



Psychological Stress and Its Relation to Marital Compatibility among Early Married Couples

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ABSTRACT

The current research aims at studying the relationship between psychological stress and marital compatibility on a sample of 60 husbands and wives of early married couples where the scale (psychological stress - marital compatibility scale) was used plus the descriptive, correlational and comparative approach. Also, the statistical packages for social sciences program were used to reach the results which include the existence of a negative correlation between psychological stress and marital compatibility among early married couples. It is necessary to shed light on increasing awareness of this phenomenon and everything related to it.

Keywords: Early marriage, teenage marriage, underage marriage, marital compatibility, psychological stress.

Introduction

The origin of marriage is the preservation of chastity and human dignity, as it aims at regulating the relationship between a man and a woman in a legal manner in accordance with religious decrees and legal rules. It also aims at establishing security and tranquility between spouses, as marriage is based on two essential qualities: affection that includes love, friendship, companionship and then mercy. Meanwhile, it includes understanding, interest, forgiveness and possibility.

According to the new data collected by UNICEF, the total number of girls who marry at young ages is currently estimated at 12 million per year. The

new figures indicate a cumulative reduction in the world of 25 million marriages, which is less than what was expected according to global levels 10 years ago. However, in order to end this practice by 2030 — achieving the targets set by the Sustainable Development Goals — progress must be greatly accelerated. Without further acceleration, other 150 million girls will be married before their 18th birthday by 2030 (UNICEF 2018).

A report of the Central Agency indicated that underage marriage is a clear violation of Egyptian women and an obstacle to the education of girls and their involvement in work. Moreover, underage marriage is a significant challenge in increasing the number of births, divorce rates and

rates of street children in Egypt. The Egyptian government stressed the danger of overpopulation on future generations. In this regard, there must be deterrent laws for underage marriage and the rapid activation of current laws. (Central Agency for Public Mobilization and Statistics - 2017).

In support of this, some studies have shown the negative impact of early marriage on education and work side as well.

One study showed that middle-aged marriage reduces the likelihood of women working by 47 percent in Jordan, 33 percent in Tunisia and 16 percent in Egypt. Much of the impact was due to a lower probability of wage employment in the private sector, which was decreased by 76 percent in Jordan; 57 percent in Tunisia; and 40 percent in Egypt. Differences across the three countries appear in the extent in which women are available for self-employment after marriage to compensate for lower wage employment opportunities. (Issa and Asaad, 2017)

Another study examined the impact of the age of marriage on the outcomes of women's education in 36 countries in Africa, South Asia and Southwest Asia due to social, economic and cultural factors. Marriage has its influence on schooling in Southwest Asia. Meanwhile it could add a lower probability of dropping out (Delpr, Akyeampong, & Sabates, 2015).

Research Problem

The Central Agency for Public Mobilization and Statistics revealed that the general census of population, housing and establishments for the year 2017 showed a number of figures, statistics and important issues on which the state is currently working on analyzing and acknowledging its dimensions to propose solutions to it. Among these figures is the issue of underage marriage in Egypt, which has risen to 118 thousand marriages annually, equivalent to about 40% of the total marriages in Egypt including 1200 divorced women and more than 1,000 girls widowed. (Central Agency for Mobilization and Statistics - 2017).

Therefore, it was necessary to know the social effects of this social phenomenon and to conduct a study on some of the psychological effects of its psychological aspect associated with early married couples.

Research Question

Is there a correlation between psychological stress and marital compatibility among early married couples?

Theoretical Framework for Research and Previous Studies Stress Definition:

Lazarus defines it as “a state of emotional tension arising from situations in which physiological and biological functions are disturbed, and the cognitive functions necessary for the situation are insufficient”. (Lazarus, 1993)

Lazarus believes that psychological stress occurs when there is a state of imbalance between environmental demands and the ability to respond to these demands. These demands arise as a result of the interaction between external environmental factors and internal individual factors. The response of the individual to these demands depends on how S/he interprets, perceives, and evaluates the situation consciously or unconsciously.

