

ERIKSONIAN EGO IDENTITY AND INTIMACY
IN MARITAL RELATIONSHIPS

by

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CHAPTER I

INTRODUCTION

Intimacy is a term widely used by marriage counselors and educators. It is sometimes assumed to be characteristic of the ideal type of marriage and family relationships (Clinebell and Clinebell, 1970; Lowenthal and Weiss, 1976). According to Schaefer and Olson (1981), our culture places such a high value on intimacy that, although not restricted to marriage, most people get married to seek and maintain it.

Many developmental theorists include intimacy as a vital ingredient in their hierarchy of needs (Maslow, 1954; Erikson, 1950; Sullivan, 1953). However, Erikson is one in particular who not only acknowledges its presence but also offers an explanation as to why it is either achieved or not achieved.

Erik Erikson espouses an epigenetic theory of human development. By epigenetic it is meant that "all development consists of a series of internally regulated sequential stages that are transformed, one into the other, in conformity with a prearranged order and design" (Ausubel, Sullivan, and Ives, 1980, p. 17). According to Erikson, the individual progresses through eight such stages from infancy to mature

adulthood. Each stage is a component part of the whole or entirety of human development. At each respective stage, individuals are confronted with a single psychosocial crisis and specific tasks to be resolved and mastered. Each crisis presents itself at a predictable time during the developmental sequence. Although each component part of the developmental whole exists in some form before and after the specific time that it presents itself as a psychosocial crisis, "each component comes to ascendance and finds its more or less lasting solution at the conclusion of 'its' stage" (Erikson, 1959, p. 130). Erikson believes that for a healthy personality to be achieved, each crisis must be resolved with some degree of mastery.

Erikson asserts that the degree to which an individual is able to resolve the particular crisis presented at a given stage is greatly dependent upon the successful resolution of previous psychosocial crises. For example, if an individual has difficulty resolving the normative crisis presented at stage III, he would probably have greater difficulty resolving the psychosocial crisis presented at stage IV than would an individual who had more successfully completed stage III.

Even though Erikson believes all stages are important, he appears to place greater significance on the fifth stage, Adolescence, and the successful resolution of its psycho-

social crisis: Ego Identity versus Ego Diffusion. It is considered the "critical" period. For Erikson, a firm sense of identity or a conscious sense of individual uniqueness is essential for true individual maturation (Erikson, 1968). Because of the great dependency upon cognitive skills, this is not possible until the individual has reached what Piaget would term "formal operations", which occurs during adolescence (Gallatin, 1975). In essence, the Adolescent phase, with its resultant crystallization of individual identity, is the "watershed" for human development. It summarizes all that has preceded it and determines to a great extent all that will follow.

The Eriksonian emphasis upon (1) epigenetic development and (2) adolescent ego identity takes on special significance for those interested in marital relations when one considers the sixth stage in the schema, Young Adulthood, with its respective psychosocial crisis: Intimacy versus Isolation. According to Erikson, intimacy, or the capacity for emotional closeness, is not attainable without the prerequisite achievement of a sturdy self-image.

The condition of a true twoness is that one must first become oneself...it is only after a reasonable sense of identity has been established that real 'intimacy' with the other sex (or, for that matter, with any other person or even with oneself) is possible (1959, p. 101).

Marcia (1980) refers to intimacy as identity's most immediate heir. Following Eriksonian reasoning he views identity as that commodity which contributes to intimacy the sense of a secure self necessary to enable one to risk the vulnerability inherent in "temporary merger with another" (p. 160).

It is the paradox of intimacy that it is a strength that can be acquired only through vulnerability; and vulnerability is possible only with the internal assurance of a firm identity (p. 160).

Eriksonian theory has apparently been of little interest to researchers concerned with marital relations. Although sparse in number, some research efforts aimed at verifying Eriksonian concepts have been made by child development specialists with interests in the earlier stages (Marcia, 1966; Protinsky, 1975). However, attempts to verify Erikson's assertions concerning ego identity achievement and the development of intimacy in adult relationships are extremely rare. Of the three attempts known to this researcher, none is concerned with marital dyadic relationships. This would appear to make his theory a prime area for research in the field of marital relations. In an effort to better understand marital interaction and relationships, an empirical examination of Ego Identity and marital intimacy would be useful.

Problem

The purpose of this study was to test the Eriksonian epigenetic concept that the achievement of a reasonable sense of ego identity during adolescence is a prerequisite to the establishment of intimate relationships in adulthood. Specifically, is there a relationship between the level of obtained ego identity and the achievement of intimacy between spouses?

CHAPTER II

THEORETICAL FRAME OF REFERENCE

The Three Dimensions of Personality Development

For Erikson, what is known as personality is the result of the continuous interaction of three great systems: the biological, the social and the individual (Gallatin, 1975). These systems are inseparable and mutually interdependent. None can exist without the other.

The Biological Dimension.--As far as the biological level is concerned, Erikson's views are best summarized in what he refers to as the epigenetic principle:

Whenever we try to understand growth, it is well to remember the epigenetic principle which is derived from the growth of organisms in utero. Somewhat generalized, this principle states that anything that grows has a ground plan and that out of this ground plan the parts arise, each part having its time of special ascendancy, until all parts have arisen to form a functioning whole (1959, p. 52).

Therefore, like many other "stage theorists", he believes that human development occurs in a more or less predictable sequence and that it is governed in part by some kind of innate mechanism or "ground plan".

The Social Dimension and Cultural Relativity.--The ground plan cannot unfold in a vacuum. This is especially illustrative with infants. Their helplessness requires that they be cared for and that others must take the responsibility of meeting their needs. Erikson refers to this arrangement as

a series of "mutual accommodations" (1968, p. 96). For not only does a baby's weakness give him power in a responsive and sensitive environment, but if he is to become a "civilized human being" he will make all sorts of adjustments to the rest of his family as well. The mutual accommodation which typifies the social dimension of personality development requires that both the individual and those who make up his interactive social environment learn of and adjust to each other.

The precise nature of this accommodation may vary from culture to culture. Erikson sums up this principle of "cultural relativity" as follows:

Now, while it is quite clear what must happen to keep a baby alive--the minimum supply necessary--and what must not happen, lest he be physically damaged or chronically upset--the maximum of early frustration tolerable--there is a certain leeway in regard to what may happen and different cultures make extensive use of their prerogatives to decide what they consider workable and insist upon calling necessary (1968, p. 98).

Still, each culture must respect, at least to some extent, the basic "ground plan" of human development. Though each culture may have a different formula for dealing with this ground plan, all cultures have a common aim: to transform their "helpless children" into "mature adults" (Gallatin, 1975). Hence, there are similarities and differences. The social life of a human being takes on similarities regardless of the specific culture he may reside in. Interacting in infancy with a few adult caretakers, he gradually

broadens his range of contacts until he reaches adulthood and takes a responsible place in society. The complex set of customs and institutions may be highly idiosyncratic, yet the developmental ground plan has been the same.

The Individual Dimension.--Despite the existence of a basic biological and societal ground plan, no two people ever develop identical personalities. Though all human beings are born with a need to categorize and organize experience, no two are born with exactly the same equipment to do so. Each will perceive and respond to the world slightly differently, and each will be perceived and responded to slightly differently (Gallatin, 1975). Therefore, there is also an "individual" or "ego" element in personality development.

As one reviews the above, Erikson's emphasis on the gradual organization and building up of the "organic whole" of the human personality is fairly apparent. Two important concepts emerge from his perspective of a "ground plan": crises and stages. Human development is seen as "...a gradual unfolding of the personality through phase-specific psychosocial crises" (Erikson, 1959, p. 74). In each phase of the development the individual must successfully master a central problem. The underlying crisis is universal, but the particular situation becomes culturally defined. When the particular task is accomplished, the individual is able to move into the next phase. Development is a continuous

process with each phase a part of the continuum, and every phase finding its antecedents in previous phases and its ultimate solution in those subsequent to it. While it is not expected that each crisis will be perfectly resolved, for a healthy personality to result such resolution must be predominantly positive.

Thus, Erikson's step-wise development of personality is a product of physiological growth and an expansion of the social radius. He asserts that an individual will progress through eight consecutive stages as he moves from infancy to senectitude (Appendix A). By the conclusion of each crisis period, the personality component that is related to that specific psychosocial stage will have been developed into a more or less permanent personality characteristic. The diagonal squares of his epigenetic chart (Appendix A) represent the eight stages of man stated in terms of a criterion for relative psychosocial health and ill health. Erikson further explains:

The sequence of stages thus represents a successive development of the component parts of the psychosocial personality. Each part exists in some form (verticals) before the time when it becomes 'phase-specific,' i.e., when 'its' psychosocial crisis is precipitated both by the individual's readiness and by society's pressure. But each component comes to ascendance and finds its more or less lasting solution at the conclusion of 'its' stage. It is thus systematically related to all others, and all depend on the proper development at the proper time of each . . . (1959, p. 119).

The following will be a further clarification of the first

six of Erikson's eight stages.

Crisis Stages: From Trust to Intimacy

Stage I: Trust vs. Mistrust

Erikson's first age of man is characterized by a nuclear conflict between trust and mistrust. It covers roughly the first 18 months of life or infancy. This is a period of time where the infant's predominant mode of interaction is one of "taking in" (Erikson, 1968, p. 98). Since he is limited, for the most part, simply to taking in sensations, he must depend very heavily on other people. His ego, which is barely beginning to form at this point, cannot provide him much continuity. Therefore, he must rely on others to make the world sufficiently predictable and orderly.

Because of his helplessness and dependency, the infant has to have some assurance that his needs will be taken care of with some degree of promptness as they arise. This is the only way that he can begin to overcome that initial helplessness and dependency. From having other people attend to him regularly and consistently, he builds up a storehouse of memories, images, and expectations. And once he learns that he can count on other people to appear, he also learns that he can "trust" them to disappear (Gallatin, 1975, p. 176).

No infant is probably so completely indulged that he totally overcomes his initial mistrustfulness. In fact,

since the world in which he is to participate presents some very real dangers, a certain amount of mistrust is probably essential. However, to launch the child's ego properly in the process of constructing an identity, it is desirable to have the balance tilt in the direction of trust.

Just as infants never quite resolve the conflict between trust and mistrust, neither do adults (Erikson, 1968). The need to trust in a higher power is almost universal among adults, and hence the cultural institution derived from this first stage is religion. In fact, Erikson states that the infant's sense of trust also is an antecedent of the simple and basic virtue of "faith" in adulthood (1968, p. 106).

Stage II: Autonomy vs. Shame and Doubt

The nuclear conflict of the second age of man is characterized as a struggle between a sense of "autonomy" on the one hand and a sense of "shame and doubt" on the other. It covers roughly 18 months to 3 years of age, or toddlerhood. Once again, although the healthy child requires more of the former than the latter, it is still necessary to strike a balance.

This stage finds the child having passed beyond being only a passive receiver. He is now confronted with the issues of "holding on" and "letting go". With rapid gains in muscular maturation, verbalization and discrimination processes, the still highly dependent child begins to

experience his autonomous will (Erikson, 1968). Consequently, his desire to assert himself may often over step his ability to exert control. Only through his interactions with his parents, then, can he hope to achieve a successful equilibrium between autonomy and self doubt. As expressed by Erikson:

This stage, therefore, becomes decisive for the ratio between loving good will and hateful self-insistence, between cooperation and willfulness, and between self-expression and compulsive self-restraint. . . . Only parental firmness can protect (the child) against the consequences of his yet untrained discrimination and circumspection. But his own environment must also back him up in his wish to "stand on his own feet," while also protecting him against the now newly emerging pair of estrangements, namely that sense of having exposed himself prematurely and foolishly which we call shame or that secondary mistrust, that "double take" which we call doubt--doubt in himself and doubt in the firmness and perspicacity of his trainers (1968, p. 109-110).

The parents must continue to furnish considerable support for his still somewhat limited ego, trying not to restrict him too much, yet often making judgments for him. Whereas before all that was required of them was a certain consistency and predictability, they must now begin to instill a healthy (but not too oppressive) respect for rules and regulations.

As with all of Erikson's stages, this one also finds its place in adulthood. Because it is the period when the child's autonomous will, his desire to do things his way first becomes apparent, Erikson views this as the origin of "will" or "will power". Since it is also the age of man

in which control and "regulations" first enter the picture significantly, Erikson draws a parallel between the parent-child conflict and the institution of law and order:

Man's basic need for a delineation of his autonomy seems to have an institutional safeguard in the principle of law and order, which in everyday life as well as in the courts of law, apportion to each of his privileges and his limitations, his obligations and his rights (1968, p. 113).

Stage III: Initiative vs. Guilt

Erikson characterizes the nuclear conflict of the third age of man as a struggle between initiative and guilt. It covers roughly 3 or 4 to 6 years of age. As with the preceding psychosocial crises, a balance tipped in the positive direction is the ideal goal. A certain restrained sense of guilt is necessary to act as a counterweight to uninhibited initiative. As stated by Erikson:

The intrusive mode dominating much of the behavior of this stage characterizes a variety of configurationally "similar" activities and fantasies. These include (1) the intrusion into space by vigorous locomotion; (2) the intrusion into the unknown by consuming curiosity; (3) the intrusion into other people's ears and minds by the aggressive voice; (4) the intrusion upon or into other bodies by physical attack; (5) and, often most frightening, the thought of the phallus intruding the female body (1968, p. 116).

All of these activities contribute to an emerging sense of initiative. Through play, the child begins to learn what he can and cannot do. Whether the balance is tipped too much toward guilt depends, in large part, on the child's interaction with his parents. They can overburden his young conscience and stifle his developing sense of

initiative in the process, or they can help him channel his energies constructively.

This stage finds its place in adulthood not in the form of a particular institution or principle but in the problem of channeling human energies. Childish dreams of glory become the foundations for ambition in adulthood. According to Gallatin (1975), another carry over of this stage is the feeling that actions serve some kind of purpose. Purposefulness, therefore, is a derivative of the normative crisis of initiative vs. guilt.

Stage IV: Industry vs. Inferiority

The nuclear conflict of the fourth age of man is characterized as a struggle between industry and inferiority. It encompasses the elementary school years (roughly the ages of six to twelve) and the impact that education can have during these years is emphasized. In all cultures, the channeling and direction of the child's energies that began during the previous stage must continue. At this point, however, the goal becomes clearer. The child now begins to acquire the skills needed to work. As a part of the process he begins to compare his skills and mastery with those of his peers. This presents the opportunity for failure or inadequacy. The reality of the school situation with grades and demands from teachers and peers also helps contribute to the possibility of a sense of inferiority. As the child experiences success, he emerges from the fourth stage of

life with his self-esteem intact and a sense of industry that can later be translated into a sense of competence.

Stage V: Identity vs. Identity Confusion

The nuclear conflict of the fifth age of man is characterized as a struggle between identity and identity confusion. It encompasses the adolescent years (roughly 13 to early 20's). For Erikson, this was the critical stage for it re-awakened the issues of the previous four stages and served as the bridge between them and the crises to come. Since the child's ego had already been set upon a certain course, the events of this period are partially predetermined. But Erikson claims that what happens in adolescence will itself determine much of what follows.

Up to this point, as the child has continued to mature and assimilate the customs and values of his culture, he has inevitably learned a good deal about himself. His interactions with other people have begun to give him an impression of the characteristics he shares with others and also of those that are unique to him alone. In essence, he has begun to formulate an identity. Erikson defines ego identity as follows:

What I have called ego identity . . . concerns more than the mere fact of existence; it is, as it were, the ego quality of this existence. Ego identity, then, in its subjective aspect, is the awareness of the fact that there is a selfsameness and continuity to the ego's synthesizing methods, the style of one's individuality, and that this style coincides with the sameness and continuity of one's meaning for

significant others in the immediate community (1959, p. 149).

Determining to what extent he is (1) like all other people, (2) like some other people and (3) like no other person, is not an easy matter. It requires a degree of mental sophistication heretofore not present within the individuals. The cognitive skills required do not develop until adolescence. As expressed by Erikson:

Not until adolescence does the individual develop the prerequisites in physiological growth, mental maturation, and social responsibility to experience and pass through the crisis of identity (1968, p. 91).

Thus, it is no accident that adolescence is such a critical period. It is a transitional time presenting the individual with many challenging adjustments and choices. To prevent himself from being overwhelmed by these choices, he must begin to define himself along certain dimensions (Gallatin, 1975). Obviously, there is considerable potential for indecision and disorientation.

There are seven "part conflicts", each of which mirrors one of the four nuclear conflicts of childhood or one of the three crises of adulthood, which must be successfully resolved if a firm sense of identity is to be achieved.

1. Temporal Perspective vs. Time Confusion.--In order to formulate a coherent plan for his adult life, the adolescent must examine what he has become and ponder what he would like to become. In essence, this is a conflict in maintaining perspective and expectancy. This is related to

the first psychosocial crisis of developing a sense of basic trust. If it is successfully resolved, he can trust time or be willing to wait for a perceived future goal. However, if not resolved, working for goals will not be perceived as worthwhile or satisfactory.

2. Self-Certainty vs. Self-Consciousness.--The precursor of this conflict is the stage of autonomy vs. shame and doubt. As expressed by Erikson:

Self-consciousness is a new edition of that original doubt which concerned the trustworthiness of the parents and of the child himself--only in adolescence such self-conscious doubt concerns the reliability of the whole span of childhood which is now left behind and the trustworthiness of the whole social universe now envisaged. The obligation now to commit oneself with a sense of free will to one's autonomous identity can arouse a painful over-all ashamedness somehow comparable to the original shame and rage over being visible all around to all-knowing adults--only such shame now adheres to one's having a public personality exposed to age mates and to be judged by leaders (1968, p. 183).

Through self examination, the individual must find himself comfortable with his growing autonomy if he is to resolve this conflict positively.

3. Role Experimentation vs. Role Fixation.--This conflict is preceded by the crisis of initiative vs. guilt. Here, the adolescent must experiment freely with different role possibilities rather than prematurely settling on one.

4. Apprenticeship vs. Work Paralysis.--Apprenticeship offers the individual a kind of moratorium or breathing space before making adult commitments in reference to

vocational choices. The adolescent is allowed to experiment with the use of tools and skills. Work paralysis comes from a sense of inadequacy about oneself or one's capabilities and is thus clearly related to the crisis stage of industry vs. inferiority.

