

Attachment Anxiety, Marital Adjustment and Psycho-Social Support of Love and Arranged Marriages Among Meranao Women



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ABSTRACT: This study aims to explore the level of attachment anxiety, marital adjustment, psycho-social support of love and arranged marriages among Meranao women specifically, it sought to answer the following questions: 1. What is the demographic profile of the respondents in love marriage and arranged marriages in terms of present age, age at the time of marriage, family monthly income, number of children and sibling rank? 2. What is the level of attachment related anxiety, the marital adjustment of the respondents in love and arranged marriages among the following aspects psychological, social, emotional and spiritual? 3. What are the marital adjustment of the respondents in love and arranged marriages when classified as social, physical, financial and spiritual? 4. What is the level of marital quality of the respondents in love and arranged marriages on the following aspects; commitment, trust and mutual interaction? 5. What are the forms of marital support of the respondents in love and arranged marriages receive in terms of psychological, confidant, affective and social support? 6. How do love marriages differ from arranged marriages along the following along the following aspects; level of attachment anxiety, marital adjustment, level of marital quality and marital support? 7. What marriage counseling program has been developed on the basis of the findings of the study. This study was conducted at Tuca, Pindolonan and Dawayan, Marawi City with the total number of 327 married Meranao women, with a breakdown of 132 for love marriage and 195 for arranged marriage.

The researcher utilized the descriptive–correlation design. Part of study was done through describing the demographic profile of the respondents and personal profile in terms of age, gender, socio economic status, educational attainment, monthly income and occupation. Their perceptions on their marriage particularly on attachment anxiety, marital adjustment, marital quality and marital support were also given descriptions. On the other hand, these two important variables were then correlated so as to establish a conclusion that a wife’s profile can affect her perception on her marriage life.

The findings of the study revealed that the respondents in the love marriage always noticed when their partners were angry with them, got frustrated when they cannot deal effectively with their partners; and avoiding situations of socializing with their partners and relatives; believe that they had the ability to handle social interaction with their partner’s relatives; wives felt sad when their partners did not show tender loving care when they got sick. They also have a very high level of commitment and satisfaction to their marriage as well as high mutual interaction with their partners. In the arranged marriage, the respondents strongly agreed that they always noticed when their partners were angry with them; had the fear that they would lose their partners love; and worry about their partners leaving them anytime; that they did not know how to deal effectively with their partner’s relatives; agreed being comfortable discussing romance and sex with their partners but having difficulty understanding their partner’s needs.

The findings show that both arranged and love marriage have the same marital quality of commitment and mutual interaction. Marital quality as an independent variable is observed from the different aspects of its influence on partners and marital family processes, satisfaction with life and marital partners’ Psychological, socio, emotional stability of marriage, marriage counseling session will be need both love and arranged marriages.

The researcher recommended that couples should know how to adjust with their partner to make their marriage long last. It is also recommended that couple should have a commitment to make their marriage work is always the top priority, it seems to be the primary reason for success of both marriages. 4. The level of marital quality of the respondents in love and arranged marriages findings suggest how both marriages appreciate and give high regard to their marriage and their partners’ effort to make the relationship work. The researcher believes that the foundation of marriage is trust your partner, being

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committed to, and being honest and open to one another. Partners should be aware of these foundations in order for their marriages to succeed. To spend more quality time with your partner the couple should try new things together, like go on weekend getaway, while it's a relationship goal to travel the world together, commitment and mutual interaction is very important. Having a happy marriage is usually among the most important, marital happiness and marital satisfaction are closely related. Marital quality is observed from the aspect of its influence on partners and marital and family processes satisfaction with life, health and stability of marriage and the emotional stability of the couple. 5. The findings shows clearly that love marriage respondents have a higher affective marital support system than arrange marriage, therefore the researcher strongly recommended especially to those who are having a hard time with marital support to their partner. Having an emotional, psychological and social support from partner may be the best things to sustain the relationship.6.Arranged marriages more common in Meranao culture the couples must the consent of their parents with looking into every aspect, like wealth, health conditions and more stable. On the other hand, love marriages may not be completely acceptable to family and relatives. The researcher recommended to have trust, commitment to your partner to make the relationship stronger and successful. 7. It is recommended for the future researchers to have an in-depth research on the problems that are not addressed or stated to this study. Hence, it is recommended to explore on cultural diversities, having a larger and more intensive research. The current study only has four variables. It is recommended for the future researchers to explore other variables that can be applied with the study.

