2010-04-01

Positive to Negative Affect, Forgiveness, and Relationship Quality in Married Couples

Rebekah M. Gardner
James Harper

Follow this and additional works at: https://scholarsarchive.byu.edu/fhssconference_studentpub

Part of the Family, Life Course, and Society Commons

The Annual Mary Lou Fulton Mentored Research Conference showcases some of the best student research from the College of Family, Home, and Social Sciences. The mentored learning program encourages undergraduate students to participate in hands-on and practical research under the direction of a faculty member. Students create these posters as an aide in presenting the results of their research to the public, faculty, and their peers.

BYU ScholarsArchive Citation

https://scholarsarchive.byu.edu/fhssconference_studentpub/207

This is brought to you for free and open access by the Family, Home, and Social Sciences at BYU ScholarsArchive. It has been accepted for inclusion in FHSS Mentored Research Conference by an authorized administrator of BYU ScholarsArchive. For more information, please contact scholarsarchive@byu.edu, ellen_amatangelo@byu.edu.
Positive to Negative Affect, Forgiveness, and Relationship Quality in Married Couples
Rebekah M. Gardner & James Harper PhD
School of Family Life at Brigham Young University

Introduction

- Gottman (1999) proposes that a 5:1 ratio of positive to negative behaviors is related to relationship quality.
- Current study examines forgiveness as a mediating variable.
- Halchuck et al. (2010) found that couples who recovered from attachment insecurities reported significantly higher levels of forgiveness.

Methods

Participants

- 343 Seattle, WA couples from the Flourishing Families Project
- Mean Ages: Women=43.13, Men=45.34

Measures

- Ratio of Positive to Negative Affect- Using Iowa Family Interaction Rating Scales (Melby, et. al., 1998) trained coders rated behavioral exchanges on Hostility (HS), Contempt (CT), Warmth/Support (WM), Endearment (ED), and etc.

Discussion

- Couple ratio of positive to negative affect is positively related to relationship quality.
- His forgiveness of her and her forgiveness of him fully mediates the relationship between couple ratio of positive to negative affect and couple relationship quality.
- In addition to reducing conflict and increasing positive reciprocity in couple interactions, therapists should consider forgiveness interventions as a routine part of couple therapy.