

Gender Role Attitudes and Co-parenting Behavior in Relation to Marital Satisfaction among
Married Couples in Lebanon

Haigazian University

Rania Haj Ibrahim

A Thesis submitted to the Faculty of Social and Behavioral Sciences in partial fulfillment of the requirements for the Master of Art in Psychology – Emphasis: Clinical at Haigazian University.

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**Gender Role Attitudes and Co-parenting Behavior in Relation to Marital Satisfaction
among Married Couples in Lebanon**

By Rania Haj Ibrahim

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the degree of Master of Arts/ Clinical Psychology

Date: July 18, 2023

Signature of Thesis Committee Chairperson

Hanine Hout

Date: July 18, 2023

Signature of Thesis Committee Member

A handwritten signature in black ink, appearing to be "M. Ghayour", written over a horizontal line.

Date: July 18, 2023

Signature of Thesis Committee Member

A handwritten signature in blue ink, appearing to be "R. Haj Ibrahim", written over a horizontal line.

Haigazian University

July 2023

DEDICATION

I want to dedicate this thesis to Dr. Hanine Hout and Dr. Marwan Gharzeddine. Dr. Hanine, I have known you for so many years now and I have never witnessed a person with the purity of your heart and immense ability to give. Your support for me is endless and cannot be repaid.

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Table of Contents

ACKNOWLEDGMENTS	Error! Bookmark not defined.
List of Tables	Error! Bookmark not defined.
Abstract	Error! Bookmark not defined.
<i>Gender Role Attitudes and Co-parenting Behavior in Relation to Marital Satisfaction Among Married Couples in Lebanon</i>	1
Rationale	4
Research Questions	6
Significance	7
Chapter 2	8
Literature Review	8
Hypotheses	22
Chapter 3	23
Methodology	23
Research Design	23
Participants	23
Instruments	24
Procedure	26
Ethical Considerations	27
Design and Statistical Analysis	28
Chapter 4	29
Results	30
Sample Descriptives	30
Preliminary Analysis	30
Outliers	32
Normality	33
Reliability Analysis	33
Main Analysis	34
Additional Analysis	36
Chapter 5	40
Discussion	40
Conclusion	45

<i>Limitations</i>	46
<i>Clinical Implications</i>	47
<i>Future Directions</i>	48
<i>References</i>	49
<i>Appendix A: Participant Information Letter</i>	56
<i>Appendix B: Participant Consent</i>	59
<i>Appendix C: Demographics Sheet</i>	60
<i>Appendix D: Scales</i>	63

List of Tables

Table 1	30
<i>Individual demographic characteristics as percentage of the sample (N=144)</i>	30
Table 2	<i>Error! Bookmark not defined.</i>
<i>Reliability coefficients of the scales (α)</i>	<i>Error! Bookmark not defined.</i>
Table 3	35
<i>The coefficients of the independent variables</i>	35
Table 4	<i>Error! Bookmark not defined.</i>
<i>Correlations between study variables</i>	<i>Error! Bookmark not defined.</i>

Abstract

Marital satisfaction is a prevalent issue in relationships that has been associated with different factors that contribute to the overall mental health of the individual. Family system theorists have been interested in examining factors that could predict marital satisfaction such as gender role attitudes and co-parenting behavior. It was found that alignment in views among couples on gender role attitudes and co-parenting behavior could contribute to higher levels of marital satisfaction. Due to lack of findings regarding this issue in the Lebanese context, this study is one of the first to examine the relationship between these three variables among Lebanese married couples by focusing on the alignment in views and congruence in beliefs. By translating the scales into Arabic, the present study also aimed to contribute to the initial step of the adaptation of those scales to Lebanese culture. This is a quantitative survey design with a total of 122 participants who were recruited from different areas in Lebanon through snowball sampling. The Quality of Marriage index, Gender Role Attitude Scale (GRAS), and Co-parenting Scale were translated into Arabic through forward translation followed up by a committee approach. Prior to addressing the study hypotheses, all translated scales were examined for reliability and cultural sensitivity. Results have supported both hypotheses in showing that higher alignment in gender role attitudes and co-parenting behavior positively predicted higher scores on marital satisfaction among married couples. Clinical implications from findings assist in guiding mental health practitioners that work with couples and families to address marital conflict by examining similarities and differences in core beliefs among couples. The study's limitations were the non-randomized sampling and use of two scales that are adapted in Westernized contexts. Future

research should be directed towards in depth examination of the operational definitions of the constructs: gender role attitudes and marital satisfaction in the Lebanese or non-westernized contexts thus leading to the development of culturally appropriate measures.