Hans Selye defines stress as “all stimuli that can provoke the body's responses as an expected response to stress”. (Ghanem, 2009)

Stress is defined as any internal or external changes that lead to an acute and continuous emotional response, such as external events that include work conditions or environmental pollution and familial conflicts. On the other hand, internal events or organic changes include illness, insomnia or periodic hormonal changes. (Ibrahim and Ibrahim, 2000)

Psychological stress is defined as what the individual is exposed to in terms of different

situations and events from the social, economic, psychological or political perspectives in his daily life, while it is difficult for him to confront and deal with them, a situation which leads him to make changes in his life patterns to adapt to it and avoid their effects.

Types of Pressure

Murray (1979) classified stress into three types:

- 1- Stress arising from ordinary tensions or the pressure resulting from daily problems
- 2- Developmental stresses resulting from normal stresses to include stresses resulting from changes that require a temporary change in habits and lifestyle
- 3- Life crisis stress including the stress of severe illness or the loss of a loved one, and it is strong and lasts for a limited period. (Al-Gabali and Othman, 2006)

According to Lazarus' theory, there are three main sources of stress:

First source:

It includes sudden and powerful events that affect large numbers of members of a society such as war and/or natural disasters.

Second source:

It includes sudden events from the ones of the first source, as they are sudden and powerful, however they differ from them in terms of their impact on a small number of people, including the events of illness, failure and death.

Third source:

It includes continuous and chronic daily problems, during which the individual is compatible with the environment at a certain level, but s/he suffers from the influence of some psychological problems for a long period of time, such as marital problems, work and study problems. According to Lazarus, individuals are exposed to two types of stressful factors:

1- Environmental Requirements:

Those requirements include the external events of family, society or economy that the individual faces in his life to require him to conform to them.

2- Personal Requirements:

Those requirements include the individual's ambitions, goals, values and activities that s/he seeks to achieve during his life, such as achieving a high academic level. (Mohammed A. and al-Amiri, 1998)

Effects of Psychological Stress

1- Physiological effects:

These effects in Cooper include digestive disorders, chronic episodes of diarrhea, respiratory disorders, blood system disorders represented in high blood pressure and headaches in addition to skin rashes, diabetes and loss of appetite.

2- Psychological Effects:

These effects are divided into cognitive effects such as attention deficit, memory disorder, doubt and an increase in the rate of errors, where thinking patterns become disordered, irrational and illogical. On the other hand, emotional effects include increased psychological tension, obsessiveness, the emergence of depression, impotence, weak moral controls and dependence on others.

3- Social Effects:

Those effects are represented in tension, ending social relations, isolation and withdrawal, in addition to the inability to accept and take responsibility.

The Concept of Marital Compatibility

Marital compatibility refers to the degree of

harmony and mental, emotional and sexual communication between spouses, which helps both to build stable marital relationships, and to feel contentment and happiness. Moreover, it helps them to achieve marital expectations and to face the difficulties, problems and conflicts related to their joint life.

Marital compatibility is defined as “a state of emotionally and mentally stable attachment between spouses within the framework of the legal relationship, enabling them to efficiently practice the tasks of family life within the framework of the culture of society”. (Sulaiman and Muhammad, 2005)

Marital compatibility is known as “an emotional compatibility, an economic compatibility, and cultural compatibility that are related to the wife, personal and family factors, the needs and attitudes of the spouses, their mental health, the extent of affection between them, the efficiency of the family role they play and their compliance with the expectations of marital life between them. Once such degree is high, family success between the spouses is of a high probability which provides more stability in the family”. (Sulaiman 2005)

Compatibility in family life is “the positive result of the proper interaction between the family parties, and it is a natural result of the effort exerted by all parties to establish sound rules for mutual interaction among family members”. (Haqqi and Abu Sakina, 2009)

Marital compatibility includes relative freedom from conflict, a relative agreement between husband and wife on vital issues related to their joint life, as well as participation in joint actions and activities and the exchange of emotions between them.

Rogers (2007) defines marital compatibility, as “the product of the interaction between the personality of the spouses, which determines the success or failure of marriage”. In this regard, there is no specific pattern of personality patterns that determines the success of the marriage, but the interaction between spouses is one of the most

important factors of marital compatibility.