KEYWORDS: Arrange and Love Marriage, Anxiety, Marital Adjustment, Meranao Women

INTRODUCTION

Based on the researcher's experience, getting married without preparation is like starting a business or any important venture without grounding. Half of all marriages end in divorce and half of those who endured are truly happy in the long run. Some of the people believe that having to live together or knowing each other for a long time will prepare them for marriage. Marriage preparation includes the study of the relationship in marriage so that couples end up having a harmonious and successful union.

Most people believe that marriage is sacred and most of them get married in the course of their lifetime. It is the union of two persons who makes an exclusive commitment to each other fulfilled by bearing and rearing children together and renewed by acts that establish the behavioral part of the process of reproduction (Corbett, 2010). However, the definition may vary on how every unique culture sees its perspective. One very interesting culture to study is that of Meranao residing in the province of Lanao del Sur in Mindanao, Philippines. The Meranao people are believers in Islam and have their own culture. One of the cultures that are still practiced by the tribe is arranging marriages (Milligan, 2005).

In the Philippines, both Civil Code and Family Code prohibit marriage before 18 and a contract entered into by minors is not considered valid. However, according to the Presidential Decree 1083 or the Code of Muslim Personal Laws, a male of 15 years of age and above and a female of 15 (or below 15 but not below 12 years old) may not contract marriage (Presidential Decree 1083, 1977).

Security and stability seem to be the most valued things looked for in an arranged marriage. The feeling of love to a person is not much of a factor because most believe that it can be learned (Chandrashekar, 2014). This is accepted by most individuals who are engaged or married to people they barely know. However, there are still some who tried to get out the situation but failed. So, once the wedding happens, there is a tremendous need for adjustment. Each partner will have to learn to understand and accommodate the other and begin to appreciate the good things in the relationship.

STATEMENT OF PROBLEM

This study aimed to measure the level of attachment anxiety, psychosocial support, marital adjustment and marital quality of arranged and love marriages among the Maranao Women in Barangay Tuca, Pindolonan, Dayawan, Lanao del Sur. Specifically, it sought answers to the following questions:

1. What is the demographic profile of the respondents in love marriage and arranged marriage in terms of:
 - 1.1. present Age;
 - 1.2. age at the time of marriage;
 - 1.3. family monthly income;
 - 1.4. number of children; and
 - 1.5. sibling rank
2. What is the level of attachment related anxiety of the respondents in love and arranged marriages among the following aspects:
 - 2.1 psychological aspects

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- 2.2 Social aspects
- 2.3 emotional; and
- 2.4 spiritual aspects?

3. What is the marital adjustment of the respondents in love and arranged marriages when classified as:

- 3.1 social;
- 3.2 physical;
- 3.3 financial ; and
- 3.4 spiritual?

4. What is the level of marital quality of the respondents in love and arranged marriages on the following aspects;

- 4.1. commitment;
- 4.2. trust; and
- 4.3. mutual interaction?

5. What are the forms of marital support of the respondents in love and arranged marriages receive in terms of:

- 5.1 psychological;
- 5.2 confidant;
- 5.3 affective; and
- 5.2 social support?

6. Is there a significant difference between love and arranged marriages among respondents in terms of attachment related anxiety?

7. Is there a significant difference between love and arranged marriages among respondents in terms of marital adjustment?

8. Is there a significant difference between love and arranged marriages among respondents in terms of marital quality?

9. What marriage counseling program has been developed on the basis of the findings of the study?

Null Hypotheses

The following null hypotheses below was tested at 0.05 level of significance

HO1. There is no significant differences between love and arranged marriages among respondents in their attachment -related anxiety.

HO2. There is no significant difference between love and arranged marriage among respondents in their marital adjustment.

HO3. There is no significance difference between love and arranged marriages on level of marital quality on commitment and mutual interaction while significance difference on trust

THEORETICAL FRAMEWORK

The theories that anchored this study consists of the following: the attachment anxiety theory by John Bowlby (1907-1990), B.F. Skinner’ operant conditioning used to explain the different variables of this study, such as attachment anxiety, psychosocial support, marital adjustment and marital quality. The study was anchored to John Bowlby (1907-1990) evolutionary theory of attachment anxiety, Cognitive Theory of Social Anxiety, and B.F. Skinner Operant Conditioning (1938) to provide theoretical background for this study.

