

The Role of Conscientiousness Personality in Predicting Marital Satisfaction in Married Individuals

Lia Aulia Fachrial¹, Indah Cahyanti², Alia Rizki Fauziah³
Departement Psychology, Faculty of Psychology, Gunadarma University

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Corresponding author*:

fachrial.lia@gmail.com

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Abstract: This study aims to determine the influence of the personality trait of conscientiousness on marital satisfaction in married adults. Marital satisfaction is a subjective feeling felt by a married couple regarding various aspects of married life such as happiness, communication, and commitment, while conscientiousness describes the characteristics of individuals who are diligent, disciplined, responsible, and goal-oriented. This study used a quantitative approach with a simple linear regression method. The sample was obtained through a purposive sampling technique with the criteria of respondents being at least 21 years old, having been married for at least one year, and still having a spouse. The instruments used were the Enrich Marital Satisfaction Scale and Big Five Personality Inventory. The results of the analysis showed a significant influence between conscientiousness and marital satisfaction with a significance value of $p = 0.010$ ($p < 0.05$) and an R^2 value of 0.067, which means that conscientiousness provides an effective contribution of 6.7% to marital satisfaction, while 93.3% is influenced by other factors outside the study. These findings indicate that individuals with high levels of conscientiousness tend to have more satisfying marital relationships because they are able to manage conflict, maintain commitment, and create emotional stability in the relationship. The results of this study are expected to be the basis for developing psychological interventions and marital counseling to improve the quality of marital relationships.

Keywords: Conscientiousness, Marital Satisfaction, Personality, Marital Relationship

INTRODUCTION

Marriage is an important thing in human life, marriage is a manifestation of the seriousness between men and women in carrying out a relationship. Marriage is a time when individuals learn to live together as husband and wife with the aim of forming a family, raising children together and running a household (Hurlock, 2009). Marriage is the dream of every human being with the hope that after marriage they can achieve happiness. Marriage is not only a worship to carry out religious commands and social obligations to society. Marriage is also a physical and spiritual bond between a man and a woman as a

husband and wife with the aim of creating a happy and eternal family (household) based on faith in God Almighty (Agustian, 2013).

Marriage begins with a relationship, love, and a desire to bind or commit. The primary hope of marriage is to achieve happiness. The feelings of affection shared by each partner will create a harmonious relationship that will ultimately end in happiness, which is certainly the desire of every human being. Marital satisfaction is very necessary in household life, because success in marriage can be seen from the extent to which the husband and wife feel satisfied in their marriage, which of course is not formed by chance, but through a process that is not easy. A happy family can be achieved if marital satisfaction has also been achieved, where marital satisfaction is one of the factors for achieving happiness in the household (Larasati, (2012).

According to Bradbury, Fincham, and Beach (2000), marital satisfaction is a mental state that reflects a person's perception of the strengths and weaknesses of each partner in a marriage. The more strengths a marriage brings, the greater the marital satisfaction. Conversely, the more weaknesses a marriage brings, the less satisfied each partner is. To achieve marital satisfaction, several factors can motivate a person to marry, namely: love (love), friendship (companionship), compatibility (conformity), confirm sexual relations (legitimization of sex), confirm the child's identity (legitimization of child), readiness for marriage (sense of readiness), legitimate benefits, and long-distance relationships (long distance marriage) (Kim et al., 2013). The main hope of a marriage is to achieve happiness. Marital satisfaction is a perception of a person's married life measured by the amount of pleasure felt over a certain period of time (Roach, 1981). The feelings of love and affection felt by each partner will create a harmonious relationship that will eventually end in happiness. In addition to the hope of happiness, in marriage there are also various other hopes such as; continuing the lineage, forming a harmonious family, becoming a better person. This happy marriage will certainly be everyone's goal.

Olson and Fowers (1989) define marital satisfaction (marital satisfaction) as a subjective feeling felt by a married couple related to aspects of a marriage, such as happiness, satisfaction, and pleasant experiences with their partner when considering all aspects of their married life, which are individual. The aspects of marriage mentioned (Olson & Fowers, 1993), namely communication, leisure activities, sexual orientation, children and childcare, religious orientation, conflict resolution, financial management, relationships with family and friends, personality, and role equality.

Research shows that one of the most important aspects of a marriage is marital satisfaction. This is because each individual's perception and understanding of marriage differs, influenced by several factors, including social and cultural factors, as well as individual development, maturity, communication, and personality traits. One factor influencing marital satisfaction and the relationship between husband and wife is personality type. Personality traits influence their behavior in their relationships with their partners throughout their lives. Broadly speaking, personality influences relationships with their partners, not vice versa (Brehm, 2002). Personality can influence relationships with their partners because each personality type reflects and influences the mood and emotions expressed toward their partners. Individuals with positive moods can interact well with their partners, which can impact their marital satisfaction. Conversely, individuals with negative moods will have negative interactions with their partners, which can significantly impact marital satisfaction (Brehm, 2002).