However, Jaber Abdulhamid Jaber and Alaa al-Din Kafafi (1992) point out that marital compatibility means the ability to fulfill the requirements of marriage, especially in the following:

- 1- Sharing experiences, interests, and values.
- 2- Respecting the partner's individuality, needs, goals and temperament.
- 3- Maintaining open lines of communication and expression of feelings.
- 4- Clarifying roles and responsibilities.
- 5- Cooperation in decision-making, problem solving, and raising children.
- 6- Obtaining a mutual sexual gratification.

A successful marriage that withstands life's crises and pressures requires joint efforts by both spouses over the years of marriage. A marriage cannot be considered mature unless the factors of cohesion, stability, saturation, compatibility and satisfaction are present. (Al-Kafafi and Abdel-Hamid, 1992)

Areas of Marital Compatibility

Marital compatibility appears in many areas that include, but are not limited to the following:

1- Religious Compatibility:

This is where the spouses have decent morals with their families and society, and religion is one of the social systems through which the individual achieves compatibility with his family and society, and adheres to the Islamic religion.

2- Health Compatibility:

That compatibility makes sure that the spouses are in good health, and none of them is ill because this factor achieves family stability. In other words, if one of the spouses has a chronic disease, this could cost the family financial burdens and time to receive treatment.

3- Social and Cultural Compatibility:

There must be compatibility between spouses in behavioral habits, traditions, social environment and cultures in order to achieve marital compatibility, as the discrepancy creates a kind of marital conflict.

4- Psychological Compatibility:

In order for spouses to achieve marital compatibility, both must enjoy mental and psychological health so that they can avoid marital disputes as much as possible.

5- Love and affection:

In order for the marital life to be successful and ideal, there must be an atmosphere of love that prevails in the marital home, as the sexual process cannot take place successfully between two discordant spouses who do not have a relationship of love, intimacy or mutual emotional love.

6- Age Compatibility:

It is preferable that the age of the spouses be of a small difference to guarantee an understanding of the requirements and needs of ages, and not to have conflicts based on the large differences in age.

7- Sexual Compatibility:

Since sexual practice is necessary for the spouses in order to satisfy their biological and psychological needs, there must be consensus between the spouses and that each party can satisfy the needs of the other so that the marital relationship can continue without any confusion.

8- Economic and Material Compatibility:

Husbands must be able to meet their needs in line with their material interior, in order to avoid family disputes and problems of financial nature.

9- Mutual Trust between Spouses:

Each of the spouses must trust the other in order to achieve happiness, satisfaction, peace of mind

and permanence in the marital relationship.

10- Professional Compatibility:

This compatibility refers to the individual satisfaction with his work and mastery over it, and this helps to achieve a measure of happiness and satisfaction in order to achieve marital compatibility.

Factors Affecting Marital Compatibility

1- The Childhood of the Spouses:

The way the spouses are treated in their childhood with reward and punishment, and how far their needs are satisfied during childhood affect marriage, both negatively and positively.

2- Marital Choice:

Since the choice of marriage is one of the most important factors that affect marital life, as it is related to the existence or lack of the future and the stability of the marital relationship; thus, that choice must be made mentally not emotionally.

3- The Similarity of the Spouses in Personality Traits:

The spouses must be similar in their personal characteristics in terms of kindness, tenderness, personal emotions, judging matters and in managing the situations that lead to compatibility and avoidance of differences in the personal characteristics of the spouses.

4- Taking Care of Rights and Duties:

Each of the spouses has rights and duties, so the more the spouses adhere to their rights, the more they provide their marital meals in order to create a sense of happiness and marital satisfaction.

5- Positive Communication:

Positive communication between spouses is one of the most important factors in marital

compatibility.

6- Material Components of Married Life:

Material components are considered one of the important determinants of marital compatibility, as multiple studies have been conducted on the impact of economic and material conditions and their role on the behavior of spouses.

7- Marriage Age:

It is preferable that the age of the spouses be similar so that there can be an understanding of the requirements and needs of the ages to avoid any differences based on the large differences in age.

8 - Reproduction:

Childbearing is an important factor in the rapprochement of relations between spouses and the increase in love between them, as it creates a bond between them that extends the longevity of life, namely children.