Theories on Marital Adjustment, the Triangular Theory of Love, Social Learning Theory, and Equity Theory. Sternberg (1986, 1998) conceptualized love in terms of three basic components namely: The intimacy component is primarily emotional or affective in nature and involves feelings of warmth, closeness, connection, and bondness in the love relationship. The passion component is motivational and consists of the drives that are involved in romantic and physical attraction, sexual consummation, and related phenomena.

This section provides a glimpse of literature available regarding attachment anxiety and anxiety across different context. Attachment Anxiety. In the study “Attachment Anxiety, Relationship Context, and Sleep in Women with Recurrent Major Depression” by Troxel, Cyranowski, Frank, and Buysse, (2007), evidence suggests that attachment anxiety may be an important correlate of subjective sleep quality, and the effects may depend on the relationship status. The aims of this study were two-fold. First, it sought to extend the previous literature on attachment and subjective sleep by examining the relationship between attachment and sleep on subjective sleep quality and PSG sleep outcomes in a clinically depressed sample. Based on theory and the limited existing evidence, they hypothesized that depressed women characterized by high levels of attachment anxiety would have poorer subjective sleep quality and would exhibit more disturbances in PSG parameters.

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Related Studies

The study entitled “Comparative Study on the Marital Quality of Couple With and Without Pre-Marriage Education” by Francis (2012) asked about couples perceptions on the attachment style, sexual satisfaction, and marital satisfaction. The tools used in this research are the Marital Quality Scale (MQS) by Sha (1994). It is a multidimensional measure of marital quality that gives global and specific scores. Collected data was analyzed using statistical package for social sciences (SPSS). Descriptive statistics was mostly used for analyzing the data such as frequency, measures of central tendency and measures of dispersion

METHODOLOGY

This study employed the descriptive–correlation design. Part of study was done through describing the demographic profile of the respondents and personal profile in terms of age, gender, socio economic status, educational attainment, monthly income and occupation. Their perceptions on their marriage particularly on attachment anxiety, marital adjustment, marital quality and marital support were also given descriptions. On the other hand, these two important variables were then correlated so as to establish a conclusion that a wife’s profile can affect her perception on her marriage life.

Statistical Tools Used

The researcher used appropriate statistical tools to analyze the data gathered:

1. **Frequency and Percentage Distribution** - This tool was used to analyze the profile of the respondents and to group them according to the profile they belong.

$$n_1 + n_2 + n \dots = \Sigma N$$

$$\% = \text{number of responses}/\text{total respondent's} \times 100$$

2. The **sample mean \bar{X}** from a group of observations is an estimate of the population mean μ . Given a sample of size n , consider n independent random variables X_1, X_2, \dots, X_n , each corresponding to one randomly selected observation. Each of these variables has the distribution of the population, with mean μ and standard deviation σ . The sample mean is defined to be:

$$\bar{X} = \frac{1}{n} (X_1 + X_2 + \dots + X_n)$$

3. The **spearman correlation coefficient** is defined as the Pearson correlation coefficient between the ranked variables. For a sample of size n , then raw scores X_1, Y_2 are converted to ranks U_1, U_2 , and r_s is computed from these spearman correlation was used to see the significant of the relationship between respondents profile and their perception and their attachment on their attachment anxiety, marital adjustment, marital quality and marital support and love marriage with other variables of the study.

FINDINGS

Table 1: Frequency and Percentage Distribution of the Respondents According to Present Age

Present Age	LOVE MARRIAGE		ARRANGE MARRIAGE	
	Frequency	Percentage	Frequency	Percentage
Above 30	18	13.64	110	56.41
26-30	38	28.79	15	7.69
21-25	12	9.09	18	9.23
17-20	47	35.60	31	15.90
16 and below	17	12.88	21	10.77
TOTAL	132	100.00	195	100.00

Table 1 implies that the presence of older respondents in arranged marriage group point that Meranao society has been practicing arranged marriages as feature of the culture, and that love marriages are relatively new to the society as cited by Ronsing,(1980).

On the other hand, new study suggested that the perfect age to get married is between the ages of 28 and 32 if they don’t want to get divorced, at least in the first five years. Wofinger analyzed data from 2006-2010 and 2011-2013 National Survey of Family Growth. He found out a sort of upside down bell curve. “The odds of divorce decline as your age from your teenage years through your late twenties and early thirties Wofinger, (2015).