5. Sexual Polarization vs. Bisexual Confusion.--The first of the three part conflicts that represent preliminary versions of crisis that are to follow is sexual polarization vs. bisexual confusion. This conflict precedes the crisis of young adulthood, intimacy vs. isolation. For sexual polarization to occur, thus contributing to a firm sense of identity, the adolescent must attain a clear identification with one sex or the other. This clear identification would include a feeling of confidence in one's own "femininity" or "masculinity". The bisexually confused adolescent is unsure of himself or herself.

6. Leadership and Followership vs. Authority Confusion. The leadership/followership conflict with its' emphasis on authority precedes the crisis of generativity vs. stagnation. As a prerequisite to the ability to assume adult responsibilities in giving and receiving orders, the adolescent must develop the capacity to maintain both leadership and followership roles. To avoid confusion, he must formulate his own personal creed which to a safe degree allows him to meet the expectations of those in his environment.

7. Ideological Commitment vs. Confusion of Values.--

The adolescent must establish some commitment to a system of values or ideals which give him a feeling of cohesion in reference to what he has done in the past and what he aspires to do in the future. Not to do so results in confusion.

Stage VI: Intimacy vs. Isolation

The nuclear conflict of the sixth age of man is characterized as a struggle between intimacy and isolation. It encompasses young adulthood. The pivotal emphasis placed on establishing a firm identity in adolescence is summed up with Erikson's statement concerning the young adulthood stage; "the condition of a true twoness is that one must first become oneself" (1959, p. 101). For Erikson, a reasonable sense of identity is a prerequisite of intimacy.

Marcia offers a further clarification:

Identity contributes to intimacy that sense of a secure self necessary to enable one to risk the vulnerability inherent in temporary merger with another. It is the paradox of intimacy that it is a strength that can be acquired only through vulnerability; and vulnerability is possible only with the internal assurance of a firm identity (1980, p. 160).

Intimacy is actually a counterpointing as well as a fusing of identities. A successful young adult must be able to express warmth and affection for others, and he must be able to distinguish his friends from his enemies. Furthermore, he must also feel sufficiently secure about himself to endure, and even enjoy, being by himself.

Erikson differentiates between intimacy and isolation in the following:

True "engagement" with others is the result and the test of firm self-delineation. Where this is still missing, the young individual, when seeking tentative forms of playful intimacy in friendship and competition, in sex play and love, in argument and gossip, is apt to experience a peculiar strain, as if such tentative engagement might turn into an interpersonal fusion amounting to a loss of identity, and requiring, therefore, a tense inner reservation, a caution in commitment. Where a youth does not resolve such strain he may isolate himself and enter, at best, only stereotyped and formalized interpersonal relations (1959, p. 134).

Therefore, isolation is not limited to those who physically withdraw from others, such as a recluse. Rather, it also includes those who may be involved in relationships but are "allergic" to emotional closeness. They find themselves either fused to or choosing to cut themselves off from whomever it is that they are involved with.

From a review of Erikson's theoretical assumptions it was ascertained that intimacy is the normative crisis of young adulthood and that successful resolution of this crisis is greatly dependent upon the successful resolution of the normative crisis which preceded it during adolescence, identity vs. identity confusion. Furthermore, in order for an individual to establish meaningful emotional closeness with peers of either sex, a favorable ratio of ego identity over identity diffusion must have been established. However, as noted above, attempts to verify Erikson's assump-

tions concerning identity achievement and the development of intimacy in adult relationships are extremely rare. There has been no attempt to verify Erikson's assumptions within the realm of marital dyadic relationships even though this would appear to be a prime area for examination. The intent of this research project is to test Erikson's theory concerning identity achievement and the development of intimacy in marital dyadic relationships.

Hypotheses

The very nature of this study, the examination of couple responses, necessitated the testing of two related, yet different areas. Whenever researchers look at the relationships of various factors between spouses, they are forced to deal with the issue of dependency. Are the responses of one spouse dependent upon the answers of the other? Some of the previous research conducted with couples has assumed that spousal observations are independent (eg. Harrell, 1974; Rappaport, 1971). Other researchers, on the other hand, have suggested that husbands and wives do have considerable influence over the perceptions of each other (Burr, Leigh, Day and Constantine, 1979). The dependence/independence issue had to be considered in this research as well.

The major thrust of this study was to determine whether an individual's capacity for intimacy was determined by his achievement of a satisfactory sense of ego identity. The

major analysis question was:

To what extent are the husband's scores dependent upon the wife's and the wife's dependent upon the husband's.

If it could be demonstrated that the scores were independent of each other, then a "within couple" analysis could be performed as well as considering each respondent as an independent case. However, if independence could not be demonstrated, analysis within the two sex groups, husbands and wives, would have to be performed.

The determination of the dependency issue lent itself to the examination of a basic Bowenian hypothesis. Bowen (1978) suggests that people marry individuals with equal levels of differentiation. There are many similarities between Bowen's concept of differentiation of self and Erikson's concept of ego identity. Bowen's assertion, from the perspective of an Eriksonian model, would suggest that individuals tend to marry at similar levels of ego identity attainment. In an indirect way, examining the relationship of ego identity achievement within dyadic units would determine the independency/dependency issue for this research project. If the degree of ego identity attainment were examined within couples and no significant relationship were found, a rationale could be made for independence. However, if a relationship were found, a case could be made for dependency. Granted, the hypothesized relationship between husband and wife scores may be the result of spouses seeking out those

individuals of similar ego identity attainment. A significant relationship could then be assumed to have existed prior to marriage and, then, dependency would not be a factor. However, since correlational relationships do not determine causal directions, the safe position, from a researcher's perspective, would be to assume dependency and then proceed with the investigation from that vantage point. Therefore, in an attempt to settle the independence/dependence issue for this research project, the following hypothesis was posited:

1. There will be a relationship between the ego identity scores obtained by an individual and those scores obtained by his/her spouse.

As was discussed above, even though the primary interest of the research project has been to examine the relationship between ego identity achievement and the development of intimacy in marital relationships, it is somewhat unrealistic to assume that this goal could have been cleanly attained.

It was recognized that one could no more measure the intrapersonal totally separated from the influence of the interpersonal than one could measure the interpersonal totally separated from the influence of the intrapersonal. However, the nature of some research necessitates the making of arbitrary decisions. In an attempt to at least recognize the existence of interactional effects, an interactional hypothesis was posited examining the effect of one

spouse's ego development on the other's perceived intimacy.

The second hypothesis was as follows:

2. There will be a relationship between the identity achievement of one spouse and the perceived intimacy of the partner as measured by the five intimacy dimension scores.

The primary concern of this research project has been with Erikson's epigenetic theory and its emphasis upon sequential developmental stages. It has been reviewed above. Attention was given to his assertion that successful resolution of the psychosocial task of any stage is dependent upon the successful resolution of the normative crisis of the previous stage. Of particular interest, and the basis for the third hypothesis examined in this study, is Erikson's belief that the achievement of intimacy in adult relationships is dependent upon the development of a firm sense of identity during adolescence. Taking the above into consideration, the following hypothesis was presented in regard to the married individuals examined in this sample:

3. There will be a relationship between an individual's ego identity scores and the five intimacy dimension scores.

Although not directly related to the primary problem examined by this study, an area warranting examination was Erikson's assumption of the universality of ego identity. Accordingly, ego identity is naturally achievable and present in all levels of society. To partially examine this

assumption, the final hypothesis was posited:

4. There will be a relationship between individual ego identity scores and the four demographic variables: (1) education, (2) occupation, (3) age, and (4) religious attendance.

CHAPTER III

REVIEW OF LITERATURE

Despite plentiful reference of Erikson's work in the literature, there have been relatively few attempts to empirically test his concepts of development. Of the research that has been attempted, it has predominantly concerned itself with some aspect of identity and the adolescent stage. Research examining Eriksonian assumptions generally falls within the realm of one of these categories:

- (1) studies which examine the development of ego identity as a progressive process through adolescence;
- (2) studies utilizing an identity statuses model, thus defining characteristics which describe specific types of identity achievement; and
- (3) studies examining the relationship between ego identity development and the interactional pattern of intimacy.

What follows is a review of the literature in these categorical areas.

Progression Through the Identity vs. Identity Confusion Stage

Five studies are cited which concern themselves speci-

fically with the progression through the identity vs. identity confusion stage. Studying female college freshmen and sophomores, Howard and Kubis (1964) found that sophomore females demonstrated a more effective resolution of the identity crisis. Utilizing an instrument composed of five separate scales, they measured manifest anxiety, manifest hostility, mother-daughter problems, ego identity and identity traits. Their sample consisted of 130 freshman and 115 sophomore, American born women, ranging in age from 17-20. Parents were living together and all were middle class socioeconomic level. All students resided on the campus of a Catholic women's liberal-arts college in the Midwest. Findings demonstrated that sophomore females obtained higher ego identity scores and lower anxiety scores than freshman counterparts. Dignan (1965), studying a female sample from the same Midwestern Catholic liberal-arts campus as Howard and Kubis, obtained results supporting their findings. Sophomore females obtained significantly higher scores on an ego identity measure than did freshman females. She hypothesized that (1) greater experience of continuity of place, (2) greater identification with social roles and (3) greater frequency of commitment to vocational goals were all contributors to this increased resolution of identity crisis.

Constantinople (1969), using an Eriksonian measure of

personality development, also found that there were constant increases in the successful resolution of identity from freshman to senior year across female subjects, and that from year to year within the same subject there was further resolution. Examining the progress made within the subject throughout a given year in greater detail, Waterman and Waterman (1971) conducted a longitudinal study involving 92 male college freshman. They were predominantly white, lower-middle-socioeconomic-class, engineering majors. Ego identity was measured by a semi-structured interview following the form of Marcia (1966). Initial interviews were conducted during the first five weeks of the fall term and the follow-up interviews took place during the last eight weeks of the spring semester. The same individual conducted all of the interviews. Waterman and Waterman found that there was a positive developmental trend toward attaining a greater degree of ego identity in the area of occupational choice during the freshman year at college although there was an increase in ego confusion concerning ideology.

Protinsky (1975) utilized more than just college aged students to investigate Erikson's epigenetic concept. Using Rasmussen's (1964) Ego Identity Scale, he tested the degree of ego identity resolution for two groups: (1) younger adolescents age 13 to 14 and (2) older adolescents age 19 to 24.

The younger adolescent group was composed of 52 males and 51 females who had at least a "C" average in their subjects at school. Subjects were students at two junior high schools in middle class areas of Tallahassee, Florida. The older adolescent group consisted of 49 males and 51 females. They were all students at Tallahassee Community College. Protinsky found no significant difference between the two sexes, thus supporting Erikson's concept that both males and females are involved in identity crisis. Furthermore, when controlling for age, older adolescents scored higher than the younger ones. Thus, age was the crucial variable and Erikson's epigenetic concept that as adolescents progress in age they attain a greater degree of ego identity was supported.

Studies Utilizing the "Identity Statuses"

Model

In an attempt to develop a methodological device whereby Erikson's theoretical notions about identity might be subjected to empirical study, Marcia (1966) described four progressive categories of ego identity attainment: identity achievement, moratorium, foreclosure, and identity diffusion. He offers the following clarification of these categories:

Identity Achievements are individuals who have experienced a decision-making period and are pursuing self-chosen occupation and ideological goals.

Foreclosures are persons who are also committed to occupational and ideological positions, but these have been parentally chosen rather than self-chosen. They show little or no evidence of "crisis". Identity Diffusions are young people who have no set occupational or ideological direction, regardless of whether or not they may have experienced a decision-making period. Moratoriums are individuals who are currently struggling with occupational and/or ideological issues; they are in identity crisis (1980, p. 161).

Marcia's concept of "identity statuses" has since dominated research on ego identity. Scarcely any studies after 1970 have adopted another approach (Bourne, 1978). Using these four modes of delineating ego identity status in late adolescence, Marcia (1966, 1967) used a semi-structured interview to demonstrate that subjects who are high in ego identity performed better than others of a lesser degree of ego identity. Both studies were of similar design and execution. The 1966 sample consisted of 86 college males enrolled in psychology, religion, and history courses at Hiram College. The 1967 sample consisted of 72 males enrolled in introductory psychology courses at the State University of New York at Buffalo, fulfilling the requirements of participation in experiments for course credit. All subjects were placed in an identity status as a result of the structured interview. Self esteem (feelings of worthiness and self-confidence) was measured prior to and following the implementation of the stress treatment. This allowed for a measure of "change in self-esteem." Subjects in high identity status groups performed better on the

stressful concept attainment task than did those in lesser groups. The self-esteem of those high in ego identity was also demonstrated to be less vulnerable to negative information.

Marcia and Friedman (1970) added to the "identity statuses" paradigm by delineating some of the specific characteristics possessed by individuals in each of these categories. Forty-nine senior women in residence on the campus of the State University of New York at Buffalo volunteered to participate in the study. Identity statuses were identified by means of a 30-minute semi-structured interview. All subjects were measured for self-esteem, authoritarianism, flexibility, and manifest anxiety. Finally, twenty eight College majors were ranked according to difficulty. The following findings added credence to Marcia's (1966) identity statuses model: (1) identity achievements were found to have selected more difficult majors than identity diffusions; (2) foreclosures were highest in self-esteem, lowest in anxiety scores (interpreted either as approval-seeking or as this status's adaptive value for women) and highest in authoritarianism; (3) moratoriums were lowest in authoritarianism; (4) identity diffusions obtained the highest anxiety scores.

Studies Examining Ego Identity and Intimacy

Three studies focus on the interactional pattern

of intimacy and Erikson's hypothesis that identity is a precursor to its development. Rasmussen (1964), who developed the Ego Identity Scale to be used in this study, examined male Naval recruits. All recruits (N=1400) in 19 consecutive companies formed the population studied. Each was administered the Peer Nomination form, (Rigby and Ossorio, 1959), a sociometric instrument, as a technique for evaluating adequacy of psychosocial adjustment in recruit training. The three men in each of the 19 recruit companies with the highest scores on the peer nomination form were selected as Group A (N=57). The three recruits in the same 19 companies with the lowest peer nomination scores were selected for Group B (N=57). There were some significant differences found in the age, education and general intelligence level. Both groups were administered the Ego Identity Scale (Rasmussen, 1961). Findings are the result of mean score comparisons. Rasmussen's research supported Eriksonian concepts that individuals who demonstrate adequate psychosocial adjustment will have a greater ego identity than those who are poorly adjusted. Those with higher ego identity scores demonstrated greater peer relationships thus suggesting a greater advance in the solution of the early adult psychosocial crisis, intimacy vs. isolation.

Following Marcia's (1966) identity statuses model, Kinsler (1972) found Identity Diffusions to be lowest of

the statuses on Yufit's (1956) paper-and-pencil measure of intimacy and least self-revealing in a situational intimacy task. Again using Marcia's (1966) model, Orlofsky, Marcia and Lesser (1973) conducted probably the most thoroughgoing examination of the relationship between these two psychosocial stages. They constructed five intimacy statuses, condensed into three for the data analysis. The three intimacy statuses were (1) Intimate (2) Stereotyped and (3) Isolate and were described as follows:

The intimate individual works at developing mutual relationships and has several close friends with whom he discusses both his and their personal matters. He has an intimate relationship with one or more girl friends. The sexual relationship is mutually satisfactory, usually involving intercourse...The intimate subject is generally characterized by a good deal of self-awareness, a genuine interest in others, and the absence of significant defensiveness...

The individual characterized as having stereotyped relationships ranges from the moderately constricted and immature type of individual who has yet to get beyond superficial dating relationships to the "Joe College" and playboy types. Generally he has several friends whom he likes, enjoys being with, and sees regularly; however, these relationships lack any significant depth. He enjoys sex and tends to be constantly "on the make," going from one conquest to the next. He treats others more or less as objects...He is characterized by moderate constrictions, shallowness, and paucity of self-awareness.

A subtype of this status is pseudointimacy. Generally, the same pattern exists with respect to same-sex peers as in stereotyped relationships; however, the main difference is that the pseudointimate individual has made a more or less lasting commitment to one woman and, in this sense, resembles the intimate individual. However, rather than being truly intimate, he seems only to be going through some of the motions. The relationship remains superficial; he has little sense of responsibility and takes a stance of openness only when it is to his advantage...

The isolate subject is characterized by marked constriction of life space, with the absence of any enduring personal relationships. Though he may have a few peer acquaintances he sees infrequently, rarely does he initiate social contacts. He may date infrequently but usually less than once per month...Any investment of himself in other people seems to threaten the isolate individual with ego "dissolution". The anxiety accompanying close personal contact forces him to withdraw and isolate himself from others (p. 213).

Intimacy status assignment was based upon a semi-structured interview in which the subject was asked about the nature and depth of his relationships with both male and female peers. Fifty-three junior and senior male student volunteers formed the sample studied. Identity Achievements and Moratoriums tended to be in the Intimate category; Foreclosures and Identity Diffusions were predominant in the category of Stereotyped Relationships; and there were more Identity Diffusions in the Isolate category than other identity statuses. No Identity Diffusions and only 18% of the Foreclosures were in the Intimate category.

From a review of the empirical testing of Erikson's theory, it was found that some support had been given to his concept that identity was the progressive crisis of adolescence. In addition, some characteristics which differentiated the identity confused adolescent from the adolescent who had attained a greater degree of ego identity were delineated. Finally, support for the epigenetic concept that a firm ego identity must precede the attainment of intimacy in relationships was reported.

CHAPTER IV

METHODS

Subjects

For the purpose of this study, only married couples were utilized. No restrictions were placed on the number of previous marriages or the number of children, if any, in the household. The sample consisted of couples drawn from a population residing in the greater Cleveland, Ohio, metropolitan area. While this geographical area encompasses approximately four million residents, the actual population for purpose of this study was restricted to church congregations. Although these congregations were representative of a variety of Protestant demoninations, the theological flavor was decisively conservative. As indicated in Table 4.1, a disproportionate number of the churches cooperating in this study could be considered fundamental in their religious beliefs. Therefore, the actual selected sample would probably not be truly representative of church attenders in general.