Costa and McCrae (Brehm, 2002) classified the five dimensions in big five among others are extroversion, agreeableness, conscientiousness, neuroticism, And openness to experience. The five dimensions of big five can be a good predictor to describe broadly about human behavior, thoughts, and emotions that can disrupt an individual's relationship with other individuals (Brehm, 2002). Big five explicitly acknowledges four basic assumptions about human nature, namely that we are always curious, think rationally, change, and always seek activity or activity. Big five relatively little is discussed about the components of the personality system, but it states about the dynamics, processes, and organized categorization of the personality system (John, Robins, & Pervin, 2008).

Based on the results of previous research, it is known that personality traits that correlate with marital satisfaction are personality traits conscientiousness (Indriani, 2014). Conscientiousness (the nature of conscientiousness or perseverance) is characterized by competence, hard work, self-discipline, orderliness, drive for achievement, and goal orientation, with a high degree of consideration, which makes individuals with this personality conscientious able to analyze the advantages and disadvantages of a situation. Couples with a score conscientiousness individuals who have a high level of marital satisfaction tend to have high levels of marital satisfaction (Claxton et al., 2012). Individuals who have a high level of marital satisfaction tend to have high levels of marital satisfaction (Claxton et al., 2012). conscientious. They tend to be self-disciplined and

uphold principles. They are able to handle marital problems effectively and ultimately experience higher levels of marital satisfaction.

According to Engel et al. (2002), conscientiousness is the best predictor of intimacy and partner commitment in men. Men with high levels of conscientiousness high are able to maintain successful relationships because they have a higher level of intimacy in their relationships. Based on this description, it can be seen that the personality conscientiousness has a significant influence on the quality and satisfaction of marital relationships. Individuals with high levels of conscientiousness Those with high self-esteem tend to be better able to manage conflict, maintain commitment, and create stable and harmonious relationships. Findings from various previous studies indicate that conscientiousness can be an important predictor in understanding the dynamics of marital satisfaction. Therefore, researchers are interested in further examining the influence of personality conscientiousness on marital satisfaction, in order to enrich the literature on personality psychology and interpersonal relationships.

RESEARCH METHOD

This study tested two variables, namely personality conscientiousness and marital satisfaction. Marital satisfaction is the subjective feelings experienced by a married couple regarding aspects of their marriage, such as happiness, contentment, and enjoyable experiences with their partner when considering all individual aspects of their married life. The marital satisfaction variable in this study will be measured using Enrich marital satisfaction scale developed by Fowers and Olson (1993) with the following aspects: personality issues, equalitarian roles, communication, conflict resolution, financial management, leisure activities, sexual relationship, children and marriage, family and friends, And religious orientation. Then, personality conscientiousness are competence, hard work, self-discipline, order, drive to achieve, and goal orientation, with a high level of consideration, which make individuals with this personality conscientious able to analyze the advantages and disadvantages of a situation. The conscientiousness variable in this study will be measured using big five personality inventory developed by Rammstedt and John (2006) with the following aspects: competence, order, dutifulness, achievement striving, self discipline and deliberation.

This study uses a non-probability sampling technique using the method purposive sampling. The criteria required for this study were individuals, both men and women, with

a living partner, at least 21 years old, and at least one year of marriage. This study used quantitative methods to collect data. The measuring instrument used was a questionnaire with two scales: a marital satisfaction scale and a personality scale. Conscientiousness. The data collection tool in this study uses a rating scale and has two categories, namely favorable and unfavorable with five answer choices, namely Very Appropriate (SS), Appropriate (S), Neutral (N), Not Appropriate (TS), and Very Not Appropriate (STS).

The questionnaire was designed using content validity, which was conducted using expert judgment to determine the extent to which the questionnaire measured the overall content of the variables to be measured. Reliability in this study used the Cronbach's alpha technique. The statistical analysis technique used in this study was simple linear regression analysis with the help of the program SPSS 29 for mac.

RESULT

The results of this study prove that there is a significant influence between personality traits conscientiousness on marital satisfaction in married adults. Based on reliability testing on the personality scale conscientiousness. The reliability result was 0.7. Then, the reliability test on the marital satisfaction scale had a correlation coefficient value of 0.918. The minimum reliability coefficient is ≥ 0.70 , it can be concluded that both scales are reliable.