Key words: Gender role attitudes, co-parenting behavior, alignment in views, marital satisfaction, Lebanon.

Gender Role Attitudes and Co-parenting Behavior in Relation to Marital Satisfaction among Married Couples in Lebanon

In the past decades the world has experienced a mounting concern with regard to the increase in marital dissatisfaction and poor relationship quality (McClain & Brown, 2016). The construct of marital satisfaction has long been investigated by researchers who aim to focus on the essentials of having a healthy marriage and the factors that contribute to marital dissatisfaction. Rosen-Grandona and colleagues shed light on the high number of divorce rates in the U.S. in recent years and hence the importance of examining factors and ways to achieve and maintain marital satisfaction (Rosen-Grandon et al., 2004). On the other hand, an article by El. Saadani, which focuses on future trends of divorce in the Arab world shows that the researchers are predicting an upward trend in divorce rates in the Arab region (El. Saadani, 2006). Reasons behind this prediction fall under the many facets of socioeconomic development including participation of women in the workforce, changes in the dynamics of the relationship within the household and the role of females in the society, and shifts in societal traditional norms (El Saadani, 2006). Urbanization, industrialization, and the shift towards moderation that is being witnessed in the Arab world call for in-depth investigation of consequences of this transition on society and especially relationships between married couples.

Li and Fung, in their Dynamic Goal Theory of Marital Satisfaction, define the construct of marital satisfaction from a global perspective (Li & Fung, 2011). Rather than viewing marital satisfaction as a multidimensional construct, marital goals in terms of personal growth goals, companionship goals, and instrumental goals are considered the core elements that measure marital satisfaction (Li & Fung, 2011). Instrumental goals, that are highlighted during middle

adulthood, focus on the practical nature of the marriage in which spouses need to share household labor and responsibilities such as housework, managing family finance and raising children; instrumental support or unfair division of responsibilities could either contribute to marital quality or be a major source of marital conflict (Li & Fung, 2011).

In the context of marriage, gender role attitudes refer to cognitive beliefs about the husbands and wives' roles, responsibilities, and expectations set upon them both outside and inside their homes and thus play a role in identifying instrumental goals in a marriage (Helms et.al, 2018). Beliefs on gender roles vary from traditional and sex-typed roles that are often found in collectivist cultures to egalitarian and less sex-typed roles that are found more in individualistic cultures (Helms et.al, 2018). Dyadic perspectives supported by cultural ecological approaches of marriage show how different marital processes such as gender role attitudes are linked to marital satisfaction in different contextual conditions (Helms et.al, 2018).

Moreover, according to the Family Systems Theory (Kerr & Bowen, 1988), the family is viewed as an organized whole formed by interrelated subsystems (e.g., marital subsystem), each affecting and being affected by the others. One of the most consistent findings in research on marital satisfaction shows that supportive co-parenting is associated with marital satisfaction and healthy relationships with the children (Pedro et. al, 2012). One study defines co-parenting as the collaboration between two parents to fulfill their parental responsibilities to meet the needs of their children (Peltz et. al, 2018). A more detailed operationalization of the construct defines co-parenting as ways in which parental figures relate to one another in terms of sharing responsibilities, offering support in times of stress, agreement on children's raising methods, and respecting rules that are set (McClain & Brown, 2016). That said, it is only logical to predict that co-parenting aspects in each family are related to perceived gender roles among the couples.

With reference to Huston's (2000) theory of marriage that was later built on by Peplau (1983), it is important to examine variations in couples' configurations of views related to gender attitudes and expected roles. Based on that, Cao and colleagues found that congruence in beliefs and agreement on either traditional or modern views among couples, relate to marital satisfaction in which differences in values relate to marital dissatisfaction if the wives are perceived to be modern and the husbands perceived to be traditional (Cao et.al, 2019).

Research has focused on finding and studying variables that are related to marital satisfaction in different contexts and cultures in which gender roles' attitudes and co-parenting have been found as correlates of relationship quality among married couples (Helms, Supple, Hengsteveck, Wood, & Rodriguez, 2019; McClain & Brown, 2016). However, and even though research is vast on the relation of these three constructs, it remains scarce and in its infancy in the Arab World and non-westernized contexts (Al-Ghanim & Badahdah, 2017). Both, the lack of methodological tools and interest, specifically in the construct of co-parenting, give insight on the endorsement on masculinity in non-westernized cultures; hence measuring co-parenting in our part of the world seems to be a viable option for the role of parenting might be set by default to women only.