The researcher contacted suburban churches requesting their cooperation in this research project. The church was responsible for providing (1) a current directory of members/attenders appropriately edited so as to eliminate those individuals who did not meet the criteria for inclusion in this study; and (2) an endorsement to contact those members

TABLE 4.1

POPULATION AND SAMPLE COMPOSITION

| CHURCH | POPULATION | | SAMPLE | |
|--------------------------------------|------------|-------|--------|-------|
| | # | % | # | % |
| 1. Mentor United Methodist | 400 | 25.0 | 90 | 22.5 |
| 2. Bedford United Methodist | 230 | 14.4 | 62 | 15.5 |
| 3. Chagrin Valley Assembly of God | 82 | 5.1 | 17 | 4.3 |
| 4. Chapel Evangelical Free | 251 | 15.7 | 51 | 12.8 |
| 5. Parma (Trinity) Baptist | 34 | 2.1 | 8 | 2.0 |
| 6. Garfield (Suburban) Baptist | 50 | 3.1 | 16 | 4.0 |
| 7. Solon Baptist | 57 | 3.6 | 12 | 3.0 |
| 8. Seven Hills Friends | 57 | 3.6 | 11 | 2.8 |
| 9. Lyndhurst Covenant | 87 | 5.4 | 32 | 8.0 |
| 10. Parma Lutheran | 92 | 5.8 | 33 | 8.3 |
| 11. Cleveland Nazarene | 60 | 3.8 | 17 | 4.3 |
| 12. Bedford Nazarene | 200 | 12.5 | 51 | 12.8 |
| | 1600 | 100.0 | 400 | 100.0 |

of the congregation selected in the sample.

A population of 1600 couples was obtained from twelve churches. The names of the 1600 couples were compiled into an alphabetical listing. From this list, 400 couples were randomly and systematically selected to comprise the study sample. Table 4.1 illustrates population and sample compilation by church.

Instruments

For the purpose of this study, two formal instruments and a group of demographic items were combined to create the research questionnaire. The two formal instruments were: (1) The Ego Identity Scale and (2) The Personal Assessment of Intimacy in Relationships Inventory.

1. The Ego Identity Scale

Description of the Scale

In order to measure Erikson's concept of ego identity, the Ego Identity Scale was devised for use with Naval recruits by John E. Rasmussen in 1961. The items were derived from Erikson's literature. The scale was not developed as a psychological or diagnostic instrument; rather, it was intended to evaluate the degree to which Eriksonian psychosocial conflicts have been resolved by the subjects. This evaluation was obtained by the subject's giving either a positive or negative response to statements describing attitudes or behavior. These statements reflected Erikson's

criteria of psychosocial health for each of the first six psychosocial crisis periods.

Theoretical Rationale for the Scale

Using Erikson's writings, three derivatives of the criteria of health and ill-health were selected for each of the first six psychosocial stages. Each derivative was sampled by four statements, thus there are 72 items on the scale. A total identity score may be obtained as well as a score for each of the first six psychosocial crisis stages. In order to avoid response set, half of the items are stated so as to require a positive response and half to require a negative response. The subjects respond to each item in terms of general agreement or general disagreement. The items were selected to reflect Erikson's derivatives in a concrete manner. Thus, the scale is based as closely as possible on Erikson's theoretical formulations rather than the researcher's interpretation.

The following are specific examples of crises areas, derivatives, and statements reflecting these derivatives. A complete list is located in the Appendix B.

Crisis Stage I.....Infancy

Criteria of Psychosocial
Health and Ill-Health.....Basic Trust vs. Mistrust

- Derivatives of Criteria...Sense of time perspective; i.e., future satisfaction is sufficiently predictable to be worth working and waiting for.
- Statements.....Positive--If a person wants something worthwhile, he should be willing to wait for it.
- Negative--I lose interest in things if I have to wait too long to get them.
- Crisis Stage IV.....School Age
- Criteria of Psychosocial Health and Ill-Health....Industry vs. Inferiority
- Derivative of Criteria....The individual anticipates achievement in work endeavors, which are a source of pleasure and recognition.
- Statements.....Positive--I like to tackle a tough job, as it gives me a lot of satisfaction to finish it.
- Negative--When it comes to working, I never do anything I can get out of.

Validity of the Items

Rasmussen (1961) stated that the content validity of the statements presented no particular problem as the criteria for the satisfactory and unsatisfactory resolution of the various psychosocial crises conflicts were explicitly expressed by Erikson in terms of the individual's relationship to society. However, the statements were subjected to the test of two judges. Both were psychologists. One judge

was very familiar with Erikson's theory while the other was not. All of the final statements used were unanimously agreed upon by the judges as meeting the criteria for which they were written, i.e., the psychosocial stage and the specific derivative within the stage.

Construct validity was added by the results of Rasmussen's (1964) study of the relationship of ego identity to psychosocial functioning. Within Erikson's framework, those individuals with a high degree of psychosocial functioning should demonstrate a higher degree of ego identity than those who function on a lesser level of psychosocial effectiveness. Using a Peer Nomination Form by Rigby and Ossoria (1959), to measure psychosocial effectiveness, Rasmussen found a significant (.01) association between high ego identity scores and good psychosocial adjustment. Additional construct validity was determined by evidence of a significant association (.01) between high identity scores and self-acceptance as measured by an adjective check list developed by Gough (1950).

It will be noted at this point that eleven of the items in Rasmussen's (1964) original scale were modified for the purpose of this study. Although this presents a problem in the "ideal" sense, it is believed that no significant practical difference resulted from any of the item modifications. Protinsky (1973) found the instrument to be both effective and reliable with slight item modifications.

This was necessary due to particular sample characteristics. All modifications were for the purpose of making the items more appropriate for the sample being studied (married couples). An example of the modifications would be as follows:

| | |
|--------------------|--|
| Original Statement | I really don't have any definite goals or plans for the future; I'm content to let the Navy decide what I should do. |
| Modified Statement | I really don't have any definite goals or plans for the future; I'm content to let others decide what I should do. |

At all times the authors' specific derivative was utilized so as to maintain his original intent in the modified item. A complete list of the modifications by stage and derivative may be found in Appendix C. The modified version of the Ego Identity Scale used in this study may be found in Appendix D.

Reliability

The reliability on the final form of the Ego Identity Scale was tested on two different samples of male, Navy recruits. Using the Spearman-Brown prophecy formula, correlation coefficients of .849 and .851 were obtained.

2. The Personal Assessment of Intimacy in Relationships Inventory

Description of the Inventory

The PAIR (Appendix H) was developed by David Olson and

Mark Schaefer (1981) in order to assess the degree of intimacy that an individual perceives he/she has with another. It is a self-report inventory that can be used at all levels of dyadic heterosexual relationships, from friendship to marriage. It consists of 36 items which measure the perceived degree of intimacy in five different areas: emotional intimacy, social intimacy, sexual intimacy, intellectual intimacy, and recreational intimacy. There is also a six item scale on conventionality, which measures the extent to which the couple is "faking good". The instrument does not assume any ideal or absolute degree 'per se'. although validity tests indicate that couples, in general, distribute themselves in a normal fashion around the mean (Appendix F). Responses are recorded on a five point Likert Scale.

Theoretical Rationale for the Inventory

Schaefer and Olson (1981) integrated a number of approaches in providing the conceptual definition upon which the PAIR is based. They are concerned first with the multi-dimensional aspects of intimacy quoting Dahms'(1972) definition of it being "a closeness to another human being on a variety of levels". Looking more closely at the multi-dimensional approach, Olson (1975) originally described seven types of intimacy: (1) "emotional intimacy"--experiencing a closeness of feelings; (2) "social intimacy"--the experience of having common friends and similarities in social

networks; (3) "intellectual intimacy"--the experience of sharing ideas; (4) "sexual intimacy"--the experience of sharing general affection and/or sexual activity; (5) "recreational intimacy"--shared experiences of interests in hobbies, mutual participation in sporting events; (6) "spiritual intimacy"--the experience of showing ultimate concerns, a similar sense of meaning in life, and/or religious faiths; (7) "aesthetic intimacy"--the closeness that results from the experience of sharing beauty. Only the first five were empirically validated and appear in the PAIR.

Integrated with the approach of intimacy as being multi-dimensional was the view that it was a "process" as espoused by Clinebell and Clinebell (1970). This led Olson to distinguish between intimate experiences and intimate relationships. As stated by Schaefer and Olson (1981):

An intimate experience is a feeling of closeness or sharing with another in one or more of the seven areas. It is possible to have intimate experiences with a variety of persons without having or developing an intimate relationship. An intimate relationship is generally one in which an individual shares intimate experiences in several areas, and there is the expectation that the experiences and relationship will persist over time. ...Intimacy is a process that occurs over time and is never completed or fully accomplished. Couples may create false expectations if they assume that they have "achieved" intimacy or that they need not work at maintaining it. While intimate experiences are elusive and unpredictable phenomena that may occur spontaneously, an intimate relationship may take time, work, and effort to maintain (p. 50).

Schaefer and Olson assert that while individuals may desire differing degrees of each kind of intimacy and, even though the "ideal" minimum or maximum amounts required are unknown, some degree of intimacy is necessary for normal human development. Many developmental theorists (Maslow, 1954; Erikson, 1950) indicate that highly developed individuals usually have several significant friendships. There appears to be a continuum presented by these theorists with individuals who may not be capable of sustaining an intimate relationship being on one extreme end and, at different points moving toward the other extreme, are those who prefer one or more intimate dyadic relationships. At any rate, Olson and Schaefer conceptualize intimacy, in its relationship form, as actually the product of a number of experiences (process) in a variety of sub-dimensions (multi-dimensional). As the number of sub-dimensional areas in which closeness is experienced increases, relational intimacy also increases.

Initial Development of the Inventory

There were originally seven a priori conceptual dimensions of intimacy. Statements from family professionals were solicited concerning the nature of intimacy in general, as well as statements about these seven dimensions in particular. Additional statements were obtained from lay persons who had completed marital enrichment programs, graduate students in Family Social Science and marriage

and family therapists. The result was a pool of 350 potential items for the PAIR. These items were then classified by marriage and family professionals into seven types of intimacy. Of those 350, 113 were selected that were conceptually related, clear, and appropriate to the categories.

A pilot sample was selected to complete the PAIR. Several psychometric test construction criteria were used to select ten items for each scale. First, those items with the frequency split closest to 50%-50% were chosen. This avoided selecting items that did not adequately discriminate between respondents because of more-than-obvious choice. Second, items had to correlate higher with their own a priori scale than with other scales. Third, the items had to have a sufficiently high factor-loading to meet the criteria prescribed. Responses were factor analyzed using varimax rotation and principal factor rotation. With a factor loading criterion level of .20, both approaches clearly delineated six major factors with nearly half the items having a factor loading of .50+. Fourth, each of the sub-scales needed to have an equal number of items that were positively and negatively scored to control for an acquiescent response set.

Of the seven a priori dimensions only one dimension failed to meet the criterion (aesthetic intimacy), during the initial phase of development. Of the 113 items in the original factor pool, 60 were selected for the inventory

with ten items representing each sub-dimension. At this point the PAIR contained 75 items: ten items for each of the six types of intimacy and 15 items for a conventionality scale (adapted from Edmonds, 1967).

Validity of the Items

Using the 75-item inventory, the PAIR was administered to 192 non-clinical couples before they began an enrichment weekend offered by a national enrichment program. Data were gathered from 12 separate enrichment weekends, each having 12 to 20 couples participating. The couples had been married between one and 37 years (\bar{x} length of marriage = 11.8, SD = 8.3), ranged in age from 21 to 60-years-old (\bar{x} Age = 35.3, SD = 8.3), with 9% having been formerly married, and 55% having more than a high school education (\bar{x} years of education = 14.1, SD = 2.2). It was considered essential to have a fairly representative population of married individuals who had experienced their relationship over an extended period of time and who also represented couples across a wide range of ages. The usual college dating relationship was not sufficient for meeting the criteria.

Both an item analysis and factor analysis were conducted to test for adequacy of the items and the scales. Of the ten items in each intimacy scale and the 15 items in the conventionality scale, only those with the best factor loading in the a priori scales and those that met the item

analysis criteria remained. Those items having a frequency split in responses closest to 50%-50% were considered the best discriminators. The items had to correlate higher with their own a priori scale than with other scales. The items had to have a sufficiently high factor loading. Six items were ultimately selected for each intimacy scale and the conventionality scale. Six items were chosen because they not only had the best results on the factor and item analysis, but also because the PAIR was intended to be as short as possible for quicker administration and scoring. Appendix E lists the final items with their factor loadings and distribution.

Reliability

Reliability testing consisted of a split-half method of analysis. Appendix G reflects the Cronbach's Alpha Reliability Coefficients achieved with the 36-item Inventory. All of the six subscales have coefficients of at least .70.

3. The Demographic Questions

A demographic section (Appendix I) was included so as to allow testing of the fourth hypothesis, the universality of ego identity. Secondly, it allowed for further exploration of other significant data obtained through the two above-mentioned scales.

Administration of the Instrument

The gathering of data followed a prescribed and many faceted sequence of steps. The procedures, letter design and time frame were modified from Dillman's Mail and Telephone Surveys: The Total Design Method (1978) in an attempt to gain maximum response.

Step 1: All 400 sample couples were sent an initial packet of materials by 1st class mail. Stationery was personal letterhead and all addresses were typed on the envelopes. The packet included:

- 1) Cover letter (Appendix J)
All letters were personally signed.
- 2) Two questionnaires
Questionnaires were professionally printed and contained the EIS, PAIR, and demographic questions. They were marked HUSBAND or WIFE and numbered.
- 3) Return envelope
Return envelopes were self addressed and stamped.

Step 2: One week following the mailing of the initial packet, a postcard reminder was sent to everyone (Appendix K). It served as both a thank you for those who had responded and as a reminder for those who had not.

Step 3: Five weeks following the mailing of the follow up postcard, a replacement packet was sent to only the nonrespondents. It contained:

- 1) Cover letter (Appendix L)
Shorter than the original cover letter, it informed nonrespondents that their questionnaire had not been received, and appealed for its return.
- 2) Two questionnaires
- 3) Return envelope

Step 4: Procedures for dealing with Incomplete Responses.

- 1) Single-Spouse Responses.
The design of this research was based on couple responses. Therefore, if only one spouse returned the questionnaire, the data were incomplete. When this occurred, a packet was sent to the spouse who failed to respond encouraging him to do so. It included:
 - (1) Cover Letter (Appendix M)
 - (2) One questionnaire
Husband or wife, whichever was appropriate.
 - (3) Return envelope.
- 2) Incomplete Questionnaire.
When individual questionnaires were returned incomplete, a xerox copy of the original was retained by the researcher and the original returned to the respondent. This mailing included:
 - (1) Cover letter (Appendix N)
 - (2) Incomplete questionnaire
 - (3) Return envelope

Analysis of Data

The analysis of data for testing of hypotheses was completed by computer at the Virginia Polytechnic Institute and State University Computer Center using an SPSS program. All questionnaire item responses and identification codes were transferred to opscan sheets for processing into keypunch computer cards. F tests were performed with .05 level of significance used as the basis for determining

significant relationships. All hypotheses were statistically tested in the null form. Hypotheses were tested as follows:

1. In examining the relationship between the ego identity scores obtained by an individual and those obtained by his/her spouse, a Pearson product-moment correlation was performed on individual scores obtained within couple units.
2. In examining the interaction effect of one spouse's level of attained ego identity on the intimacy perceived by the marital partner, a Pearson product-moment correlation was performed within couple units to determine the relationship between the ego identity scores of one spouse and the five intimacy dimension scores of the mate.
3. Based on the analysis of hypothesis number one, a Multiple Regression Analysis was performed on respondents by sex groups (husbands and wives) to determine the relationship between an individual's ego identity scores and the five intimacy dimension scores. In the calculation, each intimacy dimension was separately identified as a dependent variable and the six ego identity sub-scales were regressed upon them.
4. In examining the universality of the degree of ego identity attainment, a Multiple Regression

Analysis was performed to determine the relationship between individual ego identity scores and the four demographic variables; (1) education, (2) occupation, (3) age and (4) religious attendance.

Chapter V

RESULTS AND DISCUSSION

The preceding chapters have developed both a rationale and a procedure for conducting this study. The objective of this chapter is to present the results of this research project. To best accomplish this objective, this chapter has been organized into three sequential sections: (1) Demographic Profile, (2) Limitations of the Study, and (3) Results and Discussion of Findings.

Demographic Profile

The population parameters are discussed above. Basically, all that was known of the couples comprising the study population was that (1) they had attended one of twelve selected churches recently enough to be placed in a church directory and (2) they had an intact marriage. From the 1600 couples which formed the research population, 400 were randomly and systematically selected to form the study sample. Of the 400 couples originally selected to comprise the study sample, 22 were eventually classified as either nonreachable or noneligible. Nonreachables were couples who had moved from their residence and failed to leave a forwarding address. Noneligibles were couples who had either divorced or had one partner recently die. Ruling 22 couples as either nonreachable or noneligible resulted in an adjusted sample of 372 married couples. Of the

adjusted sample, 88 couples chose to complete and return the questionnaire for an adjusted response rate of 24%. Table 5.1 graphically depicts responses by church grouping.

Little is known demographically of the sample as a whole. However, demographic data were collected on those who chose to return the project questionnaire. What follows is a description of project participants. The average individual was white (98%), within a range of 36-45 years of age, having attended college, never divorced (90%), having 1.5 children (couple), and attended religious services at least weekly. Table 5.2 indicates, when appropriate, the mean, mode, range and other pertinent remarks for each of the demographic characteristics described above.

Limitations of the Study

The study had three limitations. Only the first was anticipated. By design, the population consisted of church connected couples in the greater Cleveland, Ohio, metropolitan area. It was recognized that these affiliation and geographical criteria could narrow the scope for generalization of study results.

An unanticipated limitation was the limited response rate. Even though the Dillman (1978) method was followed, it was anticipated that requiring responses from both spouses would probably reduce the number of questionnaires actually returned. Still, a 50% response rate was expected.

