



A study of intimacy in first married and remarried couples
by Scot Merlin Allgood

A thesis submitted in partial fulfillment of the requirements for a degree of Master of Science in Home Economics

Montana State University

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Abstract:

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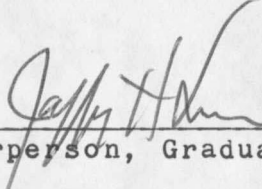
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Scot M. Allgood

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Date


Chairperson, Graduate Committee

Approved for the Major Department

7/31/85
Date

Margaret G. Briggs
Head, Major Department

Approved for the College of Graduate Studies

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Date July 31, 1985

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ABSTRACT

The purpose of this study was to compare marital intimacy in first married and remarried couples. Remarriages were characterized as having so many special challenges and problems that intimacy was hypothesized as being lower in a remarriage compared to a first marriage. Data gathered from 67 first married and 67 remarried individuals in Gallatin County, Montana revealed no significant differences between first marrieds and remarrieds in total intimacy scores. Only conflict resolution was significantly greater among the first marrieds. Further analysis revealed no significant change in intimacy over time for remarried persons.

INTRODUCTION

As the divorce rate has continued to climb in recent years, researchers and clinicians have begun to study remarriage. However, there is still a lack of theory and research on remarriage. Marital therapy techniques designed specifically for remarriage are relatively new and untested.

Research on remarriage has dealt largely with the relationship between stepparent and stepchild. Less research has been done on the husband and wife relationship in the stepfamily. The only major agreement among researchers and clinicians is that the husband-wife relationship must be stable if the stepfamily is to survive. Beyond that, the research on marital satisfaction in remarriage is often contradictory. Although researchers have studied marital satisfaction in remarriage, no research has been done yet on intimacy in remarriage. The purpose of the present study is to examine marital intimacy in remarriage.

Intimacy is a feeling of closeness and the sharing of emotional and physical experiences with another person with the expectation that the relationship will persist over time (Schaefer & Olson, 1981). Intimacy has been the subject of an increasing number of studies in the past seven years as family researchers have come to recognize

its key importance to relationship satisfaction (L'Abate & L'Abate, 1979; Waring, 1981). As a relatively new research topic, the topic of intimacy opens up new vistas in researching the remarriage relationship. Marital satisfaction studies comparing first married couples to remarried couples often have had contradictory results. This may be due to the breadth of the construct "marital satisfaction". In contrast, intimacy is more narrowly defined, and may be a key variable in explaining differences between first married and remarried relationships. The present study will examine intimacy in remarriage by comparing first married to remarried couples.

Need for the Study

Until 1967 only 19 studies on remarriage had been reported (Schlesinger, 1970). In comparison, the entire July 1984 issue of Family Relations was devoted to remarriage. A 1980 review of the literature by Price-Bonham and Balswick found that research results are inconclusive on how remarriage affects the individual and the differences between first marriage and remarriage. The few attempts to compare marital satisfaction in first marriage and remarriage have resulted in conflicting results (Albrecht, 1979; Demaris, 1984; Duberman, 1975; Glenn & Weaver, 1977; Morgan, 1980; Renne, 1971). To date no studies have attempted to describe, quantify or compare intimacy in first marriage and remarriage.

Intimacy is a key issue in the study of remarriage for several reasons. Kantor and Lehr (1975) found that intimacy is one of the major goals of all kinds of families. Erikson (1963) postulates that intimacy is a key issue that must be developed in the family for healthy adult development. A recent study by Waring, McElrath, Mitchell and Derry (1981) found that intimacy is essential for a person to avoid psychosis or emotional illness.

Akatugawa (1981) theorizes that remarriage involves a developmental process that is different from first marriage and involves more intimacy than first marriages. He claims that more intimacy in a remarriage is the result of mature individuality and greater compatibility between the spouses. Others argue that there may be less intimacy in remarriage (Broderick, 1979; Leffel & Reinart, 1981). Variables that inhibit intimacy in remarriage include demographic differences between the spouses such as age, education and religion (Dean & Gurak, 1978). Other factors inhibiting intimacy include a greater tendency among remarrieds to use divorce as a problem solving strategy, emotional ties to a previous relationship which makes problem solving difficult (Cherlin, 1981; Visher & Visher, 1979), complex legal issues, e.g. child support, (Cherlin, 1978), and difficulties in achieving cohesion in the remarriage because of the permeable boundaries (Morgan, 1980).

Not only is there a lack of research on intimacy in remarriage, but many of the previous studies on relationship satisfaction have utilized poor measurement techniques including instruments that are often biased, lack reliability and use vague questions (Esses & Campbell, 1984). The present study will utilize a valid and reliable self-report measurement, the Waring Intimacy Scale (Waring, 1984) to measure intimacy in remarriage. The results of the present study will have implications for family life educators and family therapists. The therapists and educators will better understand the qualitative and quantitative differences in intimacy between remarrieds and first marrieds and hence, be better able to make appropriate interventions.

REVIEW OF THE LITERATURE

A literature review was conducted on the following topics: intimacy theory and measurement, remarriage, the stepfamily, and marital satisfaction and adjustment. This literature was reviewed to locate reports of significant differences between first married and remarried couples in subject areas that affect marital intimacy.

Intimacy

Intimacy is a term that has been widely used in both family theory and clinical practice. Erikson (1963) was one of the first theorists to operationalize the concept of intimacy, but his work was generally limited to the description of individual rather than family functioning. Erikson's work was built on the premise that the adolescent joins groups to gain a reflection of himself/herself and from that reflection validates the self as a separate identity. He further states that, without a sense of identity, intimacy is not possible. Erikson defined intimacy as the "capacity to commit to concrete affiliations and ethical strength to maintain the relationship, even under significant sacrifice" (p.266).