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Psychological Aspect: Attachment Anxiety

Table 2 reveals the psychological aspect in terms of attachment anxiety indicates the mean, standard deviation, descriptive ratings and rank of the psychological aspect in attachment-related anxiety as perceived by the respondents.

Table 2: The Mean Ratings of the Respondents’ attachment anxiety in term of psychological

Indicators	LOVE MARRIAGE (N=132)				ARRANGED MARRIAGE (N=195)			
	Mean	SD	Descriptive Rating	Rank	Mean	SD	Descriptive Rating	Rank
I always notice when my partner is angry at me.	4.73	0.6884	Strongly Agree	1	4.69	0.6794	Strongly Agree	1
I feel that my partner always abandon me.	2.95	1.7337	Neutral	2	1.88	1.3127	Disagree	7
I worry that my partner’s feelings for me is not as strong as mine.	2.38	1.4751	Disagree	3.5	3.49	1.3560	Agree	5
I am afraid that my partner would not want to stay with me.	2.38	1.4751	Disagree	3.5	1.68	1.1811	Strongly Disagree	10
I am not comfortable opening up and be romantic with my partner.	2.30	1.6380	Disagree	5	1.89	1.2451	Disagree	6
I rarely worry about my partner leaving me anytime.	1.69	1.0710	Strongly Disagree	6	3.53	1.0169	Agree	3
I am afraid that I will lose my partner’s love.	1.64	1.1805	Strongly Disagree	7	4.22	0.7017	Strongly Agree	2
I find that my partner does not want to get as close as I would like him to be.	1.58	1.2297	Strongly Disagree	8	1.74	0.9783	Strongly Disagree	9
I am determined about the relationship if it would not last long.	1.50	1.1492	Strongly Disagree	9	3.52	1.4514	Agree	4
I know that my partner is not everything to me and I can live my life without my partner.	1.34	0.9557	Strongly Disagree	10	1.78	1.0477	Strongly Disagree	8
AVERAGE	2.25	1.2595	Strongly Disagree		2.84	1.0970	Neutral	

Scaling:

- 4.21 – 5.00 = Strongly Agree
- 3.41 – 4.20 = Agree
- 2.61 – 3.40 = Neutral
- 1.81 – 2.60 = Disagree
- 1.00 – 1.80 = Strongly Disagree

As seen in the table, the statement “I always notice when my partner is angry with me” ranks first for both love marriage and arranged marriage with mean rating SD 0.6884 of 4.73 and 4.69 and a descriptive rating of strongly agree. Statement #10 “I feel that my partner always abandon me” ranks second for love marriage with a mean of 2.95 and a descriptive rating of neutral, while the statement #1, “I am afraid that I will lose my partner’s love” rank second for arranged marriage with a mean of 4.22 or strongly agree description. Statement #7, “I worry that my partner’s feelings for me is not as strong as mine” and statement # 8, “I am afraid that my partner would not want to stay with me” rank next for love marriage with a mean of 2.38 and descriptive rating of disagree. For arranged marriage, statement #2, “I worry about my partner leaving me anytime” ranks third with a mean

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of 3.53 and a descriptive rating of agree. Overall, love marriage has average mean of 2.24, standard deviation of 1.2595 and a descriptive rating of strongly disagree. Arranged marriage has 2.84 average mean, 1.0970 standards deviation and a description of neutral.

Social Aspect: Attachment Related Anxiety

Table 9 presents social aspect of attachment related anxiety the respondent’s in love marriages agreed that they become prostrated whenever they cannot deal effectively with their partner and avoiding such as socializing with their partner’s relative

Table 3: Mean Ratings of Social aspect of Attachment Related Anxiety of the Respondents