TABLE 5.1

SUMMARY OF POPULATION AND SAMPLE COMPOSITION WITH RESPONSE RATE

| CHURCH | POPULATION | | SAMPLE | | ADJUSTED SAMPLE | | | RETURNED | | |
|-----------------------------------|------------|-------|--------|-------|-----------------------------|-----|-------|----------|--------------------------|-------------------------|
| | # | % | # | % | Noneeligible & Nonreachable | # | % | # | % Adjusted Church Sample | % Adjusted Total Sample |
| 1. Mentor United Methodist | 400 | 25.0 | 90 | 22.5 | 6 | 84 | 22.2 | 10 | 11.9 | 2.6 |
| 2. Bedford United Methodist | 230 | 14.4 | 62 | 15.5 | 4 | 58 | 15.3 | 10 | 17.2 | 2.6 |
| 3. Chagrin Valley Assembly of God | 82 | 5.1 | 17 | 4.3 | 1 | 16 | 4.2 | 5 | 31.3 | 1.3 |
| 4. Chapel Evangelical Free | 251 | 15.7 | 51 | 12.8 | 0 | 51 | 13.5 | 9 | 17.6 | 2.4 |
| 5. Parma (Trinity) Baptist | 34 | 2.1 | 8 | 2.0 | 0 | 8 | 2.1 | 0 | 0.0 | 0.0 |
| 6. Garfield (Suburban) Baptist | 50 | 3.1 | 16 | 4.0 | 1 | 15 | 4.0 | 3 | 20.0 | 0.9 |
| 7. Solon Baptist | 57 | 3.6 | 12 | 3.0 | 3 | 9 | 2.4 | 1 | 11.1 | 0.3 |
| 8. Seven Hills Friends | 57 | 3.6 | 11 | 2.8 | 3 | 8 | 2.1 | 3 | 37.5 | 0.9 |
| 9. Lyndhurst Covenant | 87 | 5.4 | 32 | 8.0 | 0 | 32 | 8.5 | 11 | 34.4 | 2.9 |
| 10. Parma Lutheran | 92 | 5.8 | 33 | 8.3 | 3 | 30 | 7.9 | 4 | 13.3 | 1.1 |
| 11. Cleveland Nazarene | 60 | 3.8 | 17 | 4.3 | 0 | 17 | 4.5 | 3 | 17.6 | 0.9 |
| 12. Bedford Nazarene | 200 | 12.5 | 51 | 12.8 | 1 | 50 | 13.2 | 14 | 28.0 | 3.7 |
| Unknown | | | | | | | | 15 | | 4.0 |
| TOTALS | 1600 | 100.0 | 400 | 100.0 | 22 | 378 | 100.0 | 88 | | 23.6 |

TABLE 5.2

DEMOGRAPHIC PROFILE OF RESPONDENTS (N=176)

| VARIABLE | MEAN | MOST CITED CATEGORY (%) | REMARKS |
|-----------------------------|---------------|--------------------------|---------------------------------|
| Race | | White (98) | |
| Age | 36-45 (Range) | 26-35 (35) | Total Range Under 25-Over 65 |
| Education | Some College | Completed HS | 42% had \geq BA |
| Marital Status | | Married | 10% Remarried |
| Number of Children | 1.5 (couple) | | |
| Frequency of Religious att. | | Once a week or more (62) | |

However, as indicated in Table 5.1, only 88 couples returned completed questionnaires for an adjusted response rate of 24%. It may be that church affiliated couples are sensitive to questions concerning their marital relationship. Along this vein, this researcher received a number of negative (hostile) phone calls and letters from individuals complaining about receiving questionnaires of this nature in the mail. Possibly, a shorter questionnaire would have resulted in an improved response rate. Although Dillman (1978) indicates that questionnaires with up to 125 questions are typically treated the same by respondents, this may have been an atypical situation. At any rate, whether the poor response is attributable to the conservative nature of religious groups, the outlook of a particular metropolitan area, the length of the questionnaire, or simply reflective of couples in general, is not known. The low response rate is a twofold limitation. First, one has to ask the question whether those who failed to respond differed significantly from those who chose to participate in the study. Secondly, Kerlinger and Pedhazur (1973) suggest there be at least a 30:1 ratio for each of the independent variables when utilizing multiple regression analysis. The primary hypothesis where multiple regression was the statistical procedure of choice had six independent variables. This resulted in a ratio of approximately 15:1.

A final limitation can be considered the "test taking attitude" of the respondents. The PAIR consists of six subtests. Five measure intimacy dimensions and one measures conventionalality, or the degree to which an individual may be attempting to create a good image. In the case of the PAIR, the conventionality scale was included to distinguish between couples who were describing their relationship fairly realistically and those who were attempting to present it as being somewhat better than it actually is. Schaefer and Olsons' validity group had a mean conventionality score of 38 with a standard deviation of 17. They suggested that any couple whose conventionality score exceeded 55 was probably presenting their relationship in an unrealistically favorable light. Table 5.3 compares the PAIR means from the Schaefer and Olson group with the means obtained by the participants of this study. The participants in this study uniformly acknowledged greater degrees of intimacy than did the Schaefer and Olson couples. However, participants from this study also recorded a much higher conventionality score. With a mean score of 64, it would suggest that there may have been a general attempt to respond to at least the intimacy portion of the questionnaire in an overly favorable manner. Comparison of Ego Identity scores is more difficult due to the particular samples involved in previous research utilizing this scale (Protsky, 1973; Rasmussen, 1964). However, a cursory look

TABLE 5.3

COMPARISON OF 'PAIR' MEAN SCORES:
VALIDITY GROUP AND STUDY RESPONDENTS

| INTIMACY DIMENSION | OLSON'S GROUP | STUDY RESPONDENTS |
|--------------------|---------------|-------------------|
| Emotional | 46 | 67 |
| Social | 61 | 64 |
| Sexual | 50 | 71 |
| Intellectual | 58 | 65 |
| Recreational | 58 | 71 |
| Conventionality | 38 | 64 |

suggests that lesser disparity exists in Ego Identity scores than in PAIR scores.

Results and Discussion of Findings

Hypothesis 1: There will be a relationship between the ego identity scores obtained by an individual and those scores obtained by his/her spouse.

A test of the null form of this hypothesis using the Pearson product-moment correlation indicated that there was a significant relationship between the ego identity scores obtained by an individual and those scores obtained by his/her spouse. As stated above, this was a "within couple" analysis. Magnitude or meaningfulness of the size of a correlation coefficient was interpreted according to guidelines established by Hinkle (1979) and found in Table 5.4. As Table 5.5 indicates, even though the magnitude was low, a statistically significant relationship was found to exist between scores obtained by husbands and wives in total ego identity and in all but one of the six ego identity subtests. Therefore, since the null form of hypothesis 1 was rejected in the statistical test, the hypothesis stated, that there is a relationship between the ego identity development of spouses, was held tenable.

As discussed above, finding the relationship as described in hypothesis 1 to be tenable has definite implications concerning the dependence/independence issue. In an effort to further substantiate the results of the above

TABLE 5.4INTERPRETING THE MAGNITUDE OF SIGNIFICANT
CORRELATION COEFFICIENTS

| | | |
|-------------|-----------------|---|
| .90 to 1.00 | (-.90 to -1.00) | Very high positive (negative) correlation |
| .70 to .90 | (-.70 to -.90) | High positive (negative) correlation |
| .50 to .70 | (-.50 to -.70) | Moderate positive (negative) correlation |
| .30 to .50 | (-.30 to -.50) | Low positive (negative) correlation |
| .00 to .30 | (-.00 to -.30) | Little if any correlation |

TABLE 5.5

SUMMARY OF PEARSON CORRELATION COEFFICIENTS AND SIGNIFICANCE FOR
HUSBAND AND WIFE EGO IDENTITY SCORES

| HUSBAND'S EGO IDENTITY | WIFE'S EGO IDENTITY | | | | | | |
|------------------------------|---------------------|--------------------|--------------------|--------------------|--------------------|-------------------|--------------------|
| | EGO I | EGO II | EGO III | EGO IV | EGO V | EGO VI | TOTAL EGO |
| EGO I | 0.2831* P=0.004 | | | | | | |
| EGO II | | 0.2041* P=0.028 | | | | | |
| EGO III | | | 0.3366* P=0.001 | | | | |
| EGO IV | | | | 0.2415* P=0.012 | | | |
| EGO V | | | | | 0.3063* P=0.013 | | |
| EGO VI | | | | | | 0.1585 P=0.070 | |
| TOTAL EGO | | | | | | | 0.4375* P=0.001 |

* Statistically significant at P .05

analysis, a statistical clustering procedure was performed utilizing a SAS (1979) program. All 176 respondents were entered as single observations. The cluster analysis procedure placed each of the respondents into one of three groups based on similarities in ego identity subtest scores. It had been assumed that a tendency for couples to be placed in the same cluster would support the Pearson correlation found above. Table 5.6 descriptively reports the results of the cluster analysis. Although not astounding, the results do tend to support the above findings that a relationship between spousal ego identity scores does in fact exist.

To the knowledge of this researcher, this is the first attempt at analytical verification of the concept that mate selection is dependent upon similar levels of psychological health, whether defined as ego identity achievement or differentiation. The statistically significant and meaningful relationships reported in Table 5.5 could be interpreted from two different vantage points. One position could argue that an interactional effect is largely responsible for the similarity. In essence, the scores of one spouse are dependent on the scores of the other spouse. As this is applied to everyday living, the psychosocial well-being of one spouse is dependent upon the psychosocial well-being of the other. The focus of this train of thought is upon the

TABLE 5.6

SUMMARY OF CLUSTER ANALYSIS OF RESPONDENTS ACCORDING TO
SIX EGO IDENTITY SUBTEST SCORES

| | CLUSTER 1 | CLUSTER 2 | CLUSTER 3 |
|--|-----------|-----------|-----------|
| Observations | 75 | 48 | 53 |
| % of total observations | 43 | 27 | 30 |
| Number of respondents with spouse also in this cluster | 40 | 8 | 16 |
| Dyadic units represented within this cluster | 20 | 4 | 8 |
| % of cluster represented by dyadic units | 53 | 17 | 30 |

interpersonal as opposed to the intrapersonal. An alternative position would give credence to the theoretical perspective of Bowen, that individuals seek mates of equal levels of differentiation or psychological health. As stated above, Bowen's (1978) theory of differentiation of self is fairly parallel to Erikson's (1968) concept of ego identity development. Undoubtedly, the statistical results do give support to this theoretical view. This is not to deny that an individual's psychological well-being can and is influenced by external variables, whether these be situational or interpersonal. However, to overlook the intrapersonal, and the degree to which an individual's personal psychological adjustment may play in determining the quality of the interpersonal interaction, could be as grave an error. For example, as demonstrated by Marcia (1966; 1967), individuals with higher levels of ego development are less affected by stressful situational variables. Additionally, although all families will behave dysfunctionally if encountering enough external stress, it seems that some families require far less stress than others to develop problematic behaviors.

Although some researchers have distinguished between different levels of ego identity achievement, (Marcia, 1966; 1967; 1980; Marcia and Friedman, 1970) and others have begun to examine the quality of relationships attained by individuals functioning at various levels (Orlofsky, et al., 1979;

Rasmussen, 1964), none has examined respective levels within dyads. Rasmussen (1964) examined the peer relationships of high and low ego identity groups. Orlofsky, et al. (1979) examined the quality of heterosexual relationships of individuals judged to be in one of Marcia's (1966) identity statuses. Both projects found high ego identity to be associated with high quality relationships. However, both projects were restricted to examining only males, and no attempt was made to determine the level of ego identity attained by intimate others. This is the first study attempting to examine the role of individual psychological well being, defined here as ego identity achievement, in marital relationships.

Hypothesis 2: There will be a relationship between ego identity achievement of one spouse and the perceived intimacy of the partner as measured by the five intimacy dimension scores.

A test of the null form of this hypothesis using the Pearson product-moment correlation indicated that there was no relationship between ego identity achievement of one spouse and the perceived intimacy of the partner as measured by the five intimacy dimension scores. This was also a "within couple" analysis. Table 5.7 indicates that there was no relationship between a husband's ego identity and his wife's perception of the intimacy in the marriage. Of the 35 possible correlation coefficients, only three were statistically significant. Using Hinkle's guide for

TABLE 5.7

SUMMARY OF PEARSON CORRELATION COEFFICIENTS
AND SIGNIFICANCE FOR HUSBAND'S EGO IDENTITY
SCORES AND WIFE'S INTIMACY DIMENSION SCORES

| HUSBAND'S EGO IDENTITY | WIFE'S INTIMACY DIMENSIONS | | | | |
|------------------------------|----------------------------|--------------------|-------------------|--------------------|---------------------|
| | EMOTIONAL | SOCIAL | SEXUAL | INTELLECTUAL | RECREATIONAL |
| EGO I | 0.1131 P=0.147 | 0.2155* P=0.022 | 0.1705 P=0.056 | 0.1428 P=0.092 | 0.0595 P=0.291 |
| EGO II | -0.1061 P=0.163 | -0.0252 P=0.408 | 0.0155 P=0.408 | -0.0905 P=0.201 | 0.0030 P=0.489 |
| EGO III | 0.0192 P=0.430 | 0.2738* P=0.005 | 0.0711 P=0.255 | 0.0569 P=0.299 | 0.0185 P=0.432 |
| EGO IV | -0.0604 P=0.288 | -0.1593 P=0.069 | 0.0853 P=0.215 | -0.0101 P=0.463 | -0.2267* P=0.017 |
| EGO V | 0.1612 P=0.067 | 0.1727 P=0.054 | 0.0795 P=0.231 | 0.1487 P=0.083 | 0.1448 P=0.089 |
| EGO VI | 0.1091 P=0.156 | 0.1340 P=0.107 | 0.1180 P=0.137 | 0.1359 P=0.103 | 0.0855 P=0.214 |
| TOTAL EGO | 0.0740 P=0.247 | 0.1724 P=0.054 | 0.1449 P=0.089 | 0.1119 P=0.150 | 0.0320 P=0.384 |

* Statistically significant at $P < .05$

determining the magnitude of correlation coefficients, the three coefficients with statistical significance would be viewed as having little if any relationship. Table 5.8 indicates that there was no relationship between a wife's ego identity and her husband's perception of the intimacy in the marriage. Even though nine of the 35 possible correlation coefficients were statistically significant, all were found to have little if any true relationship. Therefore, since the null form of hypothesis 2 was not rejected in the statistical test, the hypothesis stated, that there is a relationship between ego identity achievement of one spouse and the perceived intimacy of the partner, was not held tenable.

As a further exploration of the interactional leaning of this hypothesis, Table 5.9 reports the Pearson product-moment correlation coefficients between a husband and his wife's perspective of the degree of intimacy within the relationship. As indicated in the Table, all five correlation coefficients were statistically significant. Furthermore, an analysis of the magnitude of the correlation coefficients also reported significant findings. Four of the coefficients were viewed as having moderate value and one, sexual intimacy, was viewed as a high positive correlation.

The focus of this hypothesis was to examine the inter-

TABLE 5.8

SUMMARY OF PEARSON CORRELATION COEFFICIENTS
AND SIGNIFICANCE FOR WIFE'S EGO IDENTITY
SCORES AND HUSBAND'S INTIMACY DIMENSION SCORES

| WIFE'S EGO IDENTITY | HUSBAND'S INTIMACY DIMENSIONS | | | | |
|---------------------------|-------------------------------|--------------------|--------------------|--------------------|--------------------|
| | EMOTIONAL | SOCIAL | SEXUAL | INTELLECTUAL | RECREATIONAL |
| EGO I | 0.2302* P=0.015 | 0.0789 P=0.232 | 0.1716 P=0.055 | 0.2873* P=0.003 | 0.0962 P=0.186 |
| EGO II | 0.1386 P=0.099 | 0.1077 P=0.159 | 0.1809* P=0.046 | 0.0785 P=0.234 | 0.0884 P=0.206 |
| EGO III | 0.0567 P=0.300 | 0.2955* P=0.003 | 0.0007 P=0.497 | 0.1332 P=0.108 | -0.0292 P=0.394 |
| EGO IV | 0.1427 P=0.092 | 0.0409 P=0.353 | 0.0730 P=0.250 | 0.0833 P=0.220 | 0.0723 P=0.252 |
| EGO V | 0.1824* P=0.045 | 0.1287 P=0.116 | 0.1241 P=0.125 | 0.1900* P=0.038 | 0.0697 P=0.259 |
| EGO VI | 0.0076 P=0.472 | 0.1359 P=0.103 | 0.1083 P=0.158 | 0.0096 P=0.465 | -0.0710 P=0.255 |
| TOTAL EGO | 0.1933* P=0.036 | 0.1955* P=0.034 | 0.1700 P=0.057 | 0.1994* P=0.031 | 0.0599 P=0.290 |

* Statistically significant at $P < .05$

TABLE 5.9

SUMMARY OF PEARSON CORRELATION COEFFICIENTS AND SIGNIFICANCE FOR HUSBAND AND WIFE INTIMACY DIMENSION SCORES

| HUSBAND'S INTIMACY DIMENSIONS | WIFE'S INTIMACY DIMENSIONS | | | | |
|-------------------------------|----------------------------|--------------------|--------------------|--------------------|--------------------|
| | EMOTIONAL | SOCIAL | SEXUAL | INTELLECTUAL | RECREATIONAL |
| EMOTIONAL | 0.5329* P=0.001 | | | | |
| SOCIAL | | 0.5459* P=0.001 | | | |
| SEXUAL | | | 0.7072* P=0.001 | | |
| INTELLECTUAL | | | | 0.5080* P=0.001 | |
| RECREATIONAL | | | | | 0.6366* P=0.001 |

* Statistically significant at P .05

actional relationship of husband and wife scores as opposed to any specific Eriksonian concept. Again, it is clearly acknowledged that researchers can only arbitrarily look at either the interpersonal or the intrapersonal outside of the influence of each other. It was hypothesized that, from an interactional vein, the perceived intimacy of one spouse would be related to the ego development of the other spouse, and vice versa. As is illustrated in Tables 5.7 and 5.8, no such relationship was found. This would tend to challenge the dependency issue. One would think that if the scores of one mate were dependent upon the scores of their partner, then a relationship would be found in all variables. In other words, from a dependency perspective, it would be assumed that:

| | | |
|------------------|----------------|------------------|
| Husband Ego | dependent upon | Wife Ego |
| Wife Ego | dependent upon | Husband Ego |
| Husband Ego | dependent upon | Wife Intimacy |
| Husband Intimacy | dependent upon | Wife Ego |
| Husband Intimacy | dependent upon | Wife Intimacy |
| Wife Intimacy | dependent upon | Husband Intimacy |

As noted above, a relationship between husband and wife ego development was found. As will be noted below, a relationship between perceived intimacy was found. However, there was no relationship found between the ego development of a spouse and the perceived intimacy of the mate. This would seem to support the Eriksonian concept of independently achieved levels of ego development. Research has already demonstrated that ego identity develops over time and

irrespectively of marital status (Dignan, 1965; Howard and Kubis, 1964). Protinsky (1973) found that it develops equally in both sexes. Coupled with the above findings, independence does not appear to be totally out of the question.