Intimacy plays a central role in healthy interpersonal relationships and the emotional development of the individual in the family. Horowitz (1979) found

that intimacy problems (both emotional and physical) are the biggest single reason people seek help from a psychotherapist. A lack of, or poor intimate relations is correlated with psychiatric and emotional illness (Hames & Waring, 1980; L'Abate & Sloan, 1984; Vaillant, 1978; Waring, McElrath, Mitchell, & Derry, 1981; Waring, Reddon, Corvinelli, Chalmers, & VanderLaan, 1983). Clinebell and Clinebell (1970) believe that depth of intimacy is highly correlated with mutual need satisfaction between spouses. Lowenthal and Haven (1968) found that the presence of a spouse who serves as a confidant is strongly related to good mental health, high morale, and satisfaction with life stage. The positive effects of an intimate relationship with a spouse last a lifetime in that "the maintenance of an intimate relationship may serve as a buffer against the depression that might otherwise result from decrements in social role or interaction, or from the more drastic social losses frequently suffered by older persons, namely widowhood and retirement" (Lowenthal & Haven, 1968, p.26).

There are several definitions of intimacy. These range from simple definitions to complex, multifaceted models. Rubin (1983) defined intimacy as the expectation for daily dyadic interaction including the sharing of commonalities and maintaining stability in times of stress. Stapleton and Bright (1976) use Rubin's

definition and add self disclosure and affection as essential components. Four types of intimate relationships are identified by Davis (1973): siblings, lovers, friends and spouses. The spouse group is the most intimate because of the increased potential for intimate behaviors, both physical and emotional, that siblings, lovers, and friends can not duplicate. Dahms (1974) defines three levels of intimacy: intellectual, physical, and emotional, with the most intimate relations containing all three aspects.

There are two models of intimacy that include prerequisites that must be met for a relationship to be labeled "intimate". L'Abate and L'Abate (1979), in their model, list three paradoxical prerequisites for intimacy which include: "(a) one needs to be separate in order to be close; (b) the ones we love have the greatest power to hurt us; and (c) we must seek comfort and be comforted by those we hurt and who hurt us" (p.178). The second model was advanced by Perlmutter and Hatfield (1980). The two prerequisites for the development of intimacy presented in this model are (1) the use of meta-messages (literal messages and nonverbal cues) in which the couple clarifies and defines their relationship in terms of thoughts, feelings, behaviors, and sensations; and (2) the development of second order change processes which involve changing problem solving rules in the family which result

in structural changes in the family (e.g. the adolescent who needs greater freedoms to build his/her own identity presents an opportunity for the family to change its problem solving rules to allow more input from the adolescent in family decisions.)

Huston and Burgess (1979) explain the development of intimacy using social exchange theory. The major assumption of this theory is that intimacy in a relationship will grow only if the rewards outnumber the costs for each person. The relationship will proceed with each spouse realizing a profitable outcome until both relate to other people as a couple, rather than as individuals.

From his clinical observations, Akatagawa (1981) theorized that people who form several intimate relationships during a lifetime follow a developmental sequence. He describes three types of relationships with each succeeding relationship being more intimate than the previous one. The first type of relationship is usually marriage which lasts ten or more years and ends in divorce. The second kind of relationship is a love relationship (sometimes cohabitation) wherein the partners are intensely and mutually passionate in their feelings toward each other. This relationship lasts about six months. The last kind of relationship lasts six months or more and can take the form of remarriage,

cohabitation, an affair or a lengthy platonic relationship involving even more intense intimacy than the second relationship. To date no empirical studies have been done to support Akatugwa's formulations.

Schaefer and Olson (1981) developed the Personal Assessment of Intimacy in Relationships (PAIR) scale and found that an intimate relationship is characterized by these components: (a) emotional intimacy; (b) social intimacy (similar social networks); (c) sexual intimacy; (d) intellectual sharing of ideas; and (e) recreation (shared interests in hobbies or sports events).

The intimacy scale used in the present study was developed by Waring (1981). Waring includes a time dimension in his definition of intimacy. He describes intimacy as "a multifaceted interpersonal dimension which describes the quality of a marital relationship at a point in time" (p.34). According to Waring, intimacy consists of the following eight components:

- (a) conflict resolution - the ease with which differences of opinion are resolved;
- (b) affection - the degree to which feelings of emotional closeness are expressed by the couple;
- (c) cohesion - a feeling of commitment to the marriage;
- (d) sexuality - the degree to which sexual needs are communicated and fulfilled by the marriage;

- (e) identity - the couple's level of self confidence and self esteem;
- (f) compatibility - the degree to which the couple is able to work and play together comfortably;
- (g) expressiveness - the degree to which thoughts, beliefs, attitudes and feelings are shared within the marriage, as well as the marital self disclosure;
- (h) autonomy - the success with which the couple gains independence from their families of origin and their offspring.

Each of the above components form a separate subscale on the Waring Intimacy Questionnaire (WIQ) (Waring, 1984).

Conflict resolution and problem solving skills are prerequisites for optimally functioning families with high levels of intimacy (Frey, Holley, & L'Abate, 1979; Waring, Tillman, Frelick, Russell & Weisz, 1980). Frey et al. (1979) found that affection facilitates intimacy as feelings of emotional closeness are shared between spouses. Similar results have been reported by other researchers (L'Abate & Frey, 1981; Rubin, 1983).

Clinebell and Clinebell (1970) theorized that both spouses need a firm sense of individual identity if intimacy is to develop. The relationship between identity and intimacy has been noted by Satir, Stachowiak and Taschman (1975) who proposed that a couple needs to be

close enough to communicate, but not so close that one spouse overpowers the other. This relationship between identity and intimacy was empirically verified by Waring, Tillman, Frelick, Russell, and Weisz (1980) and L'Abate (1983).