The normality test in this study used the Kolmogorov-Smirnov technique, producing a significance value of 0.030, $p > 0.05$. These results indicate that the data obtained from the two scales are not normally distributed. In the theoretical principles. The Central Limit Theorem, there is a strong relationship between sample size (N) and how the sample distribution approaches a normal distribution, where if the sample distribution is not normal, the sample distribution tends to approach a normal shape when the sample size is large (Hays, & Winkler, 1970). Based on the results of the linearity test conducted on the variables of conscientiousness and marital satisfaction, a significance value of 0.010 ($0 < 0.05$) was obtained. Based on this, it can be concluded that both variables are linear.

The hypothesis proposed in this study is that there is an influence of personality traits conscientiousness on marital satisfaction in married adults. Based on the results of a simple linear regression test, a value of 0.010 was obtained ($p < 0.05$). Based on these results, the hypothesis is accepted, meaning there is an influence of personality traits conscientiousness on marital satisfaction in married adults. The regression test obtained an R square value of

0.067, which indicates that personality traits conscientiousness provides an effective contribution of 6.7% to marital satisfaction in married adults and the remaining 93.3% is influenced by other factors outside the research such as communication, quality of intimacy, cultural values, social support and other personality factors.

This is in line with previous research by Claxton et al. (2012) which found that individuals with high scores on conscientiousness tend to have more satisfying marital relationships because they are able to resolve conflicts effectively, behave responsibly, and have good self-control. In addition, Engel et al. (2002) stated that conscientiousness be an important predictor of intimacy and commitment in marital relationships, especially in men. Individuals with high levels of conscientiousness. Those with high self-esteem tend to have the ability to regulate themselves, maintain emotional stability, and organize priorities in their marital life. They are more likely to adhere to relationship commitments, complete domestic responsibilities, and treat their partners with consideration and consistency. All of these characteristics create a safe and supportive emotional environment, which ultimately increases marital satisfaction.

In the context of a long-term relationship such as marriage, conscientiousness serves as a foundation for building trust and cooperation. A person who conscientious usually tend to think long-term, are more patient in dealing with conflict, and strive to maintain harmony in relationships. This is relevant to the findings of Robins, Caspi, and Moffitt (2002) who stated that stable personality traits such as conscientiousness has a long-term influence on the quality of interpersonal relationships including marriage.

Furthermore, Bouchard, Lussier, and Sabourin (1999) explain that conscientiousness correlated with wise decision making, higher impulse control, and active involvement in maintaining relationships, all of which are important indicators in creating a satisfying marital relationship. Therefore, although the contribution conscientiousness. While the impact on marital satisfaction is only 6.7%, these traits still play an important role as internal factors that support the quality of a couple's relationship.

However, the results of this study also indicate that 93.3% of other variables influence marital satisfaction, including communication, value compatibility, social support, external factors such as economic conditions, and other personality traits such as agreeableness or emotional stability (low neuroticism). Therefore, to fully understand the dynamics of marital satisfaction, a more holistic approach is necessary.

CONCLUSION

Based on the research results, it can be concluded that there is a significant influence between personality traits conscientiousness on marital satisfaction in married adults. The results of the simple linear regression test showed a significance value of 0.010 ($p < 0.05$), which means the hypothesis is accepted. The coefficient of determination (R^2) value of 0.067 indicates that conscientiousness made an effective contribution of 6.7% to marital satisfaction, while the remaining 93.3% was influenced by other factors outside the variables studied. This shows that although personality traits conscientiousness has a significant contribution, marital satisfaction is also influenced by many other aspects such as communication, commitment, emotional intimacy, cultural values, and other personality factors.

Overall, the results of this study strengthen previous findings which state that individuals with an introverted personality conscientiousness. They tend to have more stable, responsible, and purposeful relationships, which directly contribute to a satisfying marriage. Therefore, understanding this aspect of personality can be an important basis for psychological interventions, marriage counselling, and the development of programs to strengthen couples' relationships.

Suggestion

Based on the research that has been conducted, several suggestions that researchers can convey are as follows:

1. For Married Couples:

It is recommended that married couples better recognize and understand each other's personality characteristics, especially the dimensions *conscientiousness*. By increasing discipline, responsibility, and consistency in fulfilling marital roles, it is hoped that relationships will be more harmonious and marital satisfaction will increase.

2. For Counselors and Family Psychology Practitioners

The results of this study can be used as a consideration in the counseling or couples therapy process. Assessment of the client's personality, in particular *conscientiousness*, can help in designing more targeted intervention strategies to strengthen the quality of relationships in marriage.

3. For Further Researchers

Considering the variables *conscientiousness* only contributes 6.7% to marital satisfaction, it is recommended to conduct further research by including other variables such as *agreeableness*, *communication skills*, *emotional intelligence*, or external factors such as financial stress and social support to provide a more comprehensive picture of the factors that influence marital satisfaction.

4. For the Pre-Marriage Education Board

Institutions offering premarital education or training programs should include topics on understanding personality and its important role in marital relationships. This will help prospective couples be more psychologically prepared to build a healthy and fulfilling family.

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