Indicators	LOVE MARRIAGE (N=132)				ARRANGED MARRIAGE (N=195)			
	Mean	SD	Descriptive Rating	Rank	Mean	SD	Descriptive Rating	Rank
I get frustrated whenever I cannot deal with my partner effectively.	3.73	1.6980	Agree	1	3.36	1.3183	Neutral	7
I hardly adapt the life of being married because there are many challenging obligations.	3.62	1.5945	Agree	2	3.57	1.3313	Agree	5
I avoid situations such as socializing with my partner relatives.	3.59	1.6483	Agree	3	3.59	1.1953	Agree	4
I do not know my inhibition in communicating with my partner especially when it comes to my in-laws relationship.	3.09	1.7494	Neutral	4	3.85	0.8455	Agree	2.5
I would not easily accept the opinions of my partner.	2.88	1.6579	Neutral	5	2.09	1.5504	Disagree	9
I do not know how to deal effectively especially in socializing with my partner’s relatives.	2.55	1.6267	Disagree	6	4.37	1.2751	Strongly Agree	1
I do not understand my partner’s need that is why we have conflict.	2.45	1.6222	Disagree	7	3.85	1.5806	Agree	2.5
I find it very hard to talk about my personal and professional life with my partner.	2.25	1.4162	Disagree	8	2.24	1.2542	Disagree	8
I am afraid whenever my partner is with my friends.	2.04	1.3782	Disagree	9	1.83	1.4492	Disagree	10
I feel useless when interact with my partner.	1.36	0.8301	Strongly Disagree	10	3.51	1.2199	Agree	6
AVERAGE	2.76	1.5222	Neutral		3.23	1.3020	Neutral	

Scaling:

- 4.21 – 5.00 = Strongly Agree
- 3.41 – 4.20 = Agree
- 2.61 – 3.40 = Neutral
- 1.81 – 2.60 = Disagree
- 1.00 – 1.80 = Strongly Disagree

The mean, standard deviation, descriptive ratings and rank of the indicators in social aspect of attachment-related anxiety. As seen in the table above, statement #5 “I get frustrated when I cannot deal effectively with my partner” ranks first for love marriage with a mean of 3.73 a descriptive rating of agree; while for arranged marriage, statement #3 “I don’t know how to deal effectively especially in socialization with my partner’s relatives” ranks first with a mean of 4.37 and a descriptive rating of

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strongly agree. Statement #9, “I find it very hard to talk about my personal and professional life with my partner” ranks 8 for both type of marriage with a mean of 2.25 and 2.24, respectively, and rating of disagree. The statements that rank the lowest are statement 4, “I feel useless when interacting with my partner,” for love marriage with a mean of 1.36 and a rating of strongly disagree; and statement #10, “I am afraid when my partner is with my friends,” with a mean of 1.83 and a rating of disagree. The average mean for love marriage is 2.76, standard deviation 1.5222 and a general rating of neutral, while arranged marriage has a mean of 3.23, standard deviation of 1.3020 also described as neutral.

Emotional Aspect: Attachment-Related Anxiety

Table 3 presented in the emotional aspect related to attachment anxiety as to the emotional-related anxiety, the respondents from arranged marriages agreed that they feel comfortable discussing romance and sex with their partners.

Table 4: Mean Ratings of the Respondents emotional aspect related to attachment anxiety

Indicators	LOVE MARRIAGE (N=132)				ARRANGED MARRIAGE (N=195)			
	Mean	SD	Descriptive Rating	Rank	Mean	SD	Descriptive Rating	Rank
I prefer not to show my real feelings towards my partner.	4.22	1.3553	Strongly Agree	1	3.51	1.7859	Agree	3
I find it relatively easy to get closer to my partner.	3.89	1.4892	Agree	2	3.99	1.4573	Agree	2
I worry that my partner might be interested with someone better than me.	3.55	1.7791	Agree	3	2.54	1.9028	Disagree	5
I could not take it if my partner would leave me.	2.64	1.7660	Neutral	4	3.22	1.7095	Neutral	4
I do not feel comfortable about discussing about romance and sex with my partner.	2.59	1.6758	Disagree	5	4.31	1.2761	Agree	1
I feel nervous when my partner gets closer to me.	2.41	1.5821	Disagree	6	1.66	1.3160	Strongly Disagree	10
I do not share my private thoughts and feelings with my partner.	2.17	1.6446	Disagree	7	1.95	1.5138	Disagree	9
I believe that my marriage would not last forever.	2.15	1.6507	Disagree	8	2.15	1.6097	Disagree	6
I have difficulty getting closer to my partner.	1.90	1.5326	Disagree	9	2.01	1.4142	Disagree	7
I do not get the affection and support that I deserved from my partner.	1.78	1.3095	Strongly Disagree	10	1.97	1.3657	Disagree	8
AVERAGE	2.73	1.5785	Neutral		2.73	1.5351	Neutral	