Most of the research on Waring's eight dimensions of intimacy has been done in the area of emotional expressiveness and intimacy. Several studies have found that self disclosure is positively related to intimacy (Balswick & Peek, 1974; Davidson, Balswick & Halverson, 1983; Lewis, 1978; Pederson & Breglio, 1968). Most studies (Balswick & Averett, 1977; Chelune, 1976; Gitter & Black, 1976; Pederson & Breglio, 1968) have found that females self-disclose significantly more often than males which lowers marital intimacy unless the male increases his self-disclosure to a level comparable to the female (Davidson & Balswick, 1983). Facilitating self disclosure in marital therapy has also been shown to increase intimacy levels (Burke, Weir, & Harrison, 1976; L'Abate, 1977; Waring, 1981; Waring & Chelune, 1983). Emotional expressiveness is also positively correlated with marital satisfaction (Gilbert, 1976; Levinger & Senn, 1967) and conflict resolution (L'Abate, 1977).

Waring's autonomy construct has also been empirically validated as an important component of intimacy. Two studies (Waring, McElrath, Lefcoe & Weisz, 1981;

Waring, Tillman, Frelick, Russell & Weisz, 1980) have found that the development of dyadic intimacy is dependent on relinquishing strong emotional ties with significant others --- especially one's family of origin. A person usually develops autonomy through early childhood relationships outside of the family. As a result of these relationship, he/she is later able to attain intimacy in adulthood (Vaillant, 1977).

Most demographic variables (e.g. age, number of years married, and religion) do not seem to be related to intimacy. Only low income and low educational level appear to be negatively related to marital intimacy (Waring, McElrath, Mitchell & Derry, 1981).

Remarriage

Like intimacy, remarriage is a fairly new topic in the family research literature with only 19 articles being published before 1967 (Schlesinger, 1970). Until the mid 1970's, most research focused on the stepchild - stepparent relationship (Wald, 1981). Research on the marital dyad in the stepfamily has been limited by only using clinical samples, open-ended interviews, inadequate or invalid questionnaires, and researcher bias (Esses & Campbell, 1984). Price - Bonham and Balswick (1980) also note the lack of the use of well defined concepts when researching stepfamilies.

Demographic Variables and Remarriage

The relationship between demographic variables and remarriage has been examined in several studies in recent years. The results of this research are inconclusive with a few exceptions (Price-Bonham & Balswick, 1980). Several studies have found the age differential between the spouses in a remarriage to be significantly greater than for first married couples (Aguirre & Parr, 1982; Dean & Gurak, 1978; Duberman, 1975; Trost, 1984). Schlesinger (1970) found younger divorced males and females tend to marry single people, whereas middle-age divorcees tend to marry other divorcees, and older remarrieds choose widows or widowers.

Other demographic and stepfamily relationships that appear to effect marital intimacy include the following. The education level of remarrieds tend to be more dissimilar than first marrieds (Dean & Gurak, 1978). Economic factors play a role in some remarriages as most white women who remarry increase their income over that which they had in their first marriage by marrying men of higher socioeconomic status (Mueller & Pope, 1980). Religious homogamy is found less frequently in remarriage than in first marriage (Dean & Gurak, 1978). Aguirre and Parr (1982) found a positive correlation between marital satisfaction and the length of time between the divorce and remarriage.

Remarried couples in which at least one spouse has a child from a previous marriage seem to have the same number of problems as remarrieds with no children from a prior marriage (Furstenburg & Spanier, 1984; Morgan, 1980). However, the birth of a child to the remarried couple may be significant in the stepfamily bonding process as it gives the family a common bond (Duberman, 1973). One study has shown a negative correlation between the number of children in the stepfamily and marital satisfaction (Aguirre & Parr, 1982).

Marital Satisfaction in Remarriage.

Dean and Gurak (1978) propose that people do not learn from mistakes made in a first marriage and hence, will remarry and again find themselves in an unsatisfactory relationship. However, Peters (1976) found 56% of first married spouses felt they had made a mistake in their choice of marriage partners, whereas only 26% of the remarrieds in her sample reported the same thing. She concluded that remarrieds are more likely to have satisfactory relationships.

The results of other studies on marital satisfaction in remarriage fall into three categories. According to one group of studies, there is more marital satisfaction in remarriage compared to first marriage because remarried spouses are able to learn from their mistakes in the first marriage (Albrecht, 1979; Messinger, 1984). In

another group of studies the data suggests the opposite; that remarried spouses do not learn from the mistakes in their first marriage, and hence there is no more satisfaction in the remarriage than there was in the first marriage (Clingempeel, 1981; Morgan, 1980; Renne, 1971). In a third group of studies there were no significant differences between first married and remarried couples in marital satisfaction during the first two years of the relationship. This finding may be due to the "honeymoon" status of all marital relationships during the first two years (Demaris, 1984; Duberman, 1975). Leffel and Reinart (1981) note that more clarification and consensus on the construct of marital satisfaction is needed before comparing first marrieds and remarrieds.

The results of studies on life satisfaction in remarriage are not as varied as the studies on marital satisfaction in remarriage. Spanier and Furstenburg (1982) and White (1979) found greater life satisfaction among remarrieds compared to first marrieds. However, the majority of the other studies on this subject (Furstenburg & Spanier, 1984; Glenn, 1981; Glenn & Weaver, 1977; Yoder & Nichols, 1980) show no significant difference between the life satisfaction of remarrieds compared to first marrieds. Furstenburg and Spanier (1984) explain the difference between their findings and these other studies by proposing that remarried people will not endure an

unhappy second marriage after already having divorced once. They are more likely to use divorce to end an unsatisfying relationship. Those who remain remarried, then, are more likely to be happy than first marrieds.

With regard to measuring marital satisfaction in remarriage, Messinger (1984) believes that it takes two to five years for remarried couples to begin to stabilize their relationship. Hence, marital satisfaction scores obtained before that time may not be reliable.

Marital Adjustment in Remarriage.