Intimacy is very much an interactional commodity. Although not a formal hypothesis, correlations between the husband and wife units were examined. As reported in Table 5.9, high positive correlations were found between the husbands' and wives' perspective of intimacy as measured by the five intimacy dimensions. A number of explanations could be offered to account for these findings. First, the issue of dependency could arise again. This has been discussed above. However, in that intimacy is so heavily interpersonal, it would seem that a stronger case could be argued for dependency in the case of intimacy than in ego identity. A second explanation would involve the visibility of intimacy. Behavioral and emotional aspects which exist between people are probably far more recognizable and measurable than something as nebulous as ego identity. A third explanation is related to one of the study limitations discussed above. There may have been a tendency for the couples to present their relationship in a favorable light. However, for this to have resulted in high correlations, both spouses would have needed to present the relationship in a good but similar light. Possibly, an explanation

incorporating all of the above would be most accurate. At any rate, what is clear is that a definite positive relationship does exist between how a husband and wife both perceive the degree of intimacy which exists in their relationship.

Hypothesis 3: There will be a relationship between an individual's ego identity scores and the five intimacy dimension scores.

A test of the null form of this hypothesis using multiple regression analysis indicated that there was a significant relationship between individual ego identity scores and the five intimacy dimension scores. Because of the dependency issue and the positive relationship found in hypothesis 1, respondents were placed into two different groups according to sex. The six ego identity scores were regressed onto each of the five dependent intimacy dimensions. Therefore, the testing of this hypothesis resulted in ten regression equations. Tables 5.10 to 5.14 indicate the findings of the multiple regression analyses performed by intimacy dimension. As summarized in Table 5.15, only one of the multiple correlation coefficients was found to have little if any true significance. The remaining nine multiple correlation coefficients were judged to have either low (seven) or moderate (two) positive magnitude. Therefore, since the null form of hypothesis 3 was rejected in the statistical test, the hypothesis stated, that there is a relationship between an individual's ego identity

TABLE 5.10

SUMMARY OF EGO IDENTITY SCORES REGRESSED
 ONTO EMOTIONAL INTIMACY BY SEX GROUP
 (HUSBAND AND WIFE)

| DEPENDENT VARIABLE: Husband's Emotional Intimacy | | | |
|--|----------|---------|---------|
| MULTIPLE R | 0.36611 | F VALUE | 2.08955 |
| R SQUARED | 0.13404 | | |
| ----- | | | |
| VARIABLE | BETA | F | |
| EGO I | 0.08131 | 0.379 | |
| EGO II | -0.09793 | 0.753 | |
| EGO III | -0.13162 | 0.953 | |
| EGO IV | -0.06719 | 0.369 | |
| EGO V | 0.35037 | 8.409 * | |
| EGO VI | 0.09706 | 0.630 | |

| DEPENDENT VARIABLE: Wife's Emotional Intimacy | | | |
|---|----------|---------|---------|
| MULTIPLE R | 0.53107 | F VALUE | 5.30318 |
| R SQUARED | 0.28204 | | |
| ----- | | | |
| VARIABLE | BETA | F | |
| EGO I | 0.28614 | 5.011 | |
| EGO II | -0.38899 | 11.884* | |
| EGO III | -0.05144 | 0.230 | |
| EGO IV | -0.02900 | 0.080 | |
| EGO V | 0.37004 | 8.469* | |
| EGO VI | 0.05922 | 0.310 | |

* Statistically Significant

TABLE 5.11

SUMMARY OF EGO IDENTITY SCORES REGRESSED
 ONTO SOCIAL INTIMACY BY SEX GROUP
 (HUSBAND AND WIFE)

| DEPENDENT VARIABLE: Husband's Social Intimacy | | | |
|---|----------|---------|---------|
| MULTIPLE R | 0.31068 | F VALUE | 1.44231 |
| R SQUARED | 0.09653 | | |
| ----- | | | |
| VARIABLE | BETA | F | |
| EGO I | -0.01280 | 0.009 | |
| EGO II | -0.06016 | 0.272 | |
| EGO III | 0.16923 | 1.511 * | |
| EGO IV | -0.19343 | 2.931 * | |
| EGO V | 0.12762 | 1.069 | |
| EGO VI | 0.13314 | 1.136 | |

| DEPENDENT VARIABLE: Wife's Social Intimacy | | | |
|--|----------|---------|---------|
| MULTIPLE R | 0.39612 | F VALUE | 2.51262 |
| R SQUARED | 0.15691 | | |
| ----- | | | |
| VARIABLE | BETA | F | |
| EGO I | -0.12042 | 0.756 | |
| EGO II | -0.12633 | 1.067 | |
| EGO III | 0.30940 | 7.080 * | |
| EGO IV | 0.00628 | 0.003 | |
| EGO V | 0.14288 | 1.075 | |
| EGO VI | 0.18712 | 2.634 * | |

* Statistically Significant

TABLE 5.12

SUMMARY OF EGO IDENTITY SCORES REGRESSED
 ONTO SEXUAL INTIMACY BY SEX GROUP
 (HUSBAND AND WIFE)

| DEPENDENT VARIABLE: Husband's Sexual Intimacy | | | |
|---|----------|---------|---------|
| MULTIPLE R | 0.13952 | F VALUE | 0.26799 |
| R SQUARED | 0.01946 | | |
| ----- | | | |
| VARIABLE | BETA | F | |
| EGO I | 0.02589 | 0.034 | |
| EGO II | 0.01689 | 0.020 | |
| EGO III | -0.02342 | 0.027 | |
| EGO IV | 0.04477 | 0.145 | |
| EGO V | 0.00518 | 0.002 | |
| EGO VI | 0.11665 | 0.804 * | |

| DEPENDENT VARIABLE: Wife's Sexual Intimacy | | | |
|--|----------|---------|---------|
| MULTIPLE R | 0.32514 | F VALUE | 1.59587 |
| R SQUARED | 0.10572 | | |
| ----- | | | |
| VARIABLE | BETA | F | |
| EGO I | 0.32871 | 5.309 * | |
| EGO II | -0.06809 | 0.292 | |
| EGO III | -0.13410 | 1.254 | |
| EGO IV | 0.01514 | 0.018 | |
| EGO V | 0.05248 | 0.137 | |
| EGO VI | 0.05039 | 0.180 | |

* Statistically Significant

TABLE 5.13

SUMMARY OF EGO IDENTITY SCORES REGRESSED
 ONTO INTELLECTUAL INTIMACY BY SEX GROUP
 (HUSBAND AND WIFE)

| DEPENDENT VARIABLE: Husband's Intellectual Intimacy | | | |
|---|----------|---------|---------|
| MULTIPLE R | 0.35271 | F VALUE | 1.91803 |
| R SQUARED | 0.12440 | | |
| ----- | | | |
| VARIABLE | BETA | F | |
| EGO I | 0.19016 | 2.049 * | |
| EGO II | -0.12212 | 1.158 | |
| EGO III | -0.02581 | 0.036 | |
| EGO IV | -0.09582 | 0.742 | |
| EGO V | 0.23387 | 3.706 * | |
| EGO VI | 0.07497 | 0.375 | |

| DEPENDENT VARIABLE: Wife's Intellectual Intimacy | | | |
|--|----------|----------|---------|
| MULTIPLE R | 0.49472 | F VALUE | 4.37474 |
| R SQUARED | 0.24474 | | |
| ----- | | | |
| VARIABLE | BETA | F | |
| EGO I | 0.45723 | 12.164 * | |
| EGO II | -0.30583 | 6.984 * | |
| EGO III | -0.13137 | 1.425 | |
| EGO IV | 0.04144 | 0.155 | |
| EGO V | 0.15929 | 1.492 | |
| EGO VI | 0.06166 | 0.319 | |

* Statistically Significant

TABLE 5.14

SUMMARY OF EGO IDENTITY SCORES REGRESSED
 ONTO RECREATIONAL INTIMACY BY SEX GROUP
 (HUSBAND AND WIFE)

| DEPENDENT VARIABLE: Husband's Recreational Intimacy | | | |
|---|----------|---------|---------|
| MULTIPLE R | 0.34086 | F VALUE | 1.77469 |
| R SQUARED | 0.11618 | | |
| ----- | | | |
| VARIABLE | BETA | F | |
| EGO I | 0.11028 | 0.683 | |
| EGO II | -0.05630 | 0.244 | |
| EGO III | -0.01317 | 0.009 | |
| EGO IV | -0.21076 | 3.558* | |
| EGO V | 0.25082 | 4.222* | |
| EGO VI | 0.04642 | 0.141 | |

| DEPENDENT VARIABLE: Wife's Recreational Intimacy | | | |
|--|----------|---------|---------|
| MULTIPLE R | 0.32873 | F VALUE | 1.63563 |
| R SQUARED | 0.10806 | | |
| ----- | | | |
| VARIABLE | BETA | F | |
| EGO I | 0.28138 | 3.901* | |
| EGO II | -0.04431 | 0.124 | |
| EGO III | -0.04298 | 0.129 | |
| EGO IV | -0.06674 | 0.341 | |
| EGO V | 0.12338 | 0.758 | |
| EGO VI | -0.00386 | 0.001 | |

* Statistically Significant

achievement and his perceived intimacy, was held to be tenable.

This hypothesis directly tested Erikson's epigenetic concept and was the main thrust of this study. Erikson argues that the achievement of a reasonable sense of ego identity during the adolescent stage is a prerequisite to the establishment of intimate relationships in adulthood. Although some limited attempts had been made to examine his assertion (Kinsler, 1972; Orlofsky, Marcia and Lesser, 1973; Rasmussen, 1964), no research had been conducted with marital couples. It was hypothesized in this study that a relationship would exist between an individual's ego identity scores and the perceived intimacy within his/her marital relationship. A summary of the findings by sex group was reported in Table 5.15. As indicated above, support for Erikson's assertion was found in the data gathered in this research project. The attainment of a level of ego identity as measured by the Ego Identity Scale (Rasmussen, 1964) was positively and significantly related to an individual's perception of achieved intimacy in a marital relationship as demonstrated by the five intimacy dimensions of the PAIR (Schaefer and Olson, 1981). This was true for both husband and wife groups. What is interesting is how the husband and wife models compared.

Even though intimacy appeared to be meaningfully dependent upon ego identity for both men and women, it was

TABLE 5.15

SUMMARY OF HUSBANDS AND WIVES MULTIPLE REGRESSION COEFFICIENTS FROM THE EGO IDENTITY SCORES REGRESSED ONTO THE FIVE DEPENDENT INTIMACY DIMENSIONS

| DEPENDENT INTIMACY VARIABLE | HUSBANDS' MULTIPLE R | WIVES' MULTIPLE R |
|-----------------------------------|-------------------------|----------------------|
| Emotional | 0.36611 | 0.53107 |
| Social | 0.31068 | 0.39612 |
| Sexual | 0.13952 | 0.32514 |
| Intellectual | 0.35271 | 0.49472 |
| Recreational | 0.34086 | 0.32873 |

apparently more significant for women than it was for men. With the exception of recreational intimacy, women achieved greater multiple R's than did the male group. Within the five dimensions themselves, however, there was consistency in highs and lows between the two models. For example, ego identity was most meaningful for both sexes in the emotional intimacy dimension. Likewise, it was least meaningful for both sexes in the sexual intimacy dimension. Apparently, for both men and women, a prerequisite for emotional closeness is, as Erikson asserts, some degree of emotional well-being. However, sexual intimacy may have other demands. These other demands may be in addition to a positive degree of ego development or in lieu of this development. Erikson would probably be more supportive of the former than the latter.

Table 5.16 provides a summary of Erikson's stages and characteristics which will allow comparisons within the models. Comparison of husband and wife models on the emotional intimacy dimension is found in Table 5.10. For husbands, the fifth stage of ego development (EGO V), ego identity vs. confusion, with its primary characteristic of self acceptance, was the only significant contributor. The wives' model is both similar and different. As in the husbands' model, EGO V, or self acceptance, is a significant contributor. However, unlike the husbands' model, the wives

TABLE 5.16

SUMMARY OF ERIKSONIAN STAGES WITH CHARACTERISTICS AND TENDENCIES

| DEVELOPMENTAL STAGE | POSITIVE DIRECTION CHARACTERISTICS AND TENDENCIES |
|---|---|
| I. Trust vs. Mistrust | Possess a belief in the basic trustworthiness of others, self and time. Willing to wait for future satisfaction or goals. |
| II. Autonomy vs. Doubt and Shame | Feeling of self-certainty and confidence in themselves and their behavior. A sense of independence enabling decision making not dependent on family guidance. |
| III. Initiative vs. Guilt | Comfortable with role experimentation. Willing to try on new roles versus being role restricted. |
| IV. Industry vs. Inferiority | Tendency to see work endeavors as a source of pleasure and recognition. Anticipate achievement and not fearful of competition. |
| V. Ego Identity vs. Identity Confusion | Self acceptant; fairly sure of goals and plans for the future. |
| IV. Intimacy vs. Isolation | Can distinguish between friends and enemies. Is able to express warmth and affection for others. Secure enough to endure and enjoy being by oneself. |

have a second more significant contributor, EGO II. The predominant characteristics of this stage are independence and autonomy. The significant aspect relative to this characteristic is that the correlation is negative. In other words, its presence works against the attainment of intimacy for women. This distinction between the male and female models gives rise to a number of questions. For example, if the successful resolution of this stage is a contributor to the development of a healthy ego identity, and thus, as asserted by Erikson, the establishment of intimate adult relationships, why does it seemingly work against the establishment of emotional intimacy in marriage? Why is it a significant contributor for wives but not for husbands? Should autonomy be measured along a continuum assuming that some specified degree is good but either too little or too much is harmful? Would this "best level" be the same for husbands and wives? Is the problem more in sex roles, i.e. do husbands have more difficulty with autonomy in wives than wives do with autonomy in husbands? As can be seen, a number of questions can be asked. Only Protinsky (1973) has previously considered sex as a variable in examining achievement on this sub-scale. In his research, no significant difference was found in male and female scores on the sub-test measuring Erikson's second stage of development. He tested two groups of adolescents; (1) younger and (2) older. Although EGO II mean scores changed over

time, the changes were consistent for both sexes. In this research project, men slightly outscored women ($X=9.78$ and $X=8.65$ respectively). This would seem to suggest that the problem may very possibly be related to sex roles. Obviously, further research in this area would be required before any definitive statements could be made. What the data did seem to suggest, however, is that, in reference to the contribution of ego identity to the development of emotional intimacy, men fare best when they have a fair degree of self acceptance. Women, on the other hand, not only need to be self acceptant, but also need to demonstrate a low degree of independence and autonomy.

Social intimacy also finds similarities and differences between the two models. As indicated in Table 5.11, the husband's model has two major contributors; EGO III and EGO IV. EGO III is characterized by possessing a willingness to try on new roles or to experiment. EGO IV, which is correlated negatively, is characterized by tendencies toward viewing work as highly rewarding. For women (Table 5.11), like the men, EGO III is a significant contributor. However, attitude toward work has little impact. Rather, EGO VI, an ability to express warmth, has greater meaning. This suggests an interesting scenario. For husbands, not feeling role restricted or conventional and viewing work as less than pleasurable contribute toward social intimacy with a spouse. Workaholics would probably fare poorly on

this intimacy dimension. Women would also need to be fairly flexible. Additionally, however, being able to express warmth would be another major factor.

According to the data, husband's sexual intimacy is only minimally influenced by ego identity (Table 5.12). It would be fruitless to discuss the contribution made by EGO VI. Although the lowest correlation for women also (Table 5.12), it did appear as though ego identity had some measurable influence on sexual intimacy. The only contributor was EGO I characterized by a basic trust in others and self and patience. This would suggest that women who have difficulty with trusting themselves or others may likewise have difficulty in establishing a sexually intimate relationship in marriage.

As in previous intimacy dimensions, in intellectual intimacy husbands and wives once again were found to have both similarities and differences. Similarities are noted in the contribution of EGO I, a basic trust in self and others, in both models (Table 5.13). Differences were noted in second contributors. For husbands it was EGO V, self acceptance. For wives it was EGO II, autonomy. Once again, autonomy was negatively correlated. This high self acceptance for husbands and low autonomy for wives seems to be a recurring pattern. It would appear as though men with low self acceptance and women with high autonomy would both

have difficulty obtaining intellectual intimacy with their respective spouses.

The final intimacy dimension, recreational, is the only area in which ego identity was a greater contributor for husbands than for wives (Table 5. 14). For husbands, high self acceptance and a lower regard for work contribute to recreational intimacy with a spouse. Again, there does not appear to be much room here for the workaholic. For women, only one contributor, EGO I, is significant. Once again, trust in self and others has emerged.

Hypothesis 4: There will be a relationship between individual ego identity scores and the four demographic variables: (1) education, (2) occupation, (3) age, and (4) religious attendance.

A test of this hypothesis was performed indirectly with multiple regression analysis. Demographic variables were added to the regression analysis performed in hypothesis 3. It was assumed that little change would result from the inclusion of these variables in the regression equation if in fact ego identity was universal and independent of demographic variables. Table 5.17 indicates that, with rare exception, little or no meaningful change was incurred with the addition of demographic variables into the regression equation. Since the null form of hypothesis 4 was not rejected in the statistical test, the hypothesis stated, that there was a relationship between ego identity and demographic variables, was not held tenable.

TABLE 5.17

SUMMARY OF MULTIPLE R AND MULTIPLE R CHANGE FOR
HUSBANDS' AND WIVES' DEPENDENT INTIMACY DIMENSIONS
WITH EGO SCORES AND EGO PLUS DEMOGRAPHIC VARIABLES

| | HUSBAND'S INTIMACY CORRELATIONS | | | | |
|---------------------------------|---------------------------------|---------|---------|--------------|--------------|
| | EMOTIONAL | SOCIAL | SEXUAL | INTELLECTUAL | RECREATIONAL |
| EGO SCORES MULTIPLE R | 0.36611 | 0.31068 | 0.13952 | 0.35271 | 0.34086 |
| EGO + DEMOGRAPHIC MULTIPLE R | 0.41070 | 0.32929 | 0.30726 | 0.41204 | 0.39034 |
| MULTIPLE R CHANGE | 0.04459 | 0.01861 | 0.16774 | 0.05933 | 0.04948 |

| | WIFE'S INTIMACY CORRELATIONS | | | | |
|---------------------------------|------------------------------|---------|---------|--------------|--------------|
| | EMOTIONAL | SOCIAL | SEXUAL | INTELLECTUAL | RECREATIONAL |
| EGO SCORES MULTIPLE R | 0.53107 | 0.39612 | 0.32514 | 0.49472 | 0.32873 |
| EGO + DEMOGRAPHIC MULTIPLE R | 0.56157 | 0.44735 | 0.43416 | 0.56367 | 0.36575 |
| MULTIPLE R CHANGE | 0.03050 | 0.05123 | 0.10902 | 0.06895 | 0.03702 |

This would tend to support Erikson's assumption of universality.