9- Economic and Material Factors:

Financial matters negatively and positively affect the marital relationship as much as achieving basic life demands affects marital compatibility.

The Concept of Early Marriage

The Children's Rights Document issued by UNICEF defines early marriage as "marriage at the age of less than 18 years", and the Women's Center for Legal and Social Guidance defines it as "the marriage of a girl before she reaches the age of 17, that is, at a stage when the girl is in the school stage and is going through adolescence." As for the relief committees Medical School 1998 defined it as "marriage at an age prior to the completion of the girl's physical growth, as that physical growth takes place between 18-20 years". (Ratib and Shahwan, 2012)

Factors Leading to Early Marriage

1-The Economic Factor:

Economic reasons play an important role in the spread of the phenomenon of early marriage for girls, as females in large families with low economic levels constitute a huge financial burden on the family, and in these cases early marriage is an appropriate solution to relieve this pressure. Moreover, it is customary for the groom when he presents some gifts and money in what is known as the dowry, which is an additional motivation for the bride's family's approval of the marriage, even if the groom is not suitable in terms of age differences or a gap in the educational, professional or social levels. Add to these reasons the increasing economic pressures that young people have been exposed to during the recent times. The spread of unemployment rates leads to the tendency of a large number of young people to postpone the idea of marriage until the expenses are available. All these factors together play a role in being a motivation for the idea of early marriage for girls, fearing that they will not have the opportunity to marry later in an old age. (Ibrahim J., 2002)

2- The Social Factor:

Early marriage in the Egyptian rural culture is subject to social values and customs that are deeply rooted and entrenched in the minds of individuals, as it has become a culture inherited by the successor from the ancestor in an integrated and connected social system. Whoever opposes early marriage is exposed to the contempt of society with its individuals and groups, where early marriage in the Egyptian countryside is a manifestation of pride and where families merge through intermarriage and interests are intertwined. Early marriage targets bearing children especially males who support the family's position and entity among other families, inherit its property and preserve its name over the years. (Atta, Abdel Rahim, and Nour El Din, 2010)

3- The Religious Factor:

Religious factors are one of the most important

factors driving early marriage for girls in the countryside, as their logic crystallizes as a protection for the young man and girl from falling into sedition. The moral factors behind early marriage is to provide protection for the girl at this young age represented in transferring her responsibilities from the father's family to the husband's in order to preserve her morals, and to preserve her behavior due to her lack of life experiences particularly when she moved from adolescence stage to a married life with all its responsibilities (Ibid).

Consequences of Early Marriage

1- Divorce:

Statistics of the Central Agency for Mobilization and Statistics regarding divorce during 2015 in the Arab Republic of Egypt indicate that the total number of divorced women at the age of less than twenty years amounted to 1156 women, representing 16.3% of the total divorced women in the whole country including 6711 divorced women without a full year married life. Marriage of a girl at an early age puts her in a position of social responsibility for the entire family in her childhood in need of more care. It causes her to end a marriage contract, the fact that deprives her of any rights before the courts. (Aida and Abdel-Fattah, 1991)

2- Dropping out of Education:

One of the ideas entrenched in rural areas, especially in areas where the phenomenon of early marriage is widespread, is that educating a girl is nothing but a waste of time, as the girl's definite fate is marriage. Therefore, some families resort to depriving their daughters completely of education, and others may restrict to educating them until the primary stage maximum. Their daughters rarely complete middle and/or high school. Once a girl gets married at an early age, she drops out of education, and it may encourage her to do so due to the distance between home and school or moving to school using more than one means of transportation, burdening the parents with the cost of education. Moreover, it is not desirable in the rural culture for a girl to go to

school especially of a marriageable age, believing that this exposes girls to misbehavior and/or danger. Therefore, families prefer that the girls leave school and stay at home in order to preserve them until marriage. There is a strong relationship between the number of years of education for a girl, early marriage and the formation of a family. Women who have received 7 years of education or more marry at an age that is approximately four years older than the others. The number of their children is 2:3 less than the illiterate children. (Jasnet Ibrahim, previous reference).