The marital adjustment process appears to be different in remarriages than it is in first marriages. Sexual adjustments in remarriage may be smoother than in first marriages because remarried spouses have more realistic expectations (Schlesinger, 1968). The merging of two households in remarriage poses special problems not found in first marriages. However, if these problems are solved effectively, these experiences build solidarity into the relationship very early in the history of the relationship (Nelson & Nelson, 1982).

Visher and Visher (1979) however, found that incompatibility problems are magnified in remarriage because of the complex family structure and the marital pattern each spouse developed before the present relationship. Cherlin (1981) found that mutually accepted ways of resolving problems are lacking in remarried

relationships and because of a lack of social or cultural regulations (e.g. "What are the financial obligations of the spouse in regards to their previous spouse?"), remarried couples must solve difficult issues more on their own than do first married couples.

The permeability of the family boundary further compounds the problems of adjustment in remarriage (Walker & Messinger, 1979). The family boundary consists of rules (implicit and explicit) which the family makes to decide how it will interact with members of society, including who enters and leaves the family both physically and psychologically (Kantor & Lehr, 1975). The comparatively more permeable family boundary (due to new roles, symbols, and rituals) of the remarried family makes stability and cohesion more difficult to achieve until shared family experiences, symbols and rituals are added to the remarriage (Morgan, 1980; Walker & Messinger, 1979).

The role transitions experienced by one or both spouses when they become stepparents is a hinderance in building a firmer, less permeable boundary in the remarried family. These transitions add more stress to the marital relationship which may further lower marital satisfaction and intimacy until the roles are worked-out (Morgan, 1980). Walker and Messinger (1979) found that the ease of defining new roles in the remarried family is directly related to the process of relinquishing or

redefining roles and boundaries in the former nuclear family. Broderick (1979) notes that a second marriage will be an improvement over the first marriage only if both spouses learned from their mistakes in the first marriage and are able to fit into a comfortable role in the new marriage.

Broderick (1979) also suggests that the "ghosts" from the prior marriage which reveal themselves in comparisons of the new spouse with a former spouse constitute a major barrier to intimacy in a remarriage. These comparisons and other "emotional garbage" left over from a previous marriage often inhibit intimacy in remarriage (Larson, 1984). Leffel and Reinart (1981) note that intimacy in remarriage is possible only when the feelings of vulnerability and reluctance to trust relationships carried over from the former marriage are worked through.

If children are involved, the remarried family often suffers from increased stress in the process of trying to define the stepparent and stepchild roles. This may have a negative effect on marital intimacy (Cherlin, 1981; Hunt, 1966; Steinzor, 1969; Visser & Visser, 1979).

Other factors that may negatively effect intimacy in remarriage include a significantly shorter courtship period for remarrieds compared to first marrieds (Hollingshead, 1952; Hunt, 1966; Leslie, 1967), fewer guests at the marriage ceremony, a civil rather than

religious wedding (Hollingshead, 1952; Hunt, 1966; Leslie, 1967), no honeymoon or a short honeymoon, (Hollingshead, 1952), and separate bank accounts (Messinger, 1976).

A final factor working against intimacy in remarriage is low self esteem. Schlesinger (1970) found that approximately 50% of both male and female remarrieds felt their self esteem and social status in the community had been lowered as a result of the previous divorce. Until self esteem and social status are rebuilt, intimacy may be less attainable (Satir et al, 1975).

Becker, Landes and Michael (1977) report that for both men and women, remarriages are more unstable than first marriages for at least the first five years of marriage. This is due to higher relationship costs when disparities in age, education, social background, religion and race occur.

Summary and Hypotheses

Intimacy has both theoretical and empirical support as a necessary and desired goal of human relationships, especially in marriage. The key components of intimacy are conflict resolution ability, affection, cohesion, sexuality, identity, compatibility, expressiveness, and autonomy.

Intimacy in remarriage has not been studied. Studies comparing first marriage and remarriage on marital

satisfaction and marital adjustment suggest that intimacy may be greater in first marriages. Remarriages have been found to be less homogamous than first marriages in terms of spouses' ages, education and religion. Children from a previous marriage and emotional attachment to an ex-spouse may also cause problems in the development of intimacy in remarriage. Research on such stressors associated with remarriage as "ghosts" from the previous relationship, leftover emotional problems, stepchildren, short courtships and honeymoons and separate bank accounts, suggests that intimacy may be more difficult to achieve in a remarriage compared to a first marriage. The achievement of a level of intimacy in remarriage comparable to the level of intimacy in a first marriage probably takes two to five years (Messinger, 1984).

Based on the review of the literature, the following hypothesis were derived:

1. First married individuals will report greater marital intimacy than remarried individuals.
2. First married individuals will report greater conflict resolution intimacy than remarried individuals.
3. First married individuals will report greater cohesion than remarried individuals.
4. Remarried individuals will report greater sexual intimacy than first married individuals.

5. Among remarried individuals, those who have been married five years will report greater marital intimacy than those married one year.

METHOD

This section will describe the sample, the data collection procedure, and the statistical analyses.

Procedure

The names of all people who had been married in Gallatin County, Montana for one year and five years were secured from the Gallatin County marriage license records. Couples were randomly selected from the records and telephoned to see if they would participate in the study until a sample of 40 first married couples (both spouses in their first marriage) and 40 remarried couples (one or both spouses married one time previously) was obtained. Half ($N=20$) of the first married and remarried couple groups had been married one year; the other half ($N=20$) of the first married and remarried couple groups had been married five years.

As an incentive to participate, respondents were offered a summary of the results of the study. Couples in which a spouse had been previously married more than once were eliminated from the sample.

Of the 87 couples contacted, only seven couples declined to participate in the study. Four of the seven couples had recently divorced and the other three had personal reasons for not wanting to participate. Local

telephone company officials were not able to give exact figures, but stated the sample area was representative of the general United States population in the percentage of people without a telephone and of people with unlisted telephone numbers. These figures were not available however.