Based on previous research, it is important to note that gender roles' definitions will entail how each member perceives their role in society and in the house to be; these definitions will allow us to portray both discrepancies and similarities in perceptions among couples and how in turn they affect marital satisfaction. Due to the increase in rates of women who are involved in the workforce, this study will examine the role of co-parenting when the couples transition into parenthood. Since higher rates of divorce were found to be linked to modernization, it is important to look into co-parenting in a culturally-appropriate framework

and examine how it correlates to marital satisfaction. According to Hofstede, Lebanon is a society high on masculinity where men are characterized by control and dominance while women are perceived to be good housewives, devoted to the family, and obedient (Hamieh & Usta, 2011). Thus, it was essential to view co-parenting behavior and gender role attitudes in a way that relates to the Lebanese context by taking into consideration cultural values and attitudes.

This study aimed to investigate views on gender role attitudes and co-parenting behavior of a couple in relation to marital satisfaction in the Lebanese context in a survey design research. The purpose of this study is to examine the roles of gender attitudes and perceptions on co-parenting behavior by focusing on whether these views are in alignment among couples; alignment and dis-alignment of views will be studied in relation to marital satisfaction and dissatisfaction respectively.

Rationale

To the best of our knowledge, the combination of factors as predictors of marital satisfaction have only minimally been addressed to date; previous studies have focused on investigating correlations between gender-role attitudes and marital satisfaction and correlations between co-parenting and marital satisfaction separately. Several studies examine the direct relation between co-parenting alliance and marital satisfaction while other studies examine the direct relation between gender role attitudes and marital satisfaction. Even though on the surface it seems that co-parenting and gender role attitudes are internally connected, one could say that literature is scarce in studies that investigate both variables, gender role attitudes and co-parenting, in correlation with marital satisfaction. This study will therefore shed light on the

combination of two factors ‘gender-role attitudes’ and ‘co-parenting’ predicting marital satisfaction

Additionally, based on the literature review, it was evident that the majority of the studies are conducted in the West (McHale et.al, 2014) with only a dearth of studies conducted in other areas.

Marital satisfaction as a construct is highly researched in Westernized cultures in which measures and scales used were found to be culturally appropriate but still scarce in the Arab world. The importance of culture in understanding psychological processes is perceived to be based on the notion that individuals living in different societal cultures are presumed to have differing experiences (Oyserman & Lee, 2008). As such, cultural context seems to be a variable that factors into the prediction of behavior (Gibson, Thompson & O’Sullivan, 2016). Stemming from that, attitudes towards gender-roles and co-parenting might as well be influenced by culture.

This study therefore aimed to examine the multi-facets of marital satisfaction by focusing on gender-role identification and co-parenting practices among married couples in a new cultural context, Lebanon. To the best of our knowledge, no previous studies aiming to investigate the relationship between gender role and co-parenting with marital satisfaction in Lebanon. By translating the scales into Arabic, the present study also aims in contributing to the initial step of the adaptation of those scales to Lebanese culture.

Previous studies on marital satisfaction and its predictors incorporated a set of limitations that the present study will aim to address. To the best of our knowledge most studies used westernized scales related to gender-role attitudes and co-parenting and applied them to both westernized and non-westernized cultures.

Research Questions

Based on the above, the following research questions were addressed in this study:

- (1) Do views on co-parenting behavior that are in alignment between partners predict marital satisfaction?
- (2) Do gender role attitudes that are in alignment between partners predict marital satisfaction?
- (3) How does an individual's view on gender roles predict marital satisfaction?
- (4) How does an individual's view on co-parenting predict marital satisfaction?