3- Adverse Effects on the Health of the Mother and the Child:

A- Psychological Effects:

Early marriage for girls is usually accompanied by harmful psychological effects on the mother, as she is exposed to a large number of psychological disorders such as stress, especially during pregnancy at an early age, depression during the postpartum period, psychosis and lack of focus to bear huge burdens unprepared for her. Such stresses result in an unfavorable and unstable marital relationship.

B- Physiological Effects:

Early marriage for girls is usually accompanied by harmful physiological effects on the mother such as the following:

- Exposure to genital infections as a result of ignorance or lack of knowledge of the importance of personal hygiene, weak resistance and malnutrition.
- Pain associated with sexual intercourse arising from physiological or psychological causes as a result of incomplete growth or maturity of the genital organs.
- Tumors or exposure to various types of cancers, such as cervical cancer, whose incidence increases with early sexual activity and neglect of personal hygiene.
- Exposure to repeated miscarriages and bleeding.
- Infertility and the inability to have children.

C - Effects Related to Pregnancy and Childbirth:

These effects include, but are not limited to the following:

- Anemia and malnutrition during pregnancy, especially iron deficiency anemia.
- High blood pressure associated with pregnancy, preeclampsia and its complications, and high blood sugar level.
- Unfamiliarity with family planning methods or the tendency not to use them for personal, environmental or religious reasons.
- Exposure to miscarriage, premature birth and other complications such as the position of the fetus, difficulty in childbirth, postpartum complications, and a high rate of cesarean delivery.
- Fetal weight is lower than normal as a result of psychological or organic factors. (Jasnet Ibrahim, previous reference)

4- Effects of the Reproductive Life Period:

Early marriage for girls means early pregnancy and a long reproductive life; therefore, a girl who marries early is expected to give birth to a greater number of children than other girls. Lack of experience makes the intervals between births very short to stress the mother with continuous breastfeeding.

Although the long reproductive life with the aim of having more children is one of the main features of early marriage in the countryside to fulfill the husband's desire to form a family to support him in life, and the wife's desire to provide her husband with a lot of children to ensure that he does not marry again. This does not guarantee the continuation of the marital relationship between the spouses, on the contrary, it may end in divorce or getting married to another woman, as a result of the wife's health weakness in repeated pregnancy. (Jasnet Ibrahim, previous reference)

Previous Studies

- 1- Gimba Victor et al. (Gimba & Joseph,

2014) explored the socio-economic impact of early marriage in northwest Nigeria to examine the socioeconomic impact of early marriage in northwest Nigeria using the Zaria local government as a case study. Though marriage is usually considered a moment of celebration and a milestone in adult life, early marriage was a common practice among many ethnic groups in the world. Unfortunately, the practice of early marriage is not justified to celebrate when it is not done properly. In this research, the researcher used the primary data from the given questionnaires. In this regard, Square statistics was used for the analysis, and the results clearly showed that there is evidence that "early marriage has a negative impact on the education of the girl child". Based on this result, the following recommendations have been made to reduce the rate of early marriage of the girl child as it negatively affects the development of their education to hinder the growth and development of the Nigerian economy. Promoting the education of the girl child, it seems that educating girls is the best solution to taming the early marriage of the girl child. Government and NGOs should provide necessary support for girls' education including free books, school uniforms, and scholarships in order to get rid of traditional habits and practices that are harmful to the development of the girl child.

2- Qassem and Amani's (2015) study aimed at shedding light on the positive ideas of the couple's experiences and their relationship to marital compatibility and determining the relationship between the positive ideas of the spouses' experiences and marital compatibility and developing a proposed scenario to support the positive experiences of the spouses to achieve marital compatibility. The study relied on the social survey method. The study group consisted of 39 respondents who were married for two years or more with children. The study tools were the measure of positive thoughts of the spouses derived from sources of experience, and the measure of marital compatibility. The theoretical framework of the study included the following elements: the concept of positive thoughts about the couple's experiences, the concept of marital