The results of the statistical analysis of this hypothesis need to be viewed with some degree of caution. Although data analysis found the assertion of universality to be tenable, it is difficult to derive much significance from this finding. Much of the difficulty rests with the limited variance found in the demographic composition of the respondents. With the exception of age, other demographic variables were fairly convergent. The respondents were basically white, well educated, well employed and churched. Sex was eliminated at the outset of the study because of the dependency issue in couples. In short, the sample was not divergent enough to adequately test for true universality.

CHAPTER VI

SUMMARY

Intimacy is a term widely used by marriage counselors and educators. Our culture places a high value on it and it is generally assumed that most people get married to seek and maintain it. However, little is known empirically of its development or origin. Erikson has attempted to theoretically offer an explanation. The major purpose of this study was to test his epigenetic concept that the achievement of a reasonable sense of ego identity during adolescence is a prerequisite to the establishment of intimate relationships in adulthood.

Epigenetic theory asserts that all development consists of a series of internally regulated sequential stages that move from one to the other in a prearranged order and design. Erikson's (1968) particular theory suggests that there are eight such stages through which individuals pass from infancy to mature adulthood. He places special emphasis upon the fifth stage of development, adolescence, and its corresponding psychosocial crisis, ego identity vs. identity confusion. It is the "watershed" for human development. It summarizes all that preceded it and determines to a great extent all that will follow. Erikson's emphasis upon the satisfactory resolution of one psychosocial crisis being a

necessary prerequisite for the resolution of future normative crises takes on special significance for those interested in marital relationships when the sixth stage is considered. Erikson's sixth stage is young adulthood and the psychosocial crisis is intimacy vs. isolation. As stated by Marcia (1980), intimacy is identity's most immediate heir.

The sample consisted of 400 couples. Their names were drawn from a population of 1600 names which had been compiled from twelve church directories. Of the 400 couples originally selected to comprise the study sample, 22 were eventually classified as either nonreachable or noneligible. This resulted in an adjusted sample of 378 married couples. Of the adjusted sample, 88 chose to participate by returning completed questionnaires. The participants were typically white, well educated, well employed, in first marriages and fairly consistent in religious attendance.

The project questionnaire was completed by both marital partners. It consisted of two scales and demographic questions. The Ego Identity Scale as developed by Rasmussen (1961) was used to measure the degree of identity obtained by all participants. The Personal Assessment of Intimacy in Relationships as developed by Olson and Schaefer (1981) was used to measure the degree of perceived intimacy on five dimensions within dyadic relationships. The instrument was

distributed and returned by mail. Responses and codes were transferred to opscan sheets from which key punch cards were generated. The data were analyzed by computer using Pearson product-moment and Multiple regression correlations. The .05 level of significance was used for hypothesis testing.

The hypotheses tested were designed to examine Erikson's epigenetic theory. Briefly, it was hypothesized that (1) spouses would have similar levels of ego identity development; (2) the identity of one spouse would be related to the intimacy of the other; (3) an individual's ego identity would be related to his/her achieved intimacy; and (4) demographic variables would not be found to influence ego identity. Husband and wife models were also compared. Although magnitude varied and was generally within a range of low to moderate, significant findings were recorded. The ego identity scores of spouses were found to be related; no relationship was found between the ego identity of one spouse and the perceived intimacy of the mate; a significant relationship was found to exist between an individual's degree of ego identity development and his/her perceived level of intimacy across five intimacy dimensions; and demographic variables were not found to influence ego identity development. Interesting similarities and differences were found between husband and wife models. Some factors which have been previously viewed as contributors to

a healthy ego identity, and thus the development of intimate relationships, were found to possibly be counterproductive to the achievement of intimacy in marriages. These factors appeared to be sex-role related.

Generally, results reinforced Erikson's epigenetic concept. Further research was suggested to differentiate between male and female models and to assess the effectiveness of various therapeutic interventions by levels of couple identity development.

Implications

From the outset, the purpose of this research study has been to examine Eriksonian theoretical concepts as they specifically apply to dyadic relationships. Of special concern was the vantage point of marital therapists. Accordingly, there appear to be four implications resulting from this project. Finding individual ego identities within dyadic units to be related offers support for the Bowenian (1978) theory that people who marry are functioning at similar levels of health. Simply stated, "water seeks its own level". For the therapist, this has two implications. First, the interactional position that, within a marriage, there are "no heros and no villains" seems to be supported. This being the case, even though one spouse may behave in a manner which is recognizably irrational or counterproductive to the relationship, the

therapist should be aware that the mate is functioning at a similar level of health and may be contributing to the situation with a behavior that is less obvious. Secondly, it may be that couples functioning at one level of psychosocial health may respond to treatment modes that would have little impact upon couples at other levels. For example, healthier couples may respond well to straight interventions whereas with couples possessing a lesser degree of psychosocial health, these types of interventions may have little effect. The couple's general level of psychological health needs to be a part of the assessment process as interventions are contemplated.

Finding support for Erikson's epigenetic theory that ego identity is related to the establishment of intimacy in adult relationships would suggest that therapeutic approaches which aim at personal growth within individuals could have merit in marital counseling. Although Erikson believed that ego identity was largely accomplished during the adolescent stage of development, he did not see it as totally static (1968). Rather, it is dynamic in nature and is never totally achieved. As Bowen states (1978), even a slight change in the level of differentiation within an individual can have great ramifications with a relationship. Granted, change in any one member will bring reactions from other members within the system, whether marital or family. However, it may be that for marriages

to "improve", some movement toward individual health may be required.

A final therapeutic implication is the result of the difference in husband and wife models. Interestingly, factors previously considered as contributors toward personal health, and thus the development of intimate adult relationships, may actually be a deficit within marital dyads. The most dramatic case in point found in this research involves the negative correlation of independence and autonomy in women. It is doubtful that a therapist would take a position that women need to be less independent and autonomous. However, this difference between the male and female models can be recognized as an area which may require adjustment and intervention within the power structure of some couples.

Recommendations for Further Research

The issue of dependency and the research problems related to it have already been addressed. Research dealing with the relationship of ego identity to the development of intimate marital relationships which could control for this difficulty would be meaningful.

From a therapeutic perspective, it may be valuable to assess couple responses to various treatment approaches or interventions by levels of psychosocial well-being. It may be that the particular level of personal health pos-

essed by a couple could be a determining factor in selecting the treatment of choice.

A final area deserving further research would be to further distinguish between husband and wife models. Having a clearer understanding of the differences may aid in recognizing potential adjustment areas.

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APPENDICES

APPENDIX A
ERIKSON'S EPIGENETIC CHART

ERIKSON'S EPIGENETIC CHART

| | | | | | | | | |
|------|---|--|--|--|---|---|---|---|
| VIII | | | | | | | | INTEGRITY versus DESPAIR |
| VII | | | | | | | | GENERATIVITY versus STAGNATION |
| VI | | | | | | | | INTIMACY versus ISOLATION |
| V | Temporal Perspective versus Time Confusion | Self-Certainty versus Self- Consciousness | Role Experimentation versus Role Fixation | Apprenticeship versus Work Paralysis | IDENTITY versus IDENTITY CONFUSION | Sexual Polarization versus Bisexual Confusion | Leader- and Followership versus Authority Confusion | Ideological Commitment versus Confusion of Values |
| IV | | | | INDUSTRY versus INFERIORITY | Task Identification versus Sense of Futility | | | |
| III | | | INITIATIVE versus GUILT | | Anticipation of Roles versus Role Inhibition | | | |
| II | | AUTONOMY versus SHAME, DOUBT | | | Will to Be Oneself versus Self-Doubt | | | |
| I | TRUST versus MISTRUST | | | | Mutual Recognition versus Autistic Isolation | | | |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |

APPENDIX B
STATEMENTS AND DERIVATIVES FOR THE
EGO IDENTITY SCALE

STATEMENTS AND DERIVATIVES FOR THE
EGO IDENTITY SCALE

This Appendix contains the eighteen derivatives of Erikson's Psychosocial Crisis Stages used in development of the Ego Identity Scale and their specific source in his writing. A letter in parentheses, along with a page number, follows each derivative. The letters refer to the following papers: (A) The Problem of Ego Identity; (B) Growth and Crisis of the Healthy Personality. The references for these papers are given in the bibliography. Additionally, following each statement, its numerical position in the scale will also be indicated in parentheses.

First Crisis Stage
Infancy

Criteria of Psychosocial Health: Basic Trust
Criteria of Psychosocial Ill-Health: Mistrust

Derivative I

The individual has a well developed perspective of time in that he believes future satisfactions or goals are sufficiently predictable to be worth working and waiting for (A, pp. 97).

Statements:

1. I lose interest in things if I have to wait too long to get them. (72)
2. I can't stand to wait for things I really want. (51)
3. I seem to have regrets when I have to give up my pleasures right now for goals or things I want in the future. (1)
4. If a person wants something worthwhile, he should be willing to wait for it. (68)

Derivative II

Belief in the trustworthiness of others, i.e., basic trust in others (B, pp. 101).

Statements:

1. If I am not careful, people try to take advantage of me. (20)
2. In general, people can be trusted. (21)
3. A man who can be trusted is hard to find. (41)
4. People are usually honest in dealing with each other. (6)

Derivative III

Attitude on the part of the individual of having missed his opportunity for success; a feeling of having suffered a premature and fatal loss of useful potential (A, pp. 82).

Statements:

1. When I think about my future, I feel I have missed my best chances for making good. (58)
2. The best part of my life is still ahead of me. (33)
3. I am confident that I will be successful in life when I finally decide on a career. (16)
4. I feel I have missed my opportunity to really be a success in life. (67)

Second Crisis Stage
Early Childhood

Criteria of Psychosocial Health: Autonomy

Criteria of Psychosocial Ill-Health: Shame, Doubt

Derivative I

A feeling of certainty or self-confidence as to the correctness of courses of action which the individual has followed (A, pp. 99).

Statements:

1. The decisions I have made in the past have usually been the right ones. (13)
2. After I do something, I usually worry about whether it was the right thing. (15)

3. It doesn't pay to worry much about decisions you have already made. (5)
4. As a rule, I don't regret the decisions I make. (63)

Derivative II

A sense of independence in that the individual comfortably makes decisions and lives his life without being primarily dependent upon his family for guidance (A, pp. 99).

Statements:

1. I never make any important decisions without getting help or advice from my family. (70)
2. I believe that I must make my own decision in important matters, as no one can live my life for me. (42)
3. At my age a man must make his own decisions, even though his parents might not agree with the things he does. (24)
4. It is very important that your parents approve of everything you do. (61)

Derivative III

A fear of being shamed or publicly exposed to peers and leaders (A, pp. 99).

Statements:

1. It doesn't worry me if I make a mistake in front of my friends. (12)
2. I have a fear of being asked questions in class because of what other people will think if I don't know the answer. (3)
3. It is better to say nothing in public than to take a chance on other people hearing you make a mistake. (71)
4. It doesn't bother me when my friends find out that I can't do certain things as well as other people. (62)

Third Crisis Stage
Play Age

Criteria of Psychosocial Health: Initiative
Criteria of Psychosocial Ill-Health: Guilt

Derivative I

Contempt for and tendency to deny background hostility toward roles considered proper and desirable in one's family or immediate community (A, pp. 85).

Statements:

1. I am proud of my family background. (44)
2. It is easier to make friends with people you like if they don't know too much about your background. (39)
3. It's best not to let other people know too much about your family or background if you can keep from it. (17)
4. One of the hardest things for a young person to overcome is his family background. (32)

Derivative II

Emotionally comfortable role experimentation in adolescent subsocieties, where discipline and boundaries are provided by the group (A, pp. 100).

Statements:

1. During the past few years I have taken little or no part in clubs, organized group activity, or sports. (47)
2. I never enjoyed taking part in school clubs or student government activiey. (19)
3. One of the good parts of being a teenager is getting together with a group which makes its own rules and does things as a group. (54)
4. A person who hasn't been a member of a well organized group or club at some time in his life has missed a lot. (57)

Derivative III

Tireless initiative, in the quality of "go-at-iveness" at any cost. An overcompensation, attention, or concern is limited entirely to what is being done at present rather than what is to be done next (B, pp. 126).

Statements:

1. I am always bust but it seems that I am usually spinning my wheels and never seem to ge anywhere. (60)
2. When given a job, I try never to get so tied up in what I am doing at the moment so as to lose sight of what comes next. (8)
3. I am always busy doing something, but I seem to accomplish less that other people even though they don't work as hard as I do. (27)
4. It is a good idea to have some plan as to what has to be done next, no matter how much you have do do at the moment. (46)

Fourth Crisis Stage
School Age

Criteria of Psychosocial Health: Industry
Criteria of Psychosocial Ill-Health: Inferiority

Derivative I

The individual anticipates achievement in work endeavors, which are a source of pleasure and recognition (A, pp. 74).

Statements:

1. When I have to work, I usually get pretty bored no matter what the job is. (11)
2. When it comes to working, I never do anything I can get out of. (55)
3. I like to tackle a tough job as it gives me a lot of satisfaction to finish it. (59)
4. Working is nothing more than a necessary evil that a person must put up with to eat. (4)

Derivative II

Excessive awareness as well as abhorrence of competition (A, pp. 84).

Statements:

1. I work best when I know my work is going to be compared with the work of others. (9)
2. I don't like sports or games where you always have to try and do better than the next guy. (40)
3. At home, I enjoyed work or spare time activities where I had to compete against others. (69)
4. A person can't be happy in a job where he is always competing against others. (66)

Derivative III

Inability to concentrate on required or suggested tasks (A, pp. 84).

Statements:

1. I cannot keep my mind on one thing. (45)
2. I don't have any trouble concentrating on what I am doing. (65)
3. It's not hard to keep your mind on one thing if you really have to. (25)
4. Even though I try, it is usually pretty hard for me to keep my mind on a task or job. (53)

Fifth Crisis Stage
Adolescence

Criteria of Psychosocial Health: Ego Identity
Criteria of Psychosocial Ill-Health: Identity Diffusion

Derivative I

Sense of psychosocial well-being; being at home in one's body (A, pp. 74).

Statements:

1. It is very seldom that I find myself wishing I had a different face or body. (22)
2. I am pretty content to be the way I am. (50)
3. I do not feel that my looks and actions keep me from getting ahead in life. (30)
4. I would get along better in life if I were better looking. (23)

Derivative II

Reconciliation of the conception of one's self and the response or recognition of the community to one (A, pp. 67).

Statements:

1. My way of doing things is apt to be misunderstood by others. (56)
2. No one seems to understand me. (2)
3. Even when I do a good job in my work, other people don't seem to realize it or give me credit. (31)
4. I have found that people I work with frequently don't appreciate or seem to understand my abilities. (48)

Derivative III

The individual has a sense or feeling of knowing what his plans and goals are, and where he is headed in the foreseeable future (A, pp. 74).

Statements:

1. It seems as if I just can't decide what I really want to do in life. (26)
2. I feel pretty sure that I know what I want to do in the future and I have some definite goals. (64)
3. I am not sure what I want to do as a lifetime occupation; but I have some pretty definite plans and goals for the next few years. (38)

4. I really don't have any definite goals or plans for the future; I'm content to let the Navy decide what I should do. (18)

Sixth Crisis Stage
Early Adulthood

Criteria for Psychosocial Health: Intimacy

Criteria for Psychosocial Ill-Health: Isolation

Derivative I

The individual maintains and acts upon his values within the influence of a group of friends; recognizes where he ends and others begin.

Statements:

1. I have no difficulty in avoiding people who may get me in trouble. (10)
2. When I'm in a group I find it hard to stand up for my ideas if I think other people won't agree with me. (28)
3. In a group, I can usually stand up for what I think is right without being embarrassed. (34)
4. I can't seem to say no when the group does something which I don't think is right. (36)

Derivative II

The individual seeks and is comfortable in emotionally close relationships.

Statements:

1. I have at least one close friend with whom I can share almost all of my feelings and personal thoughts. (29)
2. Being without close friends is worse than having enemies. (37)
3. In order to feel comfortable or feel at ease, a person must get along with others but he doesn't really need close friends. (43)

4. A person is a lot happier if he doesn't get too close to others. (52)

Derivative III

The individual seeks casual friendships in social settings; he feels comfortable interacting with others in these group settings.

Statements:

1. From what others have told me, I feel I am a person who is very easy to talk to. (7)
2. Although I sometimes feel very strongly about things, I never show other people how I feel. (14)
3. I seem to have the knack or ability to make other people relax and enjoy themselves at a party. (35)
4. For some reason, it seems that I have never really gotten to know the people I have worked with, even though I liked them. (49)

APPENDIX C

STATEMENT MODIFICATIONS IN THE EGO IDENTITY SCALE
BY STAGE AND DERIVATIVE

STATEMENT MODIFICATIONS IN THE EGO IDENTITY SCALE
BY STAGE AND DERIVATIVE

This Appendix contains the eleven questions from Rasmussen's Ego Identity Scale which were modified for the purpose of this research project. Each modification was intended to improve the applicability of the statement to the population under study. In each instance, the researcher endeavored to maintain Rasmussen's original intent. This Appendix will include: (a) the crisis stage, (b) the derivative, (c) the original statement, and (d) the statement as used in this research project.

First Crisis Stage
Infancy

Criteria of Psychosocial Health: Basic Trust
Criteria of Psychosocial Ill-Health: Mistrust

Derivative III

Attitude on the part of the individual of having missed his opportunity for success; a feeling of having suffered a premature and fatal loss of useful potential.

Original Statement:

16. I am confident that I will be successful in life when I finally decide on a career.

Modified Statement:

16. I am confident that I am/will be successful in life in my chosen career area.

Second Crisis Stage
Early Childhood

Criteria of Psychosocial Health: Autonomy
Criteria of Psychosocial Ill-Health: Shame, Doubt

Derivative II

A sense of independence in that the individual comfortably makes decisions and lives his life without being primarily dependent upon his family for guidance.