Significance of the Study

The significance of the study is found to be multi-leveled. Implications to research will be through constructing a baseline for researchers to enhance culturally appropriate constructs (co-parenting) that are operationally relevant in the Arab World. On a societal level, married couples in the Arab World will have access to empirical findings that will assist them in understanding the foundations of their relationship and the factors that play a role in either enhancing or decreasing its quality. Couples with opposing views on gender roles and co-parental aspects will have insight on how differences in egalitarian views and traditional ones affect the quality of the relationship. Parts of the society that are highly endorsed on masculinity will acknowledge the fact that other members are leaning towards egalitarianism and seek such mindsets in their families. On a clinical level, mental health workers will have an evidence-based understanding of the factors that contribute to marital satisfaction among couples. Family therapists will be able to address the marital subsystem in its relation to alignment on co-parenting views and agreement on gender roles. More awareness and understanding regarding this issue will encourage finding solutions to familial conflicts which in turn enhance relationship quality among all subsystems of the family. Research has found that cooperative co-

parenting enhances marital satisfaction which in turn predicts positive child outcomes such as secure attachment, emotional regulation, and prosocial behavior (Christopher et. al, 2015).

Chapter 2

Literature Review

The purpose of this chapter was to give comprehensive insight on findings from studies in different contexts on the measured variables in the study.

Marital Satisfaction

According to Deci's self-determination theory, the need for relatedness is one of the three basic psychological needs of the human being (Deci & Ryan, 2000). With regard to the context of marriage, in addition to the need for relatedness, Sternberg's triangular theory of love determines intimacy and commitment as essential components to companionship and partnership (Sternberg, 1986). Research portrays marital satisfaction as the presence of mutual emotional intimacy, closeness, sharing of thoughts and feelings, and personal fulfillment and growth (Dew & Wilcox, 2011). A research study by Boerner measures marital satisfaction through three attributes that emphasize love and care, willingness to listen and understand one another, and making each other feel loved and accepted (Boerner et.al, 2014). Another study conceptualizes marital satisfaction in terms of mutual communication, closeness, sense of belonging, division of household work, family decision making, involvement with relatives, shared cultural practices, and warmth (Helms et.al, 2019). A study on Chinese fathers and mothers, measures marital satisfaction by the levels of intimacy, companionship, consensus, stability, harmony, compatibility, and support (Kwan et.al, 2015). As seen, relevant research produces overlapping concepts on the definition of marital satisfaction which is affected by the variety of contexts in which the construct of marital satisfaction is examined. One theoretical framework by Li and Fung measured marital satisfaction by people's global subjective evaluation on their quality of marriage (Li & Fung, 2011). The Dynamic Goal Theory of Marital Satisfaction examines

whether prioritized marital goals are achieved during marriage and how the achievement of these goals define marital satisfaction (Li & Fung, 2011). According to Li and Fung, marital satisfaction cannot be attained without the achievement of goals related to companionship, instrumental goals such as fair division of responsibilities and household (Li & Fung, 2011).

Correlates of Marital Satisfaction

Through the investigation of the attributes that measure marital satisfaction, scholars and researchers examined predictors of this marital satisfaction by looking through different variables that correlate to it. Research focused on the effect of the transitional stages during marriage that is accompanied by birth of children on marital satisfaction through the examination of co-parenting attributes and gender role attitudes (McClain & Brown, 2017). Bowen's Family Systems Theory postulates that there is a reciprocal relation between functioning in spousal and parental subsystems which tells of an interrelation between marital satisfaction among couples and parenting (Kwok et.al, 2013). Based on this theoretical framework, Kwok and colleagues examined the relation between several parental factors which include co-parenting alliance in relation to overall marital satisfaction (Kwok et.al, 2013). Findings from the study support Bowen's theory by indicating that positive factors in parental subsystems are significantly associated with higher marital satisfaction in the spousal subsystem in which measures that address co-parenting alliance are adopted to the overall marital satisfaction level (Kwok et.al, 2013). Another study by Kwan and colleagues also found that co-parenting alliance plays a major role in the prediction of marital satisfaction for both spouses in which sharing responsibilities in parenting was investigated (Kwan et.al, 2015). One study on new mothers found that childbearing correlates to marital satisfaction through several factors which include the father's participation in different parenting methods (Dew & Wilcox, 2011). Dew and

Wilcox hypothesized that co-parenting alliance and father's involvement are related to increase in marital satisfaction (Dew & Wilcox, 2011). One study investigated the role of co-parenting as a mediator among the relation between marital satisfaction and parenting styles and found that alliance in co-parenting beliefs mediates marital satisfaction among married couples (Pedro, Rebeiro, & Shelton, 2012).