compatibility, marital compatibility factors, and dimensions of marital compatibility. The results of the study showed that the level of positive thoughts derived from the sources of experience is medium, as the weighted average = 1.92 lies between (1.68: 2.34), where the positive thoughts derived from the reference groups came in the first order with an average weight of 2, and the positive thoughts came in the second order derived from the looks with an average weight of 1.94, and in the last order came the positive thoughts derived from community services and the media with an average weight of 1.82. The results also showed that there is a positive direct relationship between the level of positive thoughts about the couple's experiences and marital compatibility, and that of positive thoughts derived from peers to come in the first place in terms of their positive association with marital adjustment to be followed by positive thoughts derived from community services and the media. On the other hand, positive thoughts derived from reference groups do not. Positively related only after the ability to resolve marital disputes. The results of the study also highlighted the development of a proposed vision to support the positive experiences of the spouses to achieve marital compatibility.

3- Study of (simin, maryam, & nooredin, 2016) cover in their study exploring the determinants of early marriage from the perspective of married girls. The study was conducted from May 2013 to January 2015 in Ahvaz, Iran. A purposeful sampling method was used to select fifteen eligible participants. Data were collected through semi-structured face-to-face interviews and analyzed using the traditional content analysis approach. Three categories of qualitative data emerged including 'family structure', 'low independence in decision-making', and 'responsiveness to needs'. According to the results, although the participants were not ready for marriage and intended to postpone their marriage, multiple factors such as individual and contextual factors prompted them to marry early. Given that early marriage is a multifactorial problem, health care providers must consider a multidimensional approach to support and empower these vulnerable girls.

4- Abdullah and Shatha bint Hamad (2016) made a study that focused on revealing marital compatibility. The study was based on several elements. The first element revealed the concept of compatibility, and marital compatibility. The second element identified the importance of marital compatibility whose high level increases the ability of both spouses to withstand life pressures and crises they face. The third element presented some concepts related to marital compatibility. The fourth element manifested the most important factors affecting marital compatibility, including family background, social class, courtship, age of marriage, and personality traits. The fifth element addresses the dimensions of marital compatibility. The sixth component focused on the variables affecting marital compatibility which include communication, role performance, sexual aspect, time spent by spouses together, number of years of marriage, emotional factors, number of years of marriage, economic factors, minor differences, interference of the spouses' parents, unrealistic expectations and mutual trust between spouses. The seventh element referred to poor marital compatibility. The eighth element showed the causes of marital incompatibility and its relationship to the development of marital problems, including expectations of the role of financial and economic situation, immature marriage, and the departure of marital disputes from the framework of the marital relationship. The ninth component reviewed the consequences of poor marital compatibility. The tenth element crystalized the most important procedures and means to assist in marital compatibility. The study has a conclusion that sheds light on measuring marital compatibility, as measuring marital compatibility began in multiple ways in late twenties, then ten years later when extensive and comprehensive studies appeared to focused on identifying personal factors related to compatibility.

5- Lavner et al. (2018) pinpointed in their study the fact that the early years of marriage are a time of significant personality changes when rationality changes, as partners adjust to their new roles. The specific ways in which a couple's

personalities may change in early marriage and how they relate to each other have been overlooked in that study. These changes trajectories are of marital satisfaction for the couple. Using 3 waves of data collected during the first 18 months of marriage (n = 338 pairs, or 169 recent heterosexual marriages), we examined changes in the Big Five self-reported personality traits over time, the relationship between initial levels and changes in personality and concurrent marital satisfaction pathways for spouses. The results of the study indicated significant changes in personality over time, including decreased acceptance by husbands and wives, decreased extraversion for husbands, decreased openness and neuroticism for wives, and increased husbands' awareness. These results did not differ by spouse's age, demographics, length of premarital relationship, premarital cohabitation, initial marital satisfaction, or paternity status. Initial levels of personality as well as changes in personality over time were associated with trajectories of marital satisfaction of the couple. Taken together, these results suggest that newlyweds' personalities undergo meaningful changes during the marital years, and these changes correlate with changes in the couple's marital satisfaction. Further research is needed to understand the processes underlying changes in personality early in marriage and to examine the mechanisms linking changes in personality and changes in marital satisfaction.

