ailment.

The definition of emotional expression is that to express the feelings that individual feels as smile, weeping and many others clues that reflect the emotions (Friedman, Prince, Riggio, & DiMatteo, 1980). Self-efficacy is defined as what the people have thought about themselves. Infect it has very strong effect on person achievement person values (Schwarzer, 2008). Marital happiness is a subjective matter, depending upon how a marriage lives up to the hopes of the individual concerned (Nye, 1988).

Diabetes mellitus is defined as a biochemical disease caused by high blood glucose for a long time period. Continuously high blood glucose levels in a person's body triggers the symptoms of frequent urination, thirst and hunger beyond normal proportion. In case of unavailable treatment it may cause a lot of complications including diabetic ketoacidosis and nonketotic hyperosmolar coma, which is a state of unconsciousness due to high blood glucose levels. These conditions are acute in nature. Other than acute complications there are some severe long-term complications which may run for the rest of the patient's life. It includes cardiovascular disease, stroke, neuropathy, nephropathy and retinopathy along with foot ulcers.

The researchers showed that there is strong significant positive relation between emotional expressivity and marital satisfaction among diabetic patients (Hayashi, et al, 2006; Sarkar, Fisher, and Schillinger, 2006; Peyort, McMurry and Hedges, 1988; Taloyan, Wajngot, and Johansson, 2010; & Ahmad and Vivienne, 2012). There is strong positive relation between self-efficacy and marital satisfaction among diabetic patients (Peyort, McMurry and Hedges, 1988; Friedman, Prince, Riggio, & DiMatteo, 1980; Schwarzer, 2008; Sarkar, Fisher, and Schillinger, 2006).

### **1.1.1 Hypothesis**

- There would be a significant relationship among emotional expressivity, self-efficacy and marital satisfaction in patients with type II diabetes
- There would be a significant gender difference on emotional expressivity, self-efficacy and marital satisfaction among patients with type II diabetes.

## **1.2 Methodology**

### **1.2.1 Participants**

In this research purposive sampling technique was used and the sample size will be hundred (n=100) in which fifty will be the male patients with diabetes (n=50) and fifty will be the female diabetic patients (n=50).

### **1.2.2 Research Design**

Co-relational research design was used in this study.

### **1.2.3 Research Instruments**

Three research instruments were used in this research.

1. Emotional Expressivity Scale (EES)
2. Comprehensive Marital Satisfaction Scale (CMSS)
3. Generalized Self-efficacy Scale (GSES)

#### **1.2.3.1 Emotional Expressivity Scale (EES)**

The EES is suggested to evaluate emotional expressivity in general. The EES was a 17-item scale of emotional expressivity in which participants rate their responses on a 6-point Likert-type scale (1 = never true to 6 = always true). The EES has shown high internal consistency and test retest reliability in addition to the reliability coefficient for the EES was 0.93 (Kring et al., 1994).

#### **1.2.3.2 Comprehensive Marital Satisfaction Scale (CMSS)**

This scale has 35 items which measure the extent of marital satisfaction. Blum and Mehrabian (1999) stated a large-scale study bearing on the Comprehensive Marital Satisfaction Scale (CMSS) and its reliability as well as validity. The Comprehensive Marital Satisfaction Scale (CMSS) has a highly satisfactory internal consistency (reliability) coefficient of .94 and a satisfactory test-retest reliability coefficient of .83 over a six week interval (Blum and Mehrabian, 1999).

#### **1.2.3.3 Generalized Self-efficacy Scale (GSES)**

The General Self-Efficacy Scale is a 10-item psychometric scale that is intended to measure optimistic self-beliefs to deal with a diversity of difficult demands in life accordingly. The scale initially developed in German by Matthias Jerusalem and Ralf Schwarzer in 1981 and has been used in various studies with hundred thousands of participants. The scale is generally self-administered, as part of an additional comprehensive questionnaire. Preferably, the 10 items are mixed at random into a larger pool of items that have the similar response arrangement. It takes 4 minutes on average to complete. For scoring, responses are made on a 4-point scale and then sum up the responses to all 10 items to obtain the final composite score with a range from 10 to 40. In samples from 23 countries, Cronbach's alphas ranged from .76 to .90, with the mainstream in the high .80s (Jerusalem and Schwarzer, 1981).

### **1.2.4 Procedure**

Researcher was contacted with each respondent personally. The objectives of the study were narrated and they were asked to voluntarily participate in this research. Scales were self-administered in the presence of

researcher from Faisalabad Hospitals. The majority of studies investigating marital satisfaction rely on self-report measures. These often involve interviews or questionnaires or both. Due to the sensitive nature of the material the researcher was used a self-administered questionnaire only, in order to try to reduce the number of non responses. In the end of the researches, researcher thanked the participants.