After the initial telephone contact, each participant was mailed a questionnaire packet consisting of a cover letter to describe the research in more detail, a demographic questionnaire, and the Waring Intimacy Questionnaire (Waring, 1984). The demographic questionnaire requested information on respondent's age, gender, number of children living at home, length of time married, length of time between divorce and remarriage, religious preference, educational level, income, etc.

The initial questionnaire return rate was 65% (104 of the 160 packets mailed). Follow-up telephone calls two weeks later to those who had not responded resulted in 21 more questionnaires being returned. A second mailing of the questionnaires to the 35 non-responding individuals resulted in 9 more questionnaires being returned. One hundred and thirty four questionnaires were returned for an 84% return rate. Of these 134 individuals, 50% were remarrieds (N=67) and 50% first marrieds (N=67).

Sample

The sample consisted of 67 first married individuals (33 males and 34 females) and 67 remarried individuals (30 males and 37 females). The mean age of all respondents was 29.31 years (S.D. = 6.45). The mean age for the first married males was 27.48 years (S.D. = 3.7). The mean age for first married females was 25.18 (S.D. = 4.46). The mean age for the remarried males was 33.63 years (S.D. = 6.28). The mean age for the remarried females was 31.24 years (S.D. = 7.28). The mean age for all remarrieds was 32.44 years (S.D. = 6.78) which is significantly older than the mean age of the first marrieds which was 26.33 years (S.D. = 4.08) ($t = 6.25$ $p < .01$). The age differential between spouses was not significantly higher for remarrieds (2.39 years) than for first marrieds (2.3 years). This finding is contrary to the findings of Dean and Gurak (1978) which showed that the age differential was significantly greater in remarriages compared to first marriages.

For the first married individuals the mean number of years married was 3.25 years (S.D. = 27.46 months). For the remarried individuals the mean years married was 3.50 years (S.D. = 28.04 months). Sampling procedures account for the similarity in number of years married since only couples married or remarried for one or five years were recruited as part of the sample.

The number of children varied by type of marriage. The first married couples had an average of 1 child per couple. Remarried couples (N=26) had an average of one child from their first marriage, and one child from their second marriage for a total of two children per couple.

The education level of the sample ranged from high school dropouts to Ph.D's. High school graduates comprised 23.1% of the sample; people with some college comprised 43.3% of the sample and college graduates accounted for 19.4%. The remainder of the sample had either dropped-out of high school (1.5%) or had advanced graduate degrees (12.7%). The remarried group was not significantly different than the first married group in terms of education.

The income levels in the sample varied widely, ranging from below \$5,000 to over \$40,000. Individuals with income of less than \$15,000 comprised 35% of the sample; individuals with incomes of \$15,000 to \$30,000 comprised 25.4% of the sample; and individuals with incomes over \$30,000 made up the remaining 39.6% of the sample. The remarried group had significantly higher income levels than the first married group ($t = 17.14$, $p < .01$). This was expected because the remarried group was older and age is usually associated with higher income.

Catholics represented 15% of the sample, 67.7% of the sample are Protestant and 24.3% of the sample either did not have a religious preference or classified themselves in a variety of smaller religious sects.

The sample was drawn from Gallatin County, Montana. Accordingly, 18.8% of the sample came from communities with a population of less than 5,000 and 18.1% of the sample came from communities with a population between 5,000 and 20,000. The remaining 63.1% of the sample came from communities with a population of over 20,000.

The limited sampling area may account for the inclusion of only two races in the present study. Caucasians accounted for 98.5% of the sample and American Indians accounted for the other 1.5% of the sample. The racial distribution is not representative of the United States population in which, for example, Blacks comprise 11% of the population (Sowell, 1981). Blacks are not represented at all in the present study.

Instruments

A ten-item questionnaire was constructed to gather demographic data (Appendix A). This was done to determine each individual's age, religion, gender, length of time married, education, race, population of home town, and the number of children in the family.

Marital intimacy was measured by the Waring Intimacy Questionnaire (WIQ) (Appendix B). The WIQ is a self-report measure of marital intimacy. The WIQ was chosen because of its high internal consistency reliability ($r = .89$ for males; $r = .86$ for females) and validity. In an item analysis each of the 80 intimacy items correlates with the total intimacy score at the .40 level or better. The WIQ provides a total intimacy score and contains eight subscales of 10 items each: these subscales measure conflict resolution, affection, cohesion, sexuality, identity, compatibility, autonomy, and expressiveness. Ten additional items measure social desirability. In total, there are 90 true/false test items.

The eight intimacy subscales allow for a measurement of marital intimacy quality (i.e. kinds of intimacy), while the total intimacy score serves as a quantitative measure of the total amount of intimacy (Waring, 1984). The scores on each of the WIQ subscales allow comparisons of intimacy quality between first marriages and remarriages. The total intimacy scores for first marrieds and remarrieds allow a comparison between the two groups on intimacy quantity.

Once a total intimacy score is obtained, the social desirability score is subtracted to give a revised total intimacy score. Each of the intimacy subscales and the social desirability subscale have a scoring range of 0 to

10. The WIQ total intimacy score ranges from 0 to 40 (only one half of the test items are utilized in calculating the total intimacy score). The other half of the test items are included to make the number of questions in each of the subscales large enough to allow for statistical analysis (Waring, 1984).

RESULTS

Preliminary Analysis

In the review of the literature on intimacy, four variables were found that may effect intimacy in marriage: age, income, education, and number of children. It was originally planned to statistically control for the effect of these variables on marital intimacy by using an analysis of covariance procedure with age, income, education and number of children serving as covariates. Upon initial examination of the data, however, this procedure was not found to be necessary as none of these four variables were found to be significantly correlated with the total intimacy score. The correlations between these variables and the total intimacy score for both first marrieds and remarrieds were as follows: income, $r = .00$, number of children, $r = .04$, education level, $r = .05$, and age, $r = .10$. Instead of utilizing an analysis of covariance procedure, two-way (marital type by gender) analysis of variance were used to test each hypothesis.