Scaling:

- 4.21 – 5.00 = Strongly Agree
- 3.41 – 4.20 = Agree
- 2.61 – 3.40 = Neutral
- 1.81 – 2.60 = Disagree
- 1.00 – 1.80 = Strongly Disagree

As can be gleaned in Table 4 in love marriage, statement #8 “I prefer not to show my real feelings towards my partner” ranks first with a mean of 4.22 and a descriptive rating of strongly agree, while in arranged marriage, statement #3 “I do not feel comfortable when we discuss about romance and sex with my partner” ranks first with a mean of 4.31 and a descriptive rating of agree. Furthermore, respondents of love and arranged marriage revealed that they both agree to statement “I find it relatively

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easy to get closer to my partner” with a mean of 3.89 and 3.99. Statement # 2 “I do not get the affection and support that I deserved from my partner” and statement #3 “I feel nervous when my partner get closer to me” with a mean of 1.78 and 1.66 rank 10 for love marriage and arranged marriage. In general, overall mean for love marriage is 2.73, standard deviation 1.5785 with a rating of neutral, while arranged marriage has a mean of 2.73, standard deviation of 1.5351 also described as neutral.

Level of Commitment

Table 5 shows illustrates the mean ratings of the respondents’ level of commitment.

Table 5: Mean Ratings of the respondents’ level of commitment

Indicators	LOVE MARRIAGE (N=132)				ARRANGED MARRIAGE (N=195)			
	Mean	SD	Descriptive Rating	Rank	Mean	SD	Descriptive Rating	Rank
I want my relationship to succeed very much.	4.73	0.5538	Very High	1	4.77	0.7202	Very High	1
I feel full satisfaction in my needs because my partner understands me.	4.43	1.2733	Very High	2	4.30	1.2938	Very High	3
I am very much faithful to my partner.	4.20	1.4166	High	3	4.14	1.3622	High	5
I do my best to save the relationship during trials in our relationship.	4.14	1.1772	High	4	4.43	1.1837	Very High	2
I prefer to share my thoughts and show my feelings to my partner.	3.92	1.3425	High	5	2.06	1.5252	Fair	9
I show appropriate affections expected of me by my partner.	3.91	1.4902	High	6	4.15	1.5152	High	4
I honestly open up everything to my partner if there is a need.	3.47	1.4940	High	7	3.31	1.8688	Moderate	8
I easily settle our disagreement with my partner.	3.42	1.5925	High	8	3.81	1.6309	High	7
I have high expectations with my partner for our marriage to last long.	2.67	1.6692	Moderate	9	4.09	1.3575	High	6
I am happy when I am with my partner’s relatives.	2.22	1.6220	Moderate	10	1.75	1.3046	Low	10
AVERAGE	3.72	1.3631	HIGH		3.68	1.3762	HIGH	

Scaling:

- 4.21 – 5.00 = Very High Commitment
- 3.41 – 4.20 = High Commitment
- 2.61 – 3.40 = Moderate Commitment
- 1.81 – 2.60 = Fair Commitment
- 1.00 – 1.80 = Low Commitment

Table 5 revealed the level of commitment of the respondents’ both love and arranged marriages have very high commitment for statement #1, “I want my relationship to succeed very much” with a mean of 4.73, ranks 1. Moreover, for love marriage, very high commitment is also revealed for statement #4, “I feel satisfied with my needs because my partner understands me,” with a mean of 4.43, ranking second in the levels of commitment in marriage Moderate commitment is revealed for statement #8, “I have high expectations with my partner that our marriage will last long,” with a mean of 2.67, ranking ninth and rank 10 also a moderate commitment for statement #10, “I am happy when I am with my partner’s relatives,” with a mean of 2.22. For arranged marriages, there was very high commitment, ranking second for statement #9, “I do my best to save the relationship whenever we are faced with trials,” with a mean of 4.43; fair commitment for statement #7, “I prefer to share my

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thoughts and show my feeling to my partner,” ranking ninth with a mean of 2.06; and lastly, low commitment was revealed for statement #10, ranking tenth with a mean of 1.75. Overall, love and arranged marriages have high commitment with an average mean of 3.72 and 3.68 respectively.