### 1.3 Results

The present study was conducted to see the relationship among emotional expressivity self-efficacy and marital satisfaction in type II diabetic patients. It was a co-relational study. The hypothesis of the study was that there would be significant relationship among emotional expressivity self-efficacy and marital satisfaction in diabetic patients. The second main hypothesis of the study was that there would be a significant difference between males and females on emotional expressivity self-efficacy and marital satisfaction among diabetic patients. The results of these hypotheses are given;

**Table 1**

*Psychometric Characteristics of Sample*

Scales	Alpha
Emotional Expressivity Scale	.66
Generalized Self-efficacy Scale	.58
Comprehensive Marital Satisfaction Scale	.70

The alpha value shows that the scales are reliable so that the further data were collected from the sample.

**Table 2**

The first hypothesis was that there would be significant relationship among emotional expressivity, self-efficacy and marital satisfaction. The results of this hypothesis of the study are shown in the following table.

**Variables**

	1	2	3
1. Emotional Expressivity	1	-.54	.044
2. Self-efficacy		1	-.366*
3. Marital Satisfaction			1

Note; \* $p < .05$ ,  $M =$  Mean,  $SD =$  Standard Deviation

The above table shows that there is non-significant negative relation between self-efficacy and emotional expressivity. Moreover, there is non-significant negative relation between emotional expressivity and marital satisfaction. In the same way, there is significant negative relation between self-efficacy and marital satisfaction.

**Table 3**

The second hypothesis of the current study showed that there would be significant difference on emotional expressivity, self-efficacy and marital satisfaction between males and females. The result of first hypothesis of the study is shown in the following table.

*Independent Sample T-Test Table*

	M	SD	T	P
Emotional Expressivity				
Men	60	6	1.5	.136
Women	58	6		
Self-efficacy				
Men	30	3	2.8	.005
Women	28	3		
Marital Satisfaction				
Men	208	21	-1.3	.20
Women	215	33		

*Note.* M = mean; SD = standard deviation; T= t test value; P= Significant value

The above table shown that there is significant difference on self-efficacy between males and females. Moreover, there is non-significant difference on emotional expressivity between males and females. Further, there is non-significant difference on marital satisfaction between males and females

#### 1.4 DISCUSSION

The first hypothesis of the study was that there would be a significant relationship among emotional expressivity, self-efficacy and marital satisfaction among diabetic patients. The result shows that there is significant negative relationship between self-efficacy and marital satisfaction among diabetic patients. Moreover, this study showed that there is non-significant relationship between emotional expressivity and marital satisfaction. This study also shows that there is no significance relation between self -efficacy and emotional expressivity. There are a few researches that produced the results that there is negative relation between self-efficacy and marital satisfaction. Hayashi, et al, (2006), Sarkar, Fisher, and Schillnger (2006), and Peyort, McMurry and Hedges (1988). Now here those researches discussed that produced the opposite results which means that if self-efficacy is high then the marital satisfaction will be high on the other hand if self-efficacy is low then the marital satisfaction will be low. So it's mean that both variable are directly proportional to each other. These researches are Taloyan,Wajngot, and Johansson (2010), Ahmad and Vivienne (2012), Sutor (1991). There are many reasons that why results are opposite. I think the major reason is cultural context. It's mean that the other researchers are conducted either in developed countries or western countries. There is a big difference between the eastern and western cultures so the resources are high in western countries as compare to eastern countries.

The next hypothesis was that there would be significance difference on emotional expressivity, self-efficacy and marital satisfaction between male and female patient of type II diabetic patient. The result of this study shows that there is significant difference exist on self-efficacy between male and female. The result also said that the level of on self-efficacy in male is high as compared to the on self-efficacy of female. The result of this study shows that there is non-significant difference exist on emotional expressivity between male and female. The result of this study shows that there is non-significant difference exist on marital satisfaction between male and female. There are many studies that produced the same result that the on self-efficacy of male is high than the self-efficacy of female. There are many other study that give the opposite result. Some said that the level of on self-efficacy of a female is high than the self-efficacy of male. While some other study said that there is no difference between male and female on self-efficacy. Those researches that give the result that the males are high on self-efficacy are given here Hayashi, et al, (2006), Sarkar, Fisher, and Schillinger (2006), and Peyort, McMurry and Hedges (1988). Now those studies are discuses which show that female are high on self-efficacy as compared to the male or there is a no significant difference between male and female these researches are Taloyan, Wajngot, and Johansson (2010), Ahmad and Vivienne (2012), Sutor (1991). There are many reasons why the self-efficacy of man is high. In Pakistani society male has dominant position they have control on economic resources. They have power of decision making. Males are considered as authoritative figures in their homes so these factors are affected there on self-efficacy.

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