Main Analyses

Each of the hypothesis were tested utilizing a two-way analysis of variance. The findings are reported in this section.

The first hypothesis stated that first married individuals will report greater marital intimacy than remarried individuals. This hypothesis was tested by comparing the total WIQ intimacy scores for first married and remarried individuals. The two-way analyses of variance revealed no significant difference between the two groups (see Table 1). The hypothesis was not supported.

The second hypothesis was that conflict resolution scores would be higher for first marrieds. Conflict resolution means couples are effectively able to resolve their problems. Conflict resolution intimacy for first married and remarried individuals was assessed by the WIQ conflict resolution subscale. As hypothesized, first married individuals reported significantly higher conflict resolution intimacy scores than remarried individuals (see Table 1).

The third hypothesis was that first marrieds would report more marital cohesion than remarrieds. The analysis of variance failed to reveal a significant difference between the two groups on the WIQ cohesion subscale (see Table 1). Hence, the hypothesis was not supported.

The fourth hypothesis was that sexual intimacy would be greater among remarried individuals than first married individuals. However, an analysis of variance failed to

reveal a significant difference and the hypothesis was not supported.

The differences in the scores for first marrieds and remarrieds on the other WIQ subscales were also tested by analyses of variance. No significant differences were found (see Table 1). There was one significant difference in intimacy when comparing males and females. Females reported a significantly higher level of intimacy as a result of expressiveness or self-disclosure in marriage. There were no significant interactions between gender and marital status on the WIQ subscale or total intimacy scores.

The last hypothesis dealt exclusively with remarried individuals. It was hypothesized that the total intimacy scores would be higher among those individuals remarried for five years compared to those individuals remarried for one year. However, an analysis of variance revealed no significant difference between the groups on the total intimacy score or any subscale scores (see Table 2). Again, females reported a significantly higher level of expressive intimacy than males. There were no significant interactions of gender and length of time married.

A significant finding of this study, not related to the stated hypotheses concerns a difference between first marrieds and remarrieds in intimacy levels over time. Whereas in the remarried sample there was no significant

difference in intimacy over time, this was not true for first marrieds. A two-way analysis of variance revealed that among first married persons, those who had been married for one year had significantly higher total intimacy scores than people married five years. All intimacy subscale scores were higher for first marrieds who had been married one year compared to five years. Four of the intimacy subscale scores were significantly higher for those married one year.

TABLE 1

Mean ¹ Scores on the Waring Intimacy Questionnaire (WIQ) by Marital Types and Gender and
Two-way Analysis of Variance Results ²

(WIQ) Scores	First Marrieds		Remarrieds		Effects of		Effects of		Interaction	
	Male (N=34)	Female (N=33)	Male (N=37)	Female (N=30)	Gender F	P	Type of Marriage F	P	F	P
Total Intimacy Score	24.63	24.76	24.20	24.73	.21	.65	.11	.75	.08	.78
<u>Subscales</u>										
Conflict Resolution	7.09	7.08	6.56	5.97	.56	.46	4.24	.04*	.55	.46
Affection	7.57	7.94	8.03	8.00	.43	.51	1.05	.31	.63	.43
Cohesion	7.57	7.32	7.53	7.46	.37	.55	.03	.86	.11	.74
Sex	6.18	6.03	6.27	5.81	.65	.42	.03	.86	.16	.69
Identity	7.52	6.56	7.27	7.08	2.41	.12	.14	.71	1.10	.30
Compatibility	7.02	7.00	7.13	6.68	.34	.56	.09	.76	.44	.51
Autonomy	7.85	7.77	7.20	7.54	.61	.44	3.32	.07	.14	.71
Expressiveness	6.55	8.03	6.73	7.73	18.69	.00*	.04	.85	.72	.40

1 Scores have been rounded to the nearest hundredth.

2 df sex = 1, marital type = 1, interaction = 1, error = 130

* Statistically significant difference at the .05 level or less.

TABLE 2

Remarrieds' Mean ¹ Scores on the Waring Intimacy Questionnaire (WIQ) by Number of Years
Married and Gender and Two-way Analysis of Variance Results ²

(WIQ) Scores	One Year		Five Years		Effects of		Effects of		Effects of	
	Male (N=13)	Female (N=17)	Male (N=17)	Female (N=20)	Gender		Length of Marriage		Interaction	
					F	P	F	P	F	P
Total Intimacy Score	24.62	24.71	23.88	24.75	.25	.62	.13	.72	.16	.69
<u>Subscales</u>										
Conflict Resolution	6.38	5.65	6.71	6.25	1.29	.30	.65	.42	.26	.81
Affection	8.07	8.00	8.00	8.00	.01	.90	.01	.90	.01	.90
Cohesion	7.92	7.59	7.24	7.35	.07	.79	1.33	.25	.31	.58
Sex	5.77	6.06	6.65	5.60	.49	.49	.15	.70	1.53	.22
Identity	7.07	7.12	7.41	7.05	.09	.76	.07	.80	.15	.70
Compatibility	7.69	7.00	6.71	6.40	.82	.37	2.07	.16	.12	.73
Autonomy	7.00	7.29	7.35	7.75	.63	.43	.86	.36	.01	.91
Expressiveness	7.15	7.76	6.41	7.70	4.97	.03*	.90	.35	.63	.43

1 Scores have been rounded to the nearest hundredth.

2 df sex = 1, marital type = 1, interaction = 1, error = 63

* Statistically significant difference at the .05 level or less.

DISCUSSION

This section will provide a summary of the results of the study and possible interpretations for the results. There is also a discussion of the implications of the study and recommendations for further research.