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Female	30	16.00	21.00	18.8000	1.42393
Male	30	18.00	30.00	21.9333	2.18037
Valid N (listwise)	30				

Commenting on Previous Studies:

The studies varied in terms of the method used in each study, as well as the tools used; therefore, the results varied. But all the studies previously mentioned agreed on studying the phenomenon of early marriage and all the variables and factors related to it whereas Lavner's study (2018) indicated the importance of the early years of early

marriage and the pressures on both spouses and how this affects the marital compatibility between them. The Victor study (2014) also referred to the social and economic impact of early marriage. The study of Abdullah and Shatha bint Hamad (2016) referred also to the concept of marital compatibility and its impact on the marriage system as a whole. The study of Qassem and Amani Ahmed (2015) dealt with the importance of marital compatibility and its relationship to the positive thoughts of spouses and their relationship to resolving marital disputes. As for the study of Simin and Maryam (2016), it dealt with the causes and factors leading to early marriage.

Scientific Hypothesis

There is a correlation between psychological stress and marital compatibility among early married couples.

Method and Procedures

The Method Used:

The descriptive relational method is one of the types of scientific research methods used to search for information; moreover, it depends on the availability of sufficient and correct information about a phenomenon within a specific period in order to obtain better results interpreted in an objective.

Study population and sample

The application was implemented over the years 2021-2022 in Port Said governorate. The study sample consisted of 60 husbands and wives who were married early, as the age at marriage for the sample ranged from 18 to 21 years. The mean and standard deviation of the age of the sample were similar in accordance with display information

Statistical Method:

The Statistical Package for Social Sciences (S.P.S.S) Program is the method used in the study.

Study Tools

Psychological Stress Scale:

Mona Abdullah (2014) prepared a psychological stress scale.

Description of the Scale:

The psychological stress scale is a five-point scale: to a very large degree, to a large degree, to a moderate degree, to a small degree and to a very small degree. That scale aims at measuring the degree of psychological stress in the research sample and determine its sources. In this regard, it includes five areas:

- 1) Personal domain that refers to the behavioral indicators of psychological stress.
- 2) The health domain that denotes health problems indicating psychological stress.
- 3) The economic field that means the economic problems indicating psychological pressure.
- 4) Family domain that indicates the pressures arising from the relationship with the husband, children and relatives.
- 5) Work field that implies the pressures resulting from work.

The Validity of the Psychological Stress Scale:

To verify the validity of the scale, it was presented to 13 academics holding a doctorate degree at Sultan Qaboos University in addition to arbitrators holding a doctorate degree in the Ministry of Education. Accordingly, some phrases on the scale were deleted so that the scale would come out in its final form.

Stress Scale Stability:

To verify the stability of the scale, it was applied

on a sample of 30 working mothers in Al-Jila School for basic education in the state of Samail, and they were working in administrative and teaching jobs without members of the study sample. The internal consistency coefficient (Cronbach's alpha) was calculated for the scale and amounted to (0.91).

The following is a table showing the stability coefficient (Cronbach's alpha) for the scale domains:

The Field	Stability coefficient (Cronbach's alpha)
Personal Area	0.73
Health Field	0.68
Economic Field	0.61
Family Field	0.86
Employment	0.74
Stability Factor of the Pressure Gauge = 0.91	

2- Marital Compatibility Questionnaire:

This questionnaire was prepared by Morse Manson and Arthur Lerner. It was translated and prepared in the Egyptian environment by Adel Ezz el-Din al-Ashwal.

Scale Description:

The questionnaire consists of 62 items. It is applied individually or collectively. It includes a number of common marital problems. The examinee is asked to decide whether the problem he is reading exists or does not exist in his marital status.

The Validity of the Questionnaire:

Adel Izz al-Din al-Ashwal translated the questionnaire from English into Arabic, and the researcher modified some of the phrases and attitudes associated with the eleventh scale, which is related to sexual matters in order to fit with the Arab culture while trying to keep the same intended meaning in the original version.

Questionnaire Stability:

The weight coefficient was calculated by calculating Cronbach's alpha coefficient and the half-fragmentation coefficient, as the following table illustrates this:

The Scale	Alpha Cronbach	Split Half	
		Before Modification	After Modification
Marital Compatibility	0.96	0.91	0.95

It is evident from the table that the marital compatibility questionnaire has a high stability coefficient in both the coefficient of stability of alpha and the coefficient of stability through the half-segmentation before and after modification by the Spearman-Brown equation.