Alignment in Views on Gender Role Attitudes

There is a vast amount of literature targeting the relation between gender role attitudes by focusing on the alignment of beliefs and attitudes among couples and how this alignment predicts marital satisfaction whereas difference in attitudes predicts negative marital processes. A study on Mexican couples examined the role of gender role attitudes in relation to marital satisfaction in which researchers focused on the alliance and agreement on gender role attitudes among couples (Helms et.al, 2019). Helms and colleagues focus on the importance of alliance in beliefs regarding gender roles among the wife and husband regardless of equality; alliance was found to relate to acceptance and satisfaction among couples, whereas discrepancies were found to relate to hostility and marital dissatisfaction (Helms et.al, 2019). Another study examined gender role attributes and its relation to marital satisfaction by dividing participants into two groups in which one group represents traditional views on gender roles and another group represents contemporary and modern views on gender roles (Cao et.al, 2019). Cao and colleagues found that congruence in beliefs and agreement on either traditional or modern views among couples, relate to marital satisfaction in which differences in values relate to marital dissatisfaction if the wives are perceived to be modern and the husbands perceived to be traditional (Cao et.al, 2019).

This study stems on Huston's theory and ecology model of marriage (2000) that was later built on by Peplau (1983) which emphasizes the roles of the dyadic patterning of spouses' personal qualities and the within-couple variation in the composition of couples' personal qualities in forming their assessment of their relationship (Cao et. al, 2018). Based on this theory, typologies derived from Western context entailed that there are four ways in which couples' gender-related attitudes are configured. These configurations include: a) couples in which partners are congruent in modern gender-related attitudes; b) couples in which partners are congruent in traditional gender-related attitudes; c) couples in which partners are incongruent in their gender-related attitudes, with husbands being more traditional and wives being more modern; and d) couples in which partners are incongruent in their gender-related attitudes, with husbands being more modern and wives being more traditional.

Peplau (1983) builds on Huston's ecology model of marriage and illustrates a model of gendered family roles by informing cultural ecological approaches to the study of marriage with focus on the specific links between marital processes (i.e., marital warmth and negativity), spouses' gender role attitudes and marital satisfaction (Helms et.al, 2018). Based on Peplau's model, the study predicted that gender role attitudes would frame the partner's feelings of warmth and negativity which in turn would shape how couples would evaluate their own marital satisfaction (Helms et.al, 2018). In addition to the presented variables, wives' employment was measured in terms of congruence and incongruence with spouses' gender role attitudes in relation to marital satisfaction (Helms et.al, 2018). So, one could say that congruence and discrepancies regarding gender role attitudes among married couples plays a major role in relation to their overall marital satisfaction.

Alignment in Views on Co-parenting Behavior

According to McClain and colleagues, gender-role attitudes become more traditional when spouses transition to parenthood. Mothers tend to decrease their working hours while increasing time spent at home doing housework and childcare (McClain et. al, 2016). This change in dynamics and incongruence in gender-role attitudes is associated with a decrease in marital satisfaction and relationship quality for the mothers (McClain et. al, 2016). Two essential indicators of role-traditionalization are co-parenting and the father's involvement which help to account for the diverse trajectories in marital quality. Mothers who perceive role-traditionalization as unfair were found to report higher marital dissatisfaction than mothers who were satisfied with the traditional distribution of tasks (Dew & Wilcox, 2011).

According to the distributive justice theory, when individuals consider that aspects of their relationship are unfair, emotions of dissatisfaction with the relationship emerge (Deautsh, 1985; Major, 1987). That being said, it is important to assess congruence and alignment in perceptions on task distribution when it comes to co-parenting among spouses. For example, mothers who perceived the central purpose of marriage is childbearing and role-traditionalization is expected and agreed upon, tend to report higher levels of marital satisfaction (Dew & Wilcox; 2011). Cultural aspects play a major role in identifying norms and expected roles that are set among spouses. It was essential to examine the cultural impact when measuring constructs as gender-role attitudes and co-parenting.

Gender Role Attitudes and Marital Satisfaction in Different Cultural Contexts

As mentioned in the introduction section, gender role attitudes are operationally defined as cognitive beliefs about the husbands and wives' roles, responsibilities, and expectations set upon them both outside and inside their homes (Helms et.al, 2018). With the increase of dual-career couples and attention on women's movements, a shift in gender role attitudes is occurring

in which the traditional notions that a woman's only job is to be a housewife and the husband is expected to be the only provider for the family are decreasing (Mickelson, Claffey, & Williams, 2006). Even though beliefs have shifted towards more gender equality around the world, traditional gender attitudes have also maintained a hold in some countries and cultures (Soltanpanah et.al, 2018).