The first hypothesis, that first married individuals will have more intimate marriages than remarried individuals was not supported. These results are similar to the results reported by Demaris (1984) and Duberman (1975) who found no significant difference between first married and remarried individuals on a measure of marital satisfaction. The similarity between the present study and the studies on marital satisfaction may be due to the positive relationship ($r = .40$) between intimacy and marital satisfaction (Waring et al., 1981). The results of the present study support other studies which suggest that the marital relationship of first married and remarried couples are not significantly different (Demaris, 1984; Duberman, 1975; Furstenberg & Spanier, 1984). Furstenberg and Spanier (1984) note that remarried people enter a second marriage with more realistic expectations than first marrieds. These realistic expectations may aid them significantly in the adjustments they must make including dealing with an ex-spouse and

adjusting to stepchildren. Future research should focus on the factors that aid remarrieds in these adjustments.

As hypothesized, first married individuals reported significantly higher conflict resolution intimacy than remarried individuals. Remarried couples are faced with more challenges or problems to solve (e.g. "ghosts" from a prior marriage, boundary changes, and role transitions) than first married couples. This finding supports Visher and Visher's (1979) clinical observations that incompatibility in already established marital patterns, makes problem solving more difficult for remarried couples.

It was hypothesized that first married couples compared to remarried couples would report greater marital cohesion. However, there was no significant difference between the two groups on the cohesion subscale. Reduced amount of contact with the ex-spouse may help in the boundary development of the new couple and thereby build cohesion. More research is warranted to determine the relationship between the presence of the ex-spouse in the community and cohesion in remarriage.

Another factor that may have influenced this finding is the low number of children in both the first married and remarried samples. Stepchildren are significant stressors in a remarriage (Cherlin, 1981) and cause the remarried family boundary to be more permeable as they

come and go in the visitation process. The low number of stepchildren in the remarried families in this sample may have minimal negative influence on cohesion.

The fourth hypothesis stated that remarried persons would report greater sexual intimacy than first married persons. This hypothesis was not supported. Landis and Landis (1968) suggest that sexual adjustment in marriage generally takes only a few days to several weeks. The sample of remarrieds and first marrieds had all been married much longer than that (at least one year). Future research could focus on the early weeks and months of marriage in order to determine if remarried couples sexually adjust faster than first marrieds.

The final hypothesis dealt with changes in intimacy among remarried persons. It was hypothesized that people remarried five years would have higher total intimacy scores than people remarried just one year. The hypothesis was not supported. It appears that remarried develop marital intimacy quite quickly and do not experience a significant increase in intimacy over time. This may be partially due to Schlesinger's (1968) finding that remarried spouses have more realistic expectations of marriage than first marrieds which makes marital adjustment easier and may also contribute to the rapid development of intimacy. These results contradict Messinger's (1984) belief that it takes two to five years

for remarrieds to stabilize their relationship. Longitudinal research is needed to determine if marital satisfaction, like intimacy in remarriage remains at about the same level from the first year to the fifth year of remarriage.

Implications

The major implications of the results of the present study apply primarily to the fields of marriage therapy and marriage enrichment. First marrieds and remarrieds appear to be very much alike in terms of marital intimacy with the only difference being that first marrieds appear to resolve conflicts in such a way that they experience more intimacy than remarrieds. Alternatively, remarrieds may simply have more sources of conflict than first marrieds (Visher & Visher, 1979). Marriage therapists need to be aware that compared to first married couples, remarried couples may especially need to learn more conflict resolution skills than first marrieds.

Conclusion

When comparing the marital intimacy scores of first married and remarried individuals, no significant differences were found except in the area of conflict resolution. Among remarried couples, marital intimacy does not appear to significantly change between the first year of marriage and the fifth year of marriage. This

finding is consistent with several studies of marital satisfaction in remarriage (Demaris, 1984; Duberman, 1975; Furstenberg & Spanier, 1984). The results of the present study suggest that remarried couples are more similar to first married couples than was previously thought.

A better understanding of the process of acquiring intimacy would result from further study of the changes in intimacy (especially sexual intimacy) from the early weeks of remarriage through the first year. The present study utilized a cross-sectional design. A longitudinal design would be more appropriate to determine changes in intimacy over time.

Other areas that need to be investigated to fully understand intimacy in remarriage include the effects of not having a honeymoon, the effect of child support and alimony payments, if the length of time between divorce and remarriage is a factor, and if the relationship quality with the ex-spouse affects marital intimacy in remarriage.

Finally, it would be beneficial to marriage therapists and marriage enrichment leaders to understand the dynamics of intimacy changes over time for first marrieds. A better understanding of why intimacy fluctuates over time may be another step in improving marriage enrichment programs and marital therapy.

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APPENDICES

APPENDIX A
DEMOGRAPHIC QUESTIONNAIRE

PLEASE PROVIDE THE FOLLOWING INFORMATION:

Couple _____

1. Your age (write in) _____
2. Your sex (circle one): 1. male 2. female
3. Length of time married (in months or years) (write in): _____
4. Highest grade completed (circle one):

1- 8th grade	3- High School graduate	5- College graduate
2- some High School	4- Some College	6- College graduate plus graduate school
5. Your race (circle one): 1- Caucasian/white 2- American Indian
 3- Other (specify) _____
6. Your religion (circle one):

1- Catholic	2- Protestant (e.g. Baptist, Lutheran, Methodist, etc.)
3- Mormon	4- Other (specify) _____
7. Your family's total gross income last year (1984) (circle one):

1) \$0 - \$4,999	4) \$15,000-\$19,999	7) \$30,000-\$34,999
2) \$5,000-\$9,999	5) \$20,000-\$24,999	8) \$35,000-\$39,999
3) \$10,000-\$14,999	6) \$25,000-\$29,999	9) \$40,000 or more
8. Approximate population of your community (circle one):

1) 0 - 499	4) 5,000 - 9,999	7) 20,000 - 24,999
2) 500 - 999	5) 10,000 - 14,999	8) 25,000 - 29,999
3) 1,000 - 4,999	6) 15,000 - 19,999	9) 30,000 or more
9. Number of children from first marriage living with you (write in):

10. Number of children from second marriage living with you (write in):

THANK YOU FOR YOUR HELP!