The findings show that both marriages aim for nothing but a successful one whether it is grounded with love or began as an arranged marriage. They also find happiness, although, low commitment, in spending time with their partners’ relatives. It is further revealed that the more the respondents’ partners show love and affection, the higher the respondents are committed to the marriage. It can be deduced that they believe that love is a give and take process for the relationship to work. It is notable that there is fair commitment arranged marriages provide to their partners with regards to sharing their thoughts and showing their feelings, compared to love marriage wherein they give high commitment to this aspect (G. Champman’s, 1995).

CONCLUSION

On the basis of the findings of the study, the following conclusions were formulated, Meranao society has been practicing arranged marriage as feature of the culture bound and traditions, according to the findings majority of the respondents was young at age when they got married, this indicates that Meranaos society was a product of their traditional culture. They were respondents get married at age of 15 years old which contradicted the Family Code of 1987 governs marriage in the Philippines that both men and women consent to marry at the age of 18 year old. Therefore, marriage in the Philippines have a certain limitations and parents must be inform regarding the Family Code 1987.

In terms of attachment anxiety, marital adjustment, marital quality and marital support of the respondents it was observed that love marriage had always notice their partner while arrange marriage had difficult to handle their partner, for marriage having issues with their marriage they must seek professional advice on coping with the changes bought about their marriage . Family counseling is needed for them to adjust in their marital adjustments to have family and way of living.

The findings show that both arranged and love marriage have the same marital quality of commitment and mutual interaction. Marital quality as an independent variable is observed from the different aspects of its influence on partners and marital family processes, satisfaction with life and marital partners’ Psychological, socio, emotional stability of marriage, marriage counseling session will be need both love and arranged marriages.

RECOMMENDATION

The following recommendations are hereby offered based on the findings and conclusion of the study.

1. The demographic profile of the respondents shows that love marriage has the greatest number from the age bracket 17-20. Majority of the respondents are younger in love marriage compare to arrange marriage. Since majority of the respondents was young the researcher recommended that before getting marriage individual couple is advised to undergo seminars or workshop about family and marriage in order for them to have knowledge on having lifetime partner or to cope with the difficulties marriage. They must seek professional advice on coping with the changes brought about by their marriage.
2. The level of attachment anxiety of the respondents implies that both marriages, in terms of psychological, Social, emotional and spiritual aspects. The love marriage has a strong relationship compare to love marriages. In order to handle the anxiety feeling of individual couple, it is recommended for women who are having issues with their marriage to spend quality time together with their husbands in order to sort out their differences and similarities so that they can easily handle their anxiety feelings. The individual with anxiety may feel guilty about their partner
3. For the marital adjust in both marriages it was imply that arranged marriage is better than love marriage because arrange marriage are more understanding towards each other. In arranged marriage, first few years of the marriage are spent in knowing and understanding the partner. The researcher recommended that couples should know how to adjust with their partner to make their marriage long last. It is also recommended that couple should have a commitment to make their marriage work is always the top priority, it seems to be the primary reason for success of both marriages.
4. The level of marital quality of the respondents in love and arranged marriages findings suggest how both marriages appreciate and give high regard to their marriage and their partners’ effort to make the relationship work. The researcher believes that the foundation of marriage is trusting your partner, being committed to, and being honest and open to one another. Partners should be aware of these foundations in order for their marriages to succeed. To spend more quality time with your partner the couple should try new things together, like go on weekend getaway, while it’s a relationship goal to travel the world together, commitment and mutual interaction is very important. Having a happy marriage is usually among the most important, marital happiness and marital satisfaction are closely related. Marital quality is observed from

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the aspect of its influence on partners and marital and family processes satisfaction with life, health and stability of marriage and the emotional stability of the couple.

5. The findings show clearly that love marriage respondents have a higher affective marital support system than arranged marriage, therefore the researcher strongly recommended especially to those who are having a hard time with marital support to their partner. Having an emotional, psychological and social support from partner may be the best things to sustain the relationship.
6. Arranged marriages more common in Meranao culture the couples must the consent of their parents with looking into every aspect, like wealth, health conditions and more stable. On the other hand, love marriages may not be completely acceptable to family and relatives. The researcher recommended having trust, commitment to your partner to make the relationship stronger and successful.
7. It is recommended for the future researches to have an in-depth research on the problems that are not addressed or stated to this study. Hence, it is recommended to explore on cultural diversities, having a larger and more intensive research. The current study only has four variables. It is recommended for the future researchers to explore other variables that can be applied with the study.

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