Many researchers have investigated the relation between gender role attitudes, whether traditional or egalitarian, in terms of congruence and alliance in association with marital satisfaction. A majority of the studies in the literature show almost the same results in terms of the correlational aspect of gender role attitudes and marital satisfaction in which congruence and incongruence in attitudes are correlated with increase and decrease in marital satisfaction respectively but, some studies point to the importance of analyzing the discrepancies in values in terms of observing which gender is egalitarian and which is not. A study by Cao and colleagues on Chinese couples points to the fact that most research on gender role identities in relation to marital satisfaction is done in the West in which most of the people, males and females, have adopted an egalitarian view on gender role attributes (Cao et.al, 2019). This study highlights the fact that many non-Western societies have experienced drastic changes in people's gender role attitudes and values during the past years which resulted in social reforms and socio-cultural transitional changes (Cao et.al, 2019). Cao and colleagues mark that these changes have led gender role values to be placed at crossroads in many cases, and thus the need to explore ways in which spouses' gender-related attitudes are configured within couples and how such configurations are linked to marital satisfaction (Cao et.al, 2019). This study resulted in showing that there is greater marital distress among spouses in couples with modern wives and traditional husbands due to the wives' desire to change the norms in contrast to couples with modern

husbands and traditional wives. Researchers in this study point that even though incongruence is present in this case, but if the husband who is egalitarian in his views and the wife is the one perceived to be traditional, wives may feel happy to find that they can receive husband's assistance in family chores and that they can share decision-making power with them; these couples report marital satisfaction that is comparable to that of spouses in which partners are congruent in their gender attitudes (Cao et.al, 2019).

Such a study highlights a gap in literature concerning a majority of the studies in using a theoretical framework that measures congruence among couples of values on gender roles in order to attain a credible comparison. As mentioned earlier, Peplau's (1983) theoretical framework and typology approach seem to conceptualize both the diversity of relationship patterns that coexist in contemporary society and the internal consistency of role patterns in a particular relationship (Cao et.al, 2019).

A study on Korean married couples found out that husbands' egalitarian views on gender roles predicted higher marital satisfaction regardless of the wives' views (Kim et.al, 2019). Korean women reported higher marital satisfaction if their husbands promoted equality in terms of gender roles regardless of their own values and their level of conformity with a traditional society (Kim et.al, 2019).

A cross-cultural study highlights the importance of culture when examining gender-role attitudes in relation to life satisfaction in general in which marital satisfaction is one attribute by comparing two countries with opposing values on gender-roles in terms of egalitarianism (Soltanpanah et.al, 2018). Soltanpanah and colleagues predicted that participants from Norway will score high on life satisfaction scales due to their egalitarian views of gender roles in comparison to participants in Kurdistan, Iraq who will score low on life satisfaction due to their

traditional views on gender-roles (Soltanpanah et.al, 2018). The study results did not align with the hypothesis presented since both groups were high on life satisfaction in relation to gender-role attitudes (Soltanpanah et.al, 2018). Soltanpanah and colleagues demonstrated narratives of women who claimed to be accepting of gender inequality by believing that it is the man's job to be the provider to the family and thus when jobs are scarce, men should be prioritized in chances of employment (Soltanpanah et.al, 2018). Such study results show the need of approaching gender-role attitudes in a holistic manner in which cultural values and acculturation level on behalf of both men and women are highly important and need to be measured.

One could say that congruence in gender-role attitudes is common in the West in which views on gender-roles align with the societies' norms and beliefs and thus research in the West has surpassed the notion of examining these variables in relation to marital satisfaction. The focus of research is now directed towards traditional cultures and cultures in which beliefs are at crossroads due to evolution. For instance, with the growing number of women who are entering the workforce, women are expecting power-balance and equality within marriages, but research has found out that the majority of Korean men are stuck on the belief that a wife should always conform to traditional gender roles regardless of her employment status (Kim et.al, 2019). These findings call for further in-depth research that applies theoretical ecological models of marriage in which associations between spouses' internal beliefs on gender-role attitudes and marital satisfaction may vary based on the variety of contextual conditions that place demands on spouses who may or may not align with their attitudes (Helms et.al, 2011).

