**Study Notes PSYC 333**

**Chapter 16: Emotional and Social Development in Middle Adulthood**

*The Degree To Which Your Partner Fulfills Your Fundamental Interpersonal Needs Is Related To The Quality Of Your Marriage*

**Key Words:**

**1) Marital Satisfaction**: The degree to which a partner fulfills their partner’s fundamental interpersonal needs, (according to us) which are emotional fulfillment, financial security, sexual satisfaction and gratifying social integration.

-This relates to married middle adult because emotional, social, sexual and financial needs form part of the base to a successful, stable, secure and happy marriage. Without these aspects of a marriage, tension and problems, as well as marital dissatisfaction have the possibility of arising

**2) Emotional Fulfillment:** feelings of happiness and satisfaction, where partners elicit positive emotions from each other.

**Eliciting Positive Emotions***:* extent to which a partner actively stimulates a favorable and constructive affect from the other partner in order to maintain or recreate a supportive connection. (for example: while discussing an issue).

-This relates to middle adulthood interpersonal needs because it reminds a person of an important established positive connection between each other. People in middle adulthood may argue more because of life stresses that make them put aside the positive aspects of their relationship. They may engage in negative forms of communication (i.e. screaming, and insulting).

**3) Financial Security:** conditions necessary to support a desired standard of living

**Socio- Economic Status**: a measure of a family’s social position, in relation to their education, the prestige of their job and income.

-This relates to marriage in middle adulthood, because it is part of the base of marital satisfaction. Having a low SES contributes to negative emotional and psychological distress. It can lead many marital problems, tension, conflict, and it may prompt divorce. Financial security is an important contributor to satisfaction in a marriage. However, with life stressors, economical issues can indirectly cause problems. Researches have demonstrated that couples who live with financial strains face greater dissatisfaction in their marriage when compared to higher income couples.

**4) Sexual Satisfaction**: an aspect related to sexual functioning, frequency of coitus, communication, relationship satisfaction, non-sexual intimacy and emotional intimacy.

 -This contributes to a solid base for marital satisfaction. It can also be an indicator of the quality of a relationship. Research has shown that an increase in sexual satisfaction as well as sex in general will lead to an overall happier marriage and therefore contribute to one’s psychological well being. Some of the aspects involved are emotional and physiological factors. There are also many disturbances that can occur in middle adulthood such as impotency and menopause. It is known that not engaging in enough sexual activity in middle adulthood can lead to marital conflicts, extra marital relationships, marital dissatisfaction and possibly divorce.

**5) Social integration:** the extent to which an individual sees themselves as part of a loving community they have helped to create and can identify themselves with.

-This is related to middle adulthood because close social ties are important for people as they age.

-A secure marriage is shown to give individuals confidence to have the freedom to build a stronger social life. In turn, this strengthens the bond between the married individuals. Likewise, it is apparent that relationships in which individuals feel more secure tend to show more desire to branch out and build upon their social life outside of their marriage, knowing well that they have a secure base (their spouse) to fall back on if an issue arises.

A**bstract:**

The aim of this paper was to examine the different basic needs that can impact ones marital satisfaction, including: sexual satisfaction, emotional fulfillment, gratifying social integration and financial security. Every individual has a personal and unique demand on each basic need to be satisfied. The degree, to which your partner fulfills your fundamental interpersonal needs, is related to the quality of your marriage. The importance of sexual satisfaction and the level of pleasure you can give your partner is crucial to a happy marriage, the importance of fulfilling your partners emotional needs in order to build a strong intimate bond, spouses who act as a secure base for each other have better social lives and thus a happier marriage and lastly, financial strains might not directly influence ones marital satisfaction but it does affect emotional and psychological well being, which can therefore have a negative impact in a married couples relationship.