Original Statement:

24. At my age a man must make his own decisions, even though his parents might not agree with the things he does.

Modified Statement:

24. At my age a person must make his own decisions, even though his parents might not agree with the things he/she does.

Derivative III

A fear of being shamed or publicly exposed to peers and leaders.

Original Statement:

3. I have a fear of being asked questions in class because of what other people will think if I don't know the answer.

Modified Statement:

3. I have a fear of being asked questions in groups because of what other people will think if I don't know the answer.

Third Crisis Stage
Play Age

Criteria of Psychosocial Health: Initiative

Criteria of Psychosocial Ill-Health: Guilt

Derivative I

Contempt for and tendence to deny background; hostility toward roles considered proper and desirable in one's family or immediate community.

Original Statement:

32. One of the hardest things for a young person to overcome is his family background.

Modified Statement:

32. One of the hardest things for a person to over-

come is his family background.

Original Statement:

57. A person who hasn't been a member of a well organized group or club at some time in his teens has missed a lot.

Modified Statement:

57. A person who hasn't been a member of a well organized group or club at some time in his life has missed a lot.

Derivative II

Emotionally comfortable role experimentation in adolescent subsocieties, where discipline and boundaries are provided by the group.

Original Statement:

47. During the past few years I have taken little or no part in clubs, organized group activity, or sports.

Modified Statement:

47. During the past few years I have taken little or no part in clubs or organized group activity.

Original Statement:

54. One of the good parts of being a teenager is getting together with a group which makes its own rules and does things as a group.

Modified Statement:

54. One of the good parts of being an adult is getting together with a group which establishes its own guidelines and does things as a group.

Fourth Crisis Stage
School Age

Criteria of Psychosocial Health: Industry

Criteria of Psychosocial Ill-Health: Inferiority

Derivative II

Excessive awareness as well as abhorrence of competition.

Original Statement:

40. I don't like sports or games where you always have to try and do better than the next guy.

Modified Statement:

40. I don't like sports or games where you always have to try and do better than the next person.

Fifth Crisis Stage
Adolescence

Criteria of Psychosocial Health: Ego Identity

Criteria of Psychosocial Ill-Health: Identity Diffusion

Derivative II

Reconciliation of the conception of one's self and the response of recognition of the community to one.

Original Statement:

48. I have found that people I work with frequently don't appreciate or seem to understand my abilities.

Modified Statement:

48. I have found that people with whom I work or associate often don't appreciate or seem to understand my abilities.

Derivative III

The individual has a sense or feeling of knowing what his plans and goals are, and where he is headed in the foreseeable future.

Original Statement:

38. I am not sure what I want to do as a life time occupation, but I have some pretty definite plans and goals for the next few years.

Modified Statement:

38. Even though it is difficult to predict how the rest of my life will go, I have some pretty definite plans and goals for the next few years.

Original Statement:

18. I really don't have any definite goals or plans for the future; I'm content to let the Navy decide what I should do.

Modified Statement:

18. I really don't have any definite goals or plans for the future; I'm content to let others decide what I should do.

APPENDIX D
THE EGO IDENTITY SCALE
(MODIFIED VERSION)

EGO IDENTITY SCALE

Next, we would like to gather information related to you as an individual. The following statements express opinions and feelings about yourself and life in general. There are no right or wrong answers. If the statement is one with which you AGREE or GENERALLY AGREE as it applies to you or what you believe, mark AGREE. If you DISAGREE or GENERALLY DISAGREE with the statement, mark DISAGREE. It is important that you work right through the statements and answer each one.

Ego Identity Scale

| | AGREE | DISAGREE |
|---|-------|----------|
| 1. I seem to have regrets when I have to give up my pleasures right now for goals or things I want in the future. | 1 | 2 |
| 2. No one seems to understand me. | 1 | 2 |
| 3. I have a fear of being asked questions in groups because of what other people will think if I don't know the answer. | 1 | 2 |
| 4. Working is nothing more than a necessary evil that a person must put up with to eat. | 1 | 2 |
| 5. It doesn't pay to worry much about decisions you have already made. | 1 | 2 |
| 6. People are usually honest in dealing with each other. | 1 | 2 |
| 7. From what others have told me, I feel I am a person who is very easy to talk to. | 1 | 2 |
| 8. When given a job, I try never to get so tied up in what I am doing at the moment so as to lose sight of what comes next. | 1 | 2 |
| 9. I work best when I know my work is going to be compared with the work of others. | 1 | 2 |
| 10. I have no difficulty in avoiding people who may get me in trouble. | 1 | 2 |
| 11. When I have to work, I usually get pretty bored no matter what the job is. | 1 | 2 |
| 12. It doesn't worry me if I make a mistake in front of my friends. | 1 | 2 |
| 13. The decisions I have made in the past have usually been the right ones. | 1 | 2 |
| 14. Although I sometimes feel very strongly about things, I never show other people how I feel. | 1 | 2 |

| | AGREE | DISAGREE |
|--|-------|----------|
| 15. After I do something I usually worry about whether it was the right thing. | 1 | 2 |
| 16. I am confident that I am/will be successful in life in my chosen career area. | 1 | 2 |
| 17. It's best not to let other people know too much about your family or background if you can help it. | 1 | 2 |
| 18. I really don't have any definite goals or plans for the future; I'm content to let others decide what I should do. | 1 | 2 |
| 19. I never enjoyed taking part in school clubs or student government activity. | 1 | 2 |
| 20. If I am not careful people try to take advantage of me. | 1 | 2 |
| 21. In general, people can be trusted. | 1 | 2 |
| 22. It is very seldom that I find myself wishing I had a different face or body. | 1 | 2 |
| 23. I would get along better in life if I were better looking. | 1 | 2 |
| 24. At my age a person must make his own decisions, even though his parents might not agree with the things he/she does. | 1 | 2 |
| 25. It's not hard to keep your mind on one thing if you really have to. | 1 | 2 |
| 26. It seems as if I just can't decide what I really want to do in life. | 1 | 2 |
| 27. I am always busy doing something, but I seem to accomplish less than other people even though they don't work as hard as I do. | 1 | 2 |
| 28. When I'm in a group I find it hard to stand up for my ideas if I think other people won't agree with me. | 1 | 2 |
| 29. I have at least one close friend with whom I can share almost all of my feelings and personal thoughts. | 1 | 2 |

| | AGREE | DISAGREE |
|---|-------|----------|
| 30. I do not feel that my looks and actions keep me from getting ahead in life. | 1 | 2 |
| 31. Even when I do a good job in my work, other people don't seem to realize it or give me credit. | 1 | 2 |
| 32. One of the hardest things for a person to overcome is his family background. | 1 | 2 |
| 33. The best part of my life is still ahead of me. | 1 | 2 |
| 34. In a group I can usually stand up for what I think is right without being embarrassed. | 1 | 2 |
| 35. I seem to have the knack or ability to make other people relax and enjoy themselves at a party. | 1 | 2 |
| 36. I can't seem to say no when the group does something which I don't think is right. | 1 | 2 |
| 37. Being without close friends is worse than having enemies. | 1 | 2 |
| 38. Even though it is difficult to predict how the rest of my life will go, I have some pretty definite plans and goals for the next few years. | 1 | 2 |
| 39. It is easier to make friends with people you like if they don't know too much about your background. | 1 | 2 |
| 40. I don't like sports or games where you always have to try and do better than the next person. | 1 | 2 |
| 41. A man who can be trusted is hard to find. | 1 | 2 |
| 42. I believe that I must make my own decisions in important matters, as no one can live my life for me. | 1 | 2 |
| 43. In order to be comfortable or feel at ease, a person must get along with others but he doesn't really need close friends. | 1 | 2 |
| 44. I am proud of my family background. | 1 | 2 |
| 45. I cannot keep my mind on one thing. | 1 | 2 |

| | AGREE | DISAGREE |
|---|-------|----------|
| 46. It is a good idea to have some plan as to what has to be done next, no matter how much you have to do at the moment. | 1 | 2 |
| 47. During the past few years I have taken little or no part in clubs or organized group activity. | 1 | 2 |
| 48. I have found that people with whom I work or associate, often don't appreciate or seem to understand my abilities. | 1 | 2 |
| 49. For some reason, it seems that I have never really gotten to know the people I have worked with, even though I liked them. | 1 | 2 |
| 50. I am pretty content to be the way I am. | 1 | 2 |
| 51. I can't stand to wait for things I really want. | 1 | 2 |
| 52. A person is a lot happier if he doesn't get too close to others. | 1 | 2 |
| 53. Even though I try, it is usually pretty hard for me to keep my mind on a task or job. | 1 | 2 |
| 54. One of the good parts of being an adult is getting together with a group which establishes its own guidelines and does things as a group. | 1 | 2 |
| 55. When it comes to working, I never do anything I can get out of. | 1 | 2 |
| 56. My way of doing things is apt to be misunderstood by others. | 1 | 2 |
| 57. A person who hasn't been a member of a well organized group or club at some time in his life has missed a lot. | 1 | 2 |
| 58. When I think about my future, I feel I have missed my best chances for making good. | 1 | 2 |
| 59. I like to tackle a tough job as it gives me a lot of satisfaction to finish it. | 1 | 2 |
| 60. I am always busy but it seems that I am usually spinning my wheels and never seem to get anywhere. | 1 | 2 |

| | AGREE | DISAGREE |
|---|-------|----------|
| 61. It is very important that your parents approve of everything you do. | 1 | 2 |
| 62. It doesn't bother me when my friends find out that I can't do certain things as well as other people. | 1 | 2 |
| 63. As a rule, I don't regret the decisions I make. | 1 | 2 |
| 64. I feel pretty sure that I know what I want to do in the future and I have some definite goals. | 1 | 2 |
| 65. I don't have any trouble concentrating on what I am doing. | 1 | 2 |
| 66. A person can't be happy in a job where he is always competing against others. | 1 | 2 |
| 67. I feel I have missed my opportunity to really be a success in life. | 1 | 2 |
| 68. If a person wants something worth while he should be willing to wait for it. | 1 | 2 |
| 69. At home, I enjoyed work or spare time activities where I had to compete against others. | 1 | 2 |
| 70. I never make any important decisions without getting help or advice from my family. | 1 | 2 |
| 71. It is better to say nothing in public than to take a chance on other people hearing you make a mistake. | 1 | 2 |
| 72. I lose interest in things if I have to wait too long to get them. | 1 | 2 |

EGO IDENTITY SCALE KEY

| Agree | Disagree | Agree | Disagree | Agree | Disagree |
|------------------|--------------|------------------|--------------|------------------|--------------|
| 1. _____ | <u> X </u> | 25. <u> X </u> | _____ | 49. _____ | <u> X </u> |
| 2. _____ | <u> X </u> | 26. _____ | <u> X </u> | 50. <u> X </u> | _____ |
| 3. _____ | <u> X </u> | 27. _____ | <u> X </u> | 51. _____ | <u> X </u> |
| 4. _____ | <u> X </u> | 28. _____ | <u> X </u> | 52. _____ | <u> X </u> |
| 5. <u> X </u> | _____ | 29. <u> X </u> | _____ | 53. _____ | <u> X </u> |
| 6. <u> X </u> | _____ | 30. <u> X </u> | _____ | 54. <u> X </u> | _____ |
| 7. <u> X </u> | _____ | 31. _____ | <u> X </u> | 55. _____ | <u> X </u> |
| 8. <u> X </u> | _____ | 32. _____ | <u> X </u> | 56. _____ | <u> X </u> |
| 9. <u> X </u> | _____ | 33. <u> X </u> | _____ | 57. <u> X </u> | _____ |
| 10. <u> X </u> | _____ | 34. <u> X </u> | _____ | 58. _____ | <u> X </u> |
| 11. _____ | <u> X </u> | 35. <u> X </u> | _____ | 59. <u> X </u> | _____ |
| 12. <u> X </u> | _____ | 36. _____ | <u> X </u> | 60. _____ | <u> X </u> |
| 13. <u> X </u> | _____ | 37. <u> X </u> | _____ | 61. _____ | <u> X </u> |
| 14. _____ | <u> X </u> | 38. <u> X </u> | _____ | 62. <u> X </u> | _____ |
| 15. _____ | <u> X </u> | 39. _____ | <u> X </u> | 63. <u> X </u> | _____ |
| 16. <u> X </u> | _____ | 40. _____ | <u> X </u> | 64. <u> X </u> | _____ |
| 17. _____ | <u> X </u> | 41. _____ | <u> X </u> | 65. <u> X </u> | _____ |
| 18. _____ | <u> X </u> | 42. <u> X </u> | _____ | 66. _____ | <u> X </u> |
| 19. _____ | <u> X </u> | 43. _____ | <u> X </u> | 67. _____ | <u> X </u> |
| 20. _____ | <u> X </u> | 44. <u> X </u> | _____ | 68. <u> X </u> | _____ |
| 21. <u> X </u> | _____ | 45. _____ | <u> X </u> | 69. <u> X </u> | _____ |
| 22. <u> X </u> | _____ | 46. <u> X </u> | _____ | 70. _____ | <u> X </u> |
| 23. _____ | <u> X </u> | 47. _____ | <u> X </u> | 71. _____ | <u> X </u> |
| 24. <u> X </u> | _____ | 48. _____ | <u> X </u> | 72. _____ | <u> X </u> |

APPENDIX E

THE PERSONAL ASSESSMENT OF INTIMACY
IN RELATIONSHIPS SCALE:
ITEM AND FACTOR ANALYSIS BY EACH SUBSCALE
(PAIR)

Pair Item and Factor Analysis By Each Subscale (N=386)

| <u>I.</u> | <u>EMOTIONAL INTIMACY</u> | <u>DIRECTION</u> | <u>FACTOR LOADING</u> | <u>MEAN</u> | <u>SD</u> | <u>FREQ SPLIT</u> |
|-----------------------------|--|------------------|---------------------------|-------------|-----------|-----------------------|
| 1. | My partner listens to me when I need someone to talk to. | (+) | .48(II) | 3.33 | 1.38 | 37-53 |
| 7. | I can state my feelings without him/her getting defensive. | (+) | .48(II) | 2.90 | 1.17 | 50-39 |
| 13. | I often feel distant from my partner. | (-) | .58(II) | 2.69 | 1.29 | 58-34 |
| 19. | My partner can really understand my hurts and joys | (+) | .52(II) | 3.38 | 1.28 | 32-58 |
| 25. | I feel neglected at times by my partner. | (-) | .46(II) | 2.52 | 1.28 | 67-26 |
| 31. | I sometimes feel lonely when we're together. | (-) | .41(II) | 2.90 | 1.33 | 54-37 |
| <u>II. SOCIAL INTIMACY</u> | | | | | | |
| 2. | We enjoy spending time with other couples. | (+) | .55(IV) | 3.90 | 1.23 | 19-73 |
| 8. | We usually "keep to ourselves". | (-) | .53(IV) | 3.37 | 1.31 | 34-55 |
| 14. | We have very few friends in common. | (-) | .53(IV) | 3.76 | 1.33 | 25-67 |
| 20. | Having time together with friends is an important part of our shared activities. | (+) | .63(IV) | 3.76 | 1.24 | 23-69 |
| 26. | Many of my partner's closest friends are also my closest friends. | (+) | .39(IV) | 3.54 | 1.36 | 29-62 |
| 32. | My partner disapproves of some of my friends. | (-) | .21(IV) | 3.7 | 1.35 | 28-62 |
| <u>III. SEXUAL INTIMACY</u> | | | | | | |
| 3. | I am satisfied with our sex life. | (+) | .78(III) | 3.12 | 1.42 | 43-46 |
| 9. | I feel our sexual activity is just routine. | (-) | .57(III) | 3.19 | 1.37 | 41-47 |

| <u>III. SEXUAL INTIMACY (cont.)</u> | <u>DIRECTION</u> | <u>FACTOR LOADING</u> | <u>MEAN</u> | <u>SD</u> | <u>FREQ SPLIT</u> |
|--|------------------|---------------------------|-------------|-----------|-----------------------|
| 15. I am able to tell my partner when I want sexual intercourse. | (+) | .38(III) | 3.73 | 1.32 | 23-70 |
| 21. I "hold back" my sexual interest because my partner makes me feel uncomfortable. | (-) | .65(III) | 3.63 | 1.41 | 30-60 |
| 27. Sexual expression is an essential part of our relationship. | (+) | .47(III) | 3.52 | 1.26 | 26-60 |
| 33. My partner seems disinterested in sex. | (-) | .56(III) | 3.78 | 1.39 | 25-65 |
| <u>IV INTELLECTUAL INTIMACY</u> | | | | | |
| 4. My partner helps me clarify my thoughts. | (+) | .32(II) | 3.23 | 1.30 | 33-52 |
| 10. When it comes to having a serious discussion it seems that we have little in common. | (-) | .45(II) | 3.26 | 1.38 | 40-52 |
| 16. I feel "put-down" in a serious conversation with my partner. | (-) | .65(II) | 3.46 | 1.38 | 33-56 |
| 22. I feel it is useless to discuss some things with my partner. | (-) | .63(II) | 2.67 | 1.40 | 60-31 |
| 28. My partner frequently tries to change my ideas. | (-) | .47(II) | 3.20 | 1.25 | 37-51 |
| 34. We have an endless number of things to talk about. | (+) | .57(V) | | | |
| <u>V. RECREATIONAL INTIMACY</u> | | | | | |
| 5. We enjoy the same recreational activities. | (+) | .49(VII) | 3.24 | 1.33 | 40-52 |
| 11. I share in very few of my partner's interests. | (-) | .40(VII) | 3.17 | 1.29 | 40-40 |
| 17. We like playing together | (+) | .34(VII) | 3.78 | 1.13 | 18-68 |
| 23. We enjoy the out-of-doors together. | (+) | .56(VIII) | 3.60 | 1.21 | 24-69 |