Co-parenting Behavior and Marital Satisfaction in Different Cultural Contexts

Researchers have been interested in the relation between childbearing and marital quality decline among couples and found that co-parenting constitutes an important factor in marital satisfaction outcomes (McClain & Brown, 2017). A great difference in the perception of the concept of co-parenting exists between Westernized countries and Non-Westernized countries in terms of the constitutions and attributes of co-parenting. Some studies are directing the exploration of co-parenting towards gender-role beliefs and their role in identifying co-parenting aspects. One study focused on parent characteristics such as gender-role beliefs as predictors of co-parenting quality (Kuo et.al, 2017). Kuo and colleagues found that when mothers had more traditional gender-role beliefs, fathers engaged in more conflictual co-parenting behavior, and when fathers had more traditional gender-role beliefs, mothers engaged in more conflictual co-parenting behavior (Kuo et.al, 2017).

The Social Role Theory (Eagly & Wood, 2012) delegates that fathers and mothers may perceive parenting roles differently based on their gender; fathers' parenting roles remain ambiguous or could be seen as secondary to the mothers' and thus could be potentially more susceptible to ecological factors such as gender-role beliefs and marital experiences (Brown et. al, 2011). However, because women are perceived and socialized to be the primary caregivers, co-parenting behaviors related to the mothers could be less susceptible to ecological factors (Brown et. al, 2011). Brown and colleagues found that due to such implications, it is essential to tackle the gendered dynamics that underlie the co-parenting relation between the mother and the father (Brown et. al, 2011). Since gender-role beliefs are found to be correlated to co-parenting dynamics, it was important to examine the difference in gender-role attitudes among different cultures and in turn learn more about variations in co-parenting behavior.

One study on co-parenting cohesiveness in Switzerland defined co-parenting cohesiveness among couples in the presence of frequent positive comments about the partners' parenting, continuous encouragement of the other parent, and less competition and verbal sparring during mother-father-child interactions (Tissot et.al, 2018). A study done in the U.S. highlights that the majority of the U.S. citizens have non-traditionalized attributes regarding gender role attitudes (McClain & Brown, 2017). Nonetheless, gender-role attitudes seem to become more traditional across the transition to parenthood, especially for first-time parents (Katz-Wise et.al, 2010). McClain and Brown found that mothers' tendency to decrease their working hours outside the house in order to spend more time with childcare and housework and the father's increase in labor force are associated with less marital satisfaction for women which in turn exhibit more negativity and relate to less marital satisfaction for both spouses (McClain & Brown, 2017). In this study, father's involvement with childcare and housework was associated with higher marital satisfaction for both spouses in which wives exhibit less stress and more warmth and connectedness between spouses (McClain & Brown, 2017). Another study on new parents in the U.S. examined the relation between co-parenting and marital satisfaction based on the Family Theory that focuses on the interrelation among family subsystems in which all members in the family have influence on each other (Christopher et.al, 2015). Christopher and colleagues found that fathers' decline in involvement in co-parenting is associated with less marital satisfaction for women; wives' reporting of less marital satisfaction was also found to be associated with less marital satisfaction among their husbands (Christopher et.al, 2015).

A study on the relation between co-parenting and marital satisfaction tackled a collectivist context by examining these variables among Chinese married couples (Liu & Wu, 2018). Liu and Wu highlighted the importance of the dynamics and nuclear structure of the

Chinese families in which many extended families live together and share the same ideologies and beliefs, whereas some of the Chinese new generations are affected by urbanization and globalization which could lead to discrepancies in co-parenting alliances and practices (Liu & Wu, 2018). Results from this study showed that co-parenting alliance predicts marital satisfaction in terms of having both couples agree on what co-parenting is and how it is applied in their own family dynamic (Liu & Wu, 2018).

A study by Pedro and colleagues defined the construct of co-parenting from a multidimensional perspective as the ways that parents and/or parent figures relate to each other in the role of parent (Pedro, Ribeiro, & Shelton, 2012). Pedro and colleagues highlighted a major gap in literature regarding variables that may mediate or explain potential spillovers and crossover effects between spouses; identification of variables that explain the transmission of affect and behaviors between partners was needed for a better understanding of the construct of marital satisfaction (Pedro, Ribeiro, & Shelton, 2012).