Research Results Discussion:

1- Is there a correlation between psychological stress and marital adjustment among early married couples?

Table (1) shows a negative correlation between psychological stress and marital adjustment among early married couples as follows:

Psychological Stress Scale Scores		Marital Compatibility Scale
Indication	Correlation Coefficient	
Function	** -0.472	

Table (1)

These results did show a negative correlation with a statistical significance (-0.472) at the level (5.51) between psychological stress and marital compatibility among early married couples, a result which is supported by some similar studies.

the two parties. The results also participated in the development of a marital guidance programme to enhance marital compatibility for newly married

The study of Ahmed, Randa Mohamed Sayed (2016) pinpointed the relationship of some variables of enhancing marital compatibility through building a marital counseling program for newly married women. The study relied on the social survey method. The study group consisted of 74 newly married students from fourth year students of the Faculty of Social Work, Assiut University. The study tools were semi-regulated interviews with newly married women, experts and specialists in the family field using a measure of marital compatibility for married women. The theoretical framework of the study was based on several elements, including the concept of marital compatibility, theories of marital compatibility, theories of the social aspect, the concept of marital counseling, the reasons for the need for marital counseling, counseling services, marital therapy with its objectives, the use of marital therapy as well as newly married women. The results of the study concluded that there is a statistically significant relationship at the level of significance (0.01) between the third dimension (family power) and marital adjustment, as the decrease in marital adjustment is related to the style of authoritarianism and cruelty. Meanwhile, there is a strong statistically significant relationship at the level of significance (0.01) among image reflection, parenting and marital compatibility in addition to the presence of a strong statistically significant relationship at the level of morality (0.01) between forming a mental perception of the needs of the other and marital compatibility for newly married women in a ratio closer to mediation. This justifies the necessity of understanding and understanding each party of the other plus striving to satisfy their needs together, especially in the presence of social temptations and technological threats to the marital relationship in this regard, that successful compatibility is based on understanding, mutual respect and frankness in expressing feelings to give an opportunity to create a dialogue between

women.

The study of (kamal & ali, 2016) explored the

effectiveness of stress management based on group cognitive behavioral therapy on marital satisfaction in infertile women. This was a quasi-experimental study with a design and a control group before post-testing. The study sample consisted of 40 infertile women registered on the basis of appropriate sampling and were randomly distributed into two groups: experimental and control of 20 each. Then, the experimental group underwent 102-hour stress management sessions for each cognitive behavioral therapy. The tools used in this study are a marital satisfaction inventory and a checklist of demographic characteristics. Immediately three months later after completion of the intervention, the tools were given to the participants. The data was analyzed through covariance analysis in the SPSS programme where there is a significant difference in marital satisfaction between the two experimental and control groups in both post-test and follow-up. In conclusion, psychological stress management based on cognitive behavioral therapy can contribute to increasing marital satisfaction particularly in infertile women. The effect can remain constant three months after the last interventions (follow-up).

The results of this hypothesis were related to some dimensions of the psychological stress scale, namely personal domain and family domain where the items of the personal domain were items extending from 1 to 10, and the items of the family domain were items (from 24 to 37) and some dimensions of the marital compatibility questionnaire, namely family relationships and social traits. Items related to family relations are (6/9/11/14/21/23/28/41), and the items related to social traits are (2/15), where the scores of most of the examinees from the high level of stress and low in marital compatibility indicated an increase in the level of stress. Personal and family pressures are commensurate with the decrease in compatibility at the level of family relations and the presence of anti-social features.

Research Recommendations

Ghanem, M. H. (2009). *How to face pressures*. Gimba, V., & A. Josef (2014): "The socio-

1- It is necessary to conduct awareness programs in schools to raise awareness of the causes of early marriage and its dangers to the individual and society.

2 - Emphasizing the role of media institutions in addressing families and youth to raise awareness of the dangers of early marriage is a must.

3- It is essential to establish laws that criminalize a girl's failure to complete her education, whether it is intermediate education or university education, and that reprimand parents for violating such laws.

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