APPENDIX B

WARING INTIMACY QUESTIONNAIRE

WARING INTIMACY QUESTIONNAIRE

FORM 90

Edward M. Waring, M.D.

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INSTRUCTIONS

There are 90 statements in this booklet. They are statements about marriages. You are to decide which of these statements are true of your marriage and which are false. Make all your marks on the separate answer sheet. If you think the statement is TRUE or mostly TRUE of your marriage, make an X in the box labeled T (true). If you think the statement is FALSE or mostly FALSE of your marriage, make an X in the box labeled F (false).

Remember, we would like to know what your marriage seems like to YOU. So DO NOT try to figure out how your spouse will see your marriage, but DO give us your general impression of your marriage for each statement.

1. Differences of opinion never lead to verbal abuse in our relationship.
2. I am at my best when we are together.
3. Without my marriage my life would lack meaning.
4. I ask my spouse for things that really turn me on.
5. I often feel insecure in social situations.
6. I wish my spouse enjoyed more the activities that I enjoy.
7. I enjoy spending time with my in-laws.
8. If there is one thing that my spouse and I are good at, it's talking about our feelings to each other.
9. I don't think any couple live together with greater harmony than my mate and I.
10. Our differences of opinion lead to shouting matches.
11. I always kiss my spouse good-bye.
12. Our marital satisfaction is more important than career decisions.

13. Sometimes sex seems more like work than play to me.
14. Compared to other people that I know I lack self-esteem.
15. We seem to work out how to share the chores at our house.
16. Whenever we visit my spouse's parents, I feel awkward because I have nothing to talk about.
17. Often I only pretend to listen when my spouse talks.
18. I have some needs that are not being met by my marriage.
19. Discussing problems with my spouse seldom leads to arguments.
20. I feel that there is a distance between my spouse and I.
21. I value our marital relationship above all else.
22. I think that the importance of sex is highly over-rated in marriage.
23. I have a strong sense of who I am.
24. My spouse and I share the same philosophy of life.
25. My in-law's advice is often appreciated and welcome.
26. I prefer to keep my personal thoughts to myself.
27. My mate has all of the qualities I have always wanted in a mate.
28. Old wounds are always reopened when we have differences of opinion.
29. Despite being married I often feel lonely.
30. Even in marriage everyone has to look out for themselves.
31. Sex with my spouse has never been as exciting as in my fantasies.
32. I really don't think that I am very good at most things.
33. My spouse frequently helps when I am doing an unpleasant chore.
34. When all the relatives get together, I feel awkward and uncomfortable.
35. I enjoy sharing my feelings with my spouse.
36. My marriage is not a perfect success.

37. Yelling and screaming play no part in our attempts to resolve our conflicts.
38. I often tell my spouse I love him/her.
39. When one gets married, it's forever.
40. Our personal closeness is the major determinant of how satisfactory our sexual relationship is.
41. I feel that I am the person I would like to be.
42. My spouse and I share the same goals in life.
43. We are lucky to have the relatives to whom we can go for help.
44. I always try to give my spouse my full attention when he/she is talking to me.
45. My marriage could be happier than it is.
46. When there is a difference of opinion, we tend to negotiate a resolution rather than fight.
47. We always do something special on our anniversary.
48. In our marriage we try to live by the principle "all for one and one for all"
49. Our sexual relationship decreases my frustrations.
50. I am embarrassed when I am the center of attention.
51. My spouse and I like to do things for self-improvement together.
52. It is a real effort for me to try and get along with my spouse's parents.
53. I often read the newspaper or watch T.V. when my spouse is trying to talk to me.
54. I have never regretted my marriage not even for a moment.
55. I never hit below the belt when we argue.
56. I will never use my love for my spouse as a way to hurt him/her.
57. I am not prepared to put up with my spouse's annoying habits.
58. My marriage could not possibly be happy without a satisfactory sexual life.

59. When I compare myself to most other people, I like myself.
60. My spouse and I have worked out the male-female household roles to both our satisfaction.
61. I feel that my parents interfere in our relationship.
62. I would lie to my spouse if I thought it would keep the peace.
63. I don't think that anyone could possibly be happier than my mate and I when we are with one another.
64. When we have differences of opinion, my spouse never walks out of the house.
65. I am often unfriendly towards my spouse.
66. I don't really care whether my spouse supports me or not, just as long as he/she lets me lead my own life.
67. I always seem to be in the mood for sex when my spouse is.
68. I am sometimes afraid that people will see a part of me that I am not aware of.
69. My spouse did not try to make me change after we got married.
70. Family reunions are one highlight of our social life.
71. My personal secrets would hurt my spouse.
72. There are times when I do not feel a great deal of love and affection for my mate.
73. During our arguments I never try to depreciate my spouse's point of view.
74. Love is being able to say you're sorry.
75. I would be willing to compromise my beliefs to make our marriage better.
76. My spouse rarely turns away from my sexual advances.
77. There are many aspects of my personality that I do not like.
78. I found it difficult to make changes in my lifestyle after we were married.
79. Our children interfere with the time we have together.
80. I can say anything I want to my spouse.

81. There are some things about my mate that I do not like.
82. Sometimes I think all we ever do is argue.
83. Buying gifts shows my affection for my spouse.
84. Most of the time at home I feel like I am just killing time.
85. Our sexual relationship influences our level of closeness.
86. Other people usually have more to offer in a conversation than I do.
87. My spouse's sociability adds a positive aspect to our relationship.
88. Our marriage would be better if our parents didn't meddle in our problems.
89. I always take time to listen to my spouse.
90. Every new thing I have learned about my mate has pleased me.

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