Gender Role Attitudes in the Arab Context and in the Lebanese Context

An article on historical trends in gender role development research in sex roles focused on the factors that underlie identification with sex and gender attitudes. The article conveyed that cross-cultural aspects, stereotyping, media, and intergroup processes are some of the main cores that identify gender and sex roles in specific contexts (Zosuls et. al, 2011). Before examining societal gender role attitudes in the Arab context, it was important to have an overlook on gender roles in terms of legal rights and freedom in Arab countries. An immense discrepancy in legal rights among genders not only endorses masculinity but also encourages male power over females' freedom of choice and behavior (Almutawa & Magliveras, 2020). Almutawa and Magliveras shed light on certain Arab countries that have failed in implementing women rights

that are set in the Arab Charter on Human Rights adopted in 2004 (Almutawa & Magliveras, 2020). This article emphasized the governmental roles in advocating women's rights which in turn will alter traditional gender-role perceptions present within the populations and encourage egalitarian roles that validate women's rights (Almutawa & Magliveras, 2020). If the League of Arab States were to raise awareness among the population on women's rights, the population will gradually uphold these rights and rise to defend and affirm them; this process will encourage equality among males and females and change fixed traditional gender-role attitudes (Almutawa & Magliveras, 2020).

Multiple research studies tackled the issue of gender-role attitudes in the Arab World but merely none relate these attributes to marital satisfaction. Moreover, Arab gender role scales remain minimal. With an attempt to address this gap in literature, Ghanim and Badahdah developed the Arab Adolescents Gender Roles Attitude Scale (AAGRAS) that assesses egalitarian gender role perceptions and traditional perceptions (Ghanim & Badahdah, 2017). Findings from this study posit that young men are more likely to resist gender equality than young women and men who hold traditional attitudes are more likely to disapprove of women occupying positions of authority (Ghanim & Badahdah, 2017).

One study examined young women's role conflict in Qatar in which patriarchal ideologies remain rigid within the rapid evolutionary changes of gender role norms (Hawkins, Qutteina, & Yount, 2017). Hawkins and colleagues found that with the rapid change in the workforce and more demand for women's participation in several occupational fields, young women in Qatar remain in a passive state in the face of the patriarchal societies due to the favoring of men in terms of employment (Hawkins, Qutteina, & Yount, 2017). The study showed that women's passiveness towards the system is due to their inability to be financially

independent and thus cannot file for divorce even if they score low on marital satisfaction (Hawkins, Qutteina, & Yount, 2017). Gender role values in Qatar remain to highlight a woman's essential work in the household, raising the children, and priority to her family (Hawkins, Qutteina, & Yount, 2017). One study on entrepreneurial leadership in Lebanon focused on how women are influenced by sociocultural forces that affect their capacity to think and act as prescribed by their social environment (Tlaiss & Kauser, 2019). Researchers interviewed entrepreneur Lebanese women in order to detect gender-based barriers that play a factor in their self-perception, pursuit for higher positions, and leadership identity (Tlaiss & Kauser, 2019). Results showed that women comply and conform with gendered norms in order to seek advancement in their careers and avoid conflict with family members that do not support their cause; women also struggled in advancing in their career due to their other obligations as housewives and mothers (Tlaiss & Kauser, 2019).

As previously mentioned, literature is scarce regarding the conceptualization of gender role attitudes and availability of measurement scales in the Arab world. Further research should investigate contextual attributes of the Arab world through theoretical frameworks that target measurement of gender role attitudes and values in the Arab culture as a first step before investigating the relation of the variable to marital satisfaction.

Co-parenting Behavior in the Lebanese Context

By looking through the variety of theoretical frameworks and operational definitions and by examining the role of co-parenting in relation to marital satisfaction through different cultural contexts, one could say that further investigation regarding the definitions of these constructs should be examined in Lebanon and the Arab world. The main question is that would one expect

the same conceptualization of co-parenting that is found in the West to be present in Lebanon as well?

With the lack of theoretical frameworks that measure gender role attitudes in the Arab world and lack of credible and reliable cultural conceptualization of co-parenting, it was difficult to measure the association between these two variables in relation to marital satisfaction with comparison to the West. One study on Arab families in occupied territories in Palestine focused on the economic and sociocultural changes that Israel has passed through during the last decade which allowed some Arab families to reform their gender role values and co-parenting practices (Khoury-Kassabri, Schwartz, & Zur, 2014). Study findings showed that women reported less self-efficacy in raising children and lower marital satisfaction in correlation with less agreement on parenting styles and low involvement of the father in co-parenting methods and sharing of responsibilities (Khoury-Kassabri, Schwartz, & Zur, 2014). In this study, co-parenting is defined in reference to a westernized definition of the construct (Feinberg, 2003) as parents sharing of responsibilities