

**Personality Traits, Burnout and Marital Satisfaction in  
Single Earner and Dual Earner Couples**



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## **Dedication**

My all exertions, energies and effort are dedicated to my mother who have passed away before six months whatever am and whatsoever I am able to achieve is just because of her blessing and encouragement. May Allah rest her soul in peace.

### **Abstract**

The current study aimed to find out the relationship between personality traits, burnout tendencies and marital satisfaction among single and dual earner couples and to give suggestions to maintain healthy married life. For that purpose Couple Satisfaction Inventory (Funk & Rogge, 2007), Big Five Inventory (John & Srivastava, 1999) and Maslach Burnout Inventory-General Survey (Maslach, 1996) was used to measure the relationship between variables. The main study was carried out on 200 sample of single and dual careerr couples with the age range of 23-52 by using purposive sampling strategy. The results of Hierarchical Regression Analysis showed extroversion, agreeableness, and conscientiousness positive predictor of marital satisfaction whereas cynicism and neuroticism were negative predictor of marital satisfaction. The results revealed that dual career couples are more likely to have couple satisfaction as compared to single career couples. The study holds its implications in cultural, clinical and counselling areas.

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## List of Abbreviation

**BFI:** Big Five Inventory

**CSI:** Couple Satisfaction Inventory

**MBI:** Maslach Burnout Inventory

***M:*** Mean

***SD:*** Standard Deviation

## **List of Appendices**

**Appendix A:** Plagiarism Report

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**Appendix C:** Maslach Burnout Inventory Scale

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## **Chapter I**

### **Introduction**

Marriage is very important in the life of all human beings. Satisfaction in relationship of marriage comes when couples have understanding, peace of mind, happiness, develop trust among each other's, and fulfill social responsibilities through increasing personality development (Lundberg, 2009). Unfortunately there is dearth of study in our country Pakistan regarding the couples with single and dual career. So, the aim of the present study is to review the relationship of personality traits, burnout and marital satisfaction in those couples in which only one or both spouse's earn and share their responsibilities. The uniqueness of this study lies in the fact that it analyzes the relationship between work stress, personality traits and marital adjustment crosswise. This examination will similarly study the single and dual career couples, additionally investigating the gender roles which are comprised when both husband and wife are workers.