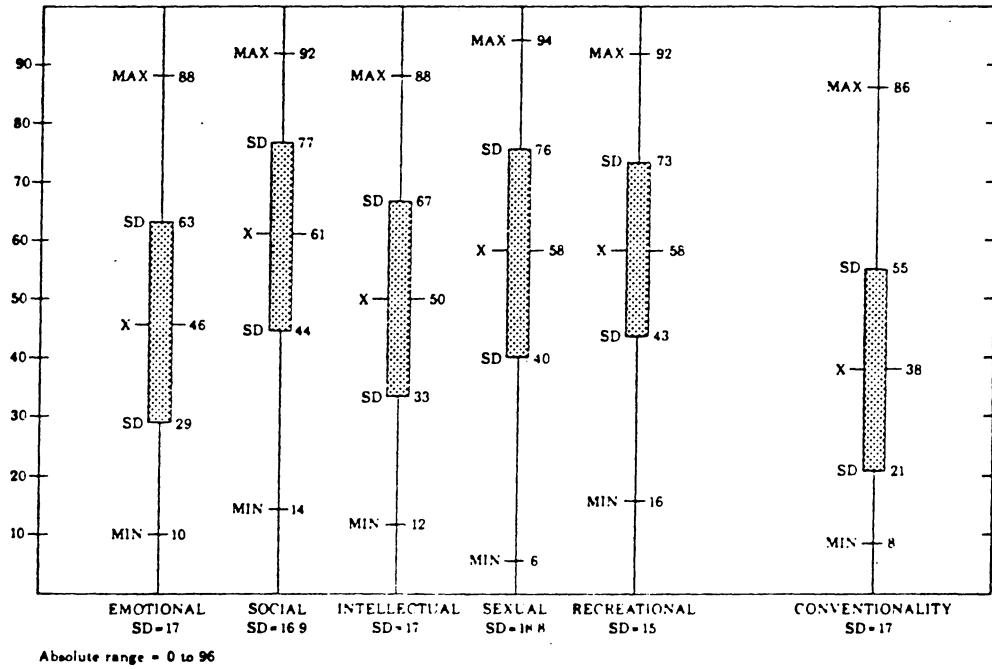
| <u>V. RECREATIONAL INTIMACY</u> | <u>DIRECTION</u> | <u>FACTOR** LOADING</u> | <u>MEAN</u> | <u>SD</u> | <u>FREQ SPLIT</u> |
|--|------------------|-----------------------------|-------------|-----------|-----------------------|
| 29. We seldom find time to do fun things together. | (-) | .28(VII) | 3.06 | 1.40 | 45-48 |
| 35. I think that we share some of the same interests. | (+) | .48(VII) | 3.91 | 1.06 | 14-80 |
| <u>VI. CONVENTIONALITY SCALE</u> | | | | | |
| 6. My partner has all the qualities I've ever wanted in a mate. | (+) | .55(I) | 3.20 | 1.24 | 38-52 |
| 12. There are times when I do not feel a great deal of love and affection for my partner. | (-) | .60(I) | 2.55 | 1.28 | 67-27 |
| 18. Every new thing that I have learned about my partner has pleased me. | (+) | .60(I) | 2.66 | 1.19 | 57-29 |
| 24. My partner and I understand each other completely. | (+) | .59(I) | 2.38 | 1.20 | 62-26 |
| 30. I don't think anyone could possibly be happier than my partner and I when we are with one another. | (+) | .66(I) | 2.70 | 1.25 | 53-33 |
| 36. I have some needs that are not being met by my relationship. | (-) | .57(I) | 2.16 | 1.13 | 76-14 |

**An additional factor analysis was conducted for this scale, wherein the conventionality scale was included with the other PAIR scales. The other factor loadings represent a factor analysis of all PAIR scales without the conventionality scale.

APPENDIX F

DISTRIBUTION OF 'PAIR' COUPLE SCORES;
MEAN, STANDARD DEVIATION, MAXIMUM AND MINIMUM SCORES

DISTRIBUTION OF 'PAIR' COUPLE SCORES;
 MEAN, STANDARD DEVIATION, MAXIMUM AND MINIMUM SCORES
 (N=192 Couples)



Couple Scores = Mean score for each couple,
 (Husband + Wife) X .5

APPENDIX G

CRONBACH'S ALPHA FOR EACH 'PAIR' SUBSCALE

CRONBACH'S ALPHA FOR EACH PAIR SUBSCALE

| Subscale - 6 items per scale | Alpha Reliability Coefficient |
|---------------------------------|-------------------------------|
| Emotional | .75 |
| Social | .71 |
| Sexual | .77 |
| Intellectual | .70 |
| Recreational | .70 |
| Conventionality | .80 |

APPENDIX H

THE PERSONAL ASSESSMENT OF INTIMACY
IN RELATIONSHIPS SCALE
(PAIR)

The following statements deal with different kinds of "intimacy" between you and your spouse. You are to use the following five point scale in answering each statement.

| 0 | 1 | 2 | 3 | 4 |
|----------------------|----------------------|---------|-------------------|-------------------|
| Strongly Disagree | Somewhat Disagree | Neutral | Somewhat Agree | Strongly Agree |

Please circle the number to the right of each statement which best describes "How it is now" in your relationship. It is very important that you respond to all of the statements.

1. My partner listens to me when I need someone to talk to.
2. We enjoy spending time with other couples.
3. I am satisfied with our sex life.
4. My partner helps me clarify my thoughts.
5. We enjoy the same recreational activities.
6. My partner has all of the qualities I've always wanted in a mate.
7. I can state my feelings without him/her getting defensive.
8. We usually "keep to ourselves".
9. I feel our sexual activity is just routine.
10. When it comes to having a serious discussion, it seems we have little in common.
11. I share in few of my partner's interests.
12. There are times when I do not feel a great deal of love and affection for my partner.
13. I often feel distant from my partner.
14. We have few friends in common.
15. I am able to tell my partner when I want sexual intercourse.

16. I feel "put-down" in a serious conversation with my partner.
17. We like playing together.
18. Every new thing I have learned about my partner has pleased me.
19. My partner can really understand my hurts and joys.
20. Having time together with friends is an important part of our shared activities.
21. I "hold back" my sexual interest because my partner makes me feel uncomfortable.
22. I feel it is useless to discuss some things with my partner.
23. We enjoy the out-of-doors together.
24. My partner and I understand each other completely.
25. I feel neglected at times by my partner.
26. Many of my partner's closest friends are also my closest friends.
27. Sexual expression is an essential part of our relationship.
28. My partner frequently tries to change my ideas.
29. We seldom find time to do fun things together.
30. I don't think anyone could possibly be happier than my partner and I when we are with one another.
31. I sometimes feel lonely when we're together.
32. My partner disapproves of some of my friends.
33. My partner seems disinterested in sex.
34. We have an endless number of things to talk about.
35. I feel we share some of the same interests.
36. I have some needs that are not being met by my relationship.

PAIR ANSWER SHEET

By David H. Olson and Mark T. Schaefer

| | | | |
|-----------------|---------------|----------------------|-------------------------|
| COUPLE NUMBER: | GROUP NUMBER: | PRE _____ POST _____ | DATE: |
| YOUR NAME: | | AGE: | MALE _____ FEMALE _____ |
| PARTNER'S NAME: | | COUNSELOR: | |

INSTRUCTIONS: In Part I, use the answer grid on the left side of the page, labeled "1". In Part II use the grid on the right side, labeled "2". Please respond to every item, using the five point scale at the top of each page.

1 "How it is NOW"

| | | | | | |
|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 25 | 27 | 28 | 29 | 30 |
| 31 | 32 | 33 | 34 | 35 | 36 |

2 "How I would LIKE it to be"

| | | | | | |
|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 25 | 27 | 28 | 29 | 30 |
| 31 | 32 | 33 | 34 | 35 | 36 |

PLEASE DO NOT MARK BELOW THIS LINE

| | Em | So | Sx | Int | Rec | Co | |
|----------|-----------------------|----|----|-----|-----|----|--------|
| PRS = | | | | | | | =SUM 1 |
| x4 = | | | | | | | |
| NRS = | ○ | ○ | ○ | ○ | ○ | ○ | =SUM 2 |
| Y = | | | | | | | |
| Y-NRS = | ○ | ○ | ○ | ○ | ○ | ○ | =SUM 2 |
| x4 = | ○ | ○ | ○ | ○ | ○ | ○ | |
| SUM 1 = | P-SCORE TOTALS | | | | | | |
| +SUM 2 = | E-SCORE TOTALS | | | | | | |

PAIR

COUPLE FEEDBACK SHEET

By David H. Olson and Mark T. Schaefer

| | | | |
|--------------|-----------|------------|-------------------------|
| COUPLE NAME: | COUPLE #: | DATE: | PRE _____ POST _____ |
| | GROUP #: | COUNSELOR: | |

| | EMOTIONAL | SOCIAL | SEXUAL | INTELLECTUAL | RECREATIONAL | Co |
|----|-----------|--------|--------|--------------|--------------|----|
| 90 | | | | | | |
| | | | | | | |
| 80 | | | | | | |
| | | | | | | |
| 70 | | | | | | |
| | | | | | | |
| 60 | | | | | | |
| | | | | | | |
| 50 | | | | | | |
| | | | | | | |
| 40 | | | | | | |
| | | | | | | |
| 30 | | | | | | |
| | | | | | | |
| 20 | | | | | | |
| | | | | | | |
| 10 | | | | | | |
| | | | | | | |

NOTES:

Key: Solid Blue Line = Male's P-Scores
 Solid Red Line = Female's P-Scores
 Dashed Blue Line = Male's E-Scores
 Dashed Red Line = Female's E-Scores

APPENDIX I
DEMOGRAPHIC QUESTIONS

Finally, we would like to ask a few questions about yourself for statistical purposes.

1. Your sex. (Circle number of your answer)
 - 1 MALE
 - 2 FEMALE

2. Your present age. (Circle number of your answer)
 - 1 UNDER 25 YEARS
 - 2 26-35
 - 3 36-45
 - 4 46-55
 - 5 56-65
 - 6 OVER 65 YEARS

3. Which of the following best describes your racial or ethnic identification? (Circle number of your answer)
 - 1 BLACK (NEGRO)
 - 2 MEXICAN-AMERICAN
 - 3 NATIVE AMERICAN (AMERICAN INDIAN)
 - 4 WHITE (CAUCASIAN)
 - 5 ORIENTAL
 - 6 OTHER--SPECIFY _____

4. Please describe your usual occupation. (If retired, describe the usual occupation before retirement.)

TITLE : _____

KIND OF WORK YOU DO : _____

KIND OF COMPANY OR
BUSINESS : _____

5. Which is the highest level of education that you have completed? (Circle number)
 - 1 NO FORMAL EDUCATION
 - 2 SOME GRADE SCHOOL
 - 3 COMPLETED GRADE SCHOOL
 - 4 SOME HIGH SCHOOL
 - 5 COMPLETED HIGH SCHOOL
 - 6 SOME COLLEGE
 - 7 COMPLETED COLLEGE (Specify Major)

 - 8 SOME GRADUATE WORK
 - 9 A GRADUATE DEGREE (Specify degree and major) _____

6. How frequently did you attend religious services in a place of worship during the past year? (Circle number)
 - 1 REGULARLY (once a week or more)

- 2 OCCASIONALLY
- 3 ONLY ON SPECIAL DAYS (Christmas etc.)
- 4 NOT AT ALL

7. Your present marital status. (Circle number)

- 1 NEVER MARRIED
- 2 MARRIED
- 3 DIVORCED
- 4 SEPARATED
- 5 WIDOWED
- 6 REMARRIED

8. Number of children you have in each age group. (If none write "0")

| | |
|-------|----------------------|
| _____ | UNDER 5 YEARS OF AGE |
| _____ | 5 TO 13 |
| _____ | 14 TO 18 |
| _____ | 19 TO 24 |
| _____ | 25 AND OVER |

THANK YOU FOR YOUR TIME AND INTEREST IN FILLING OUT THIS QUESTIONNAIRE.

APPENDIX J
THE COVER LETTER

MARRIAGE AND FAMILY RESEARCHERS

P. O. Box 22924 • Beachwood • Ohio • 44122

(216) 232-2070

MARITAL RESEARCH PROJECT

August 20, 1982

Never before has there been as much interest in marriage as today. People at all levels of society are concerned and asking questions. Yet, with all this interest and questioning, it is alarming how little we really understand the husband/wife relationship. For example, what is the nature of the relationship most couples really have? How much do individual characteristics really influence and control the marital relationship?

These are important questions for all of those interested in marriage, but especially for those involved in family life education and marriage counseling. The need for providing some kind of assistance is being recognized. Yet, to act without a clear understanding of how couples are really viewing relationships today would be a mistake.

You have been selected to comment on some important issues relating to your marriage relationship. Your names were randomly selected from couples in the Greater Cleveland area who have some degree of church involvement. In order for the results to truly reflect the views of the church connected people in this area, it is important that each questionnaire be completed. I am extremely interested in COUPLE responses, so it is very important that BOTH questionnaires be returned.

You may be assured of complete confidentiality. The questionnaires have identification numbers for mailing purposes only. Your names will never be placed on the questionnaires.

The results of this research may be obtained by writing "Copy of results requested" on the back of the return envelope, and printing your name and address below it. Please, do not put this information on the questionnaire itself.

If I can be of further assistance, please do not hesitate to contact me. Thank you for your assistance.

Sincerely,

Don R. Harvey
Director of Research

APPENDIX K
THE FOLLOW UP POSTCARD

August 27, 1982

Last week questionnaires gathering information on marital relationships were mailed to you. Your names were selected in a random sample of couples living in the Greater Cleveland area.

If you both have already completed and returned them to me please accept my sincere thanks. If not, please do so today. Because they have been sent to only a small sample of Cleveland couples, it is extremely important that yours also be included for the research results to be accurate.

If by some chance you did not receive the questionnaires, or they got misplaced, please call me right now (232-2070) and I will get another set in the mail today.

Sincerely,

Don R. Harvey
Director of Research

APPENDIX L
THE FOLLOW UP LETTER

MARRIAGE AND FAMILY RESEARCHERS

P. O. Box 22924 • Beachwood • Ohio • 44122

(216) 232-2070

MARITAL RESEARCH PROJECT

October 16, 1982

About six weeks ago I wrote to you seeking anonymous information about how you see your relationship. As of today I have not yet received your completed questionnaires. Some couples have written me explaining that they were hesitant to answer questionnaires with identification numbers. Wanting to avoid even the appearance of non-confidentiality, all identification numbers have been removed from these questionnaires. This will guarantee your absolute privacy.

Since there is now no possible way of follow up, this will be the final mailing. The projects' results are totally in your hands. This research project has been undertaken because of the real lack of information available about how couples really see their relationship and because of the very real need to base educational and counseling programs on this information. Now the results will be determined by your cooperation and assistance. Please don't cast this aside. Your response is desperately needed.

As mentioned in my last letter, it is very important for BOTH questionnaires to be completed and returned as I am primarily interested in COUPLE responses. It is requested that you not consult with each other as you answer the questionnaires.

In the event that your questionnaires have been misplaced, replacements are enclosed.

Your cooperation is greatly appreciated.

Cordially,

Don R. Harvey
Director of Research

P.S. A number of people have written to ask when results will be available. I hope to have them out sometime next month.

APPENDIX M
SINGLE RESPONSE LETTER

MARRIAGE AND FAMILY RESEARCHERS

P. O. Box 22924 • Beachwood • Ohio • 44122

(216) 232-2070

MARITAL RESEARCH PROJECT

Thank you for your cooperation in this study of marital relationships in church related couples. I just received the one questionnaire you returned. However, it is very important that both spouses return the questionnaires for the information in the sample to be accurate.

To my knowledge, this is the first study of this type to be done. Therefore, the results are of particular importance to those interested in family life education and marriage counselors. The large number of questionnaires returned thus far is very encouraging. However, the accuracy of what I can report is very dependent upon COUPLE responses.

Because COUPLE responses are so important, I am sending you a replacement questionnaire. May I urge you to complete and return it as soon as possible.

Your contribution to the success of this study will be appreciated greatly.

Most Sincerely,

Don R. Harvey
Director of Research

APPENDIX N

INCOMPLETE DATA FOLLOW UP LETTER

MARRIAGE AND FAMILY RESEARCHERS

P. O. Box 22924 • Beachwood • Ohio • 44122

(216) 232-2070

MARITAL RESEARCH PROJECT

Thank you for your cooperation in this study of marital relationships in church related couples. I just received the questionnaires you returned. However, it is very important that all questions be responded to for the information to be accurate.

To my knowledge, this is the first study of this type to be done. Therefore, the results are of particular importance to those interested in family life education and marriage counselors. The large number of questionnaires returned thus far is very encouraging. However, the accuracy of what I can report is very dependent upon COMPLETED questionnaires.

Because complete responses are so important, I am returning your incomplete questionnaire. May I urge you to complete and return it as soon as possible.

Your contribution to the success of this study will be appreciated greatly.

Most Sincerely,

Don R. Harvey
Director of Research

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ERIKSONIAN EGO IDENTITY AND INTIMACY
IN MARITAL RELATIONSHIPS

by

Donald Reid Harvey

(ABSTRACT)

The major purpose of this study was to test Erik Erikson's epigenetic concept that the achievement of a reasonable sense of ego identity during adolescence is a prerequisite to the establishment of intimate relationships in adulthood.

The sample consisted of 400 couples. Their names were drawn from a population of 1600 names which had been compiled from twelve church directories. The adjusted sample was 378 couples of which 88 chose to participate by returning completed questionnaires. The participants were typically white, well educated, well employed, in first marriages and fairly consistent in religious attendance.

The project questionnaire was completed by both marital partners. It consisted of two scales and demographic questions. The Ego Identity Scale as developed by Rasmussen (1961) was used to measure the degree of identity obtained by all participants. The Personal Assessment of Intimacy in Relationships as developed by Olson and Schaefer (1981) was used to measure the degree of perceived intimacy on five dimensions within dyadic relationships.

The hypotheses tested were designed to examine Erikson's epigenetic theory. Briefly, it was hypothesized that (1) spouses would have similar levels of ego identity development; (2) the identity of one spouse would be related to the intimacy of the other; (3) an individual's ego identity would be related to his/her achieved intimacy; and (4) demographic variables would not be found to influence ego identity. Husband and wife models were also compared. The ego identity scores of spouses were found to be related; no relationship was found between the ego identity of one spouse and the perceived intimacy of the mate; a significant relationship was found to exist between an individual's degree of ego identity development and his/her perceived level of intimacy across five intimacy dimensions; and demographic variables were not found to influence ego identity development. Interesting similarities and differences were found between husband and wife models.

Generally, results reinforced Erikson's epigenetic concept. Further research was suggested to differentiate between male and female models and to assess the effectiveness of various therapeutic interventions by levels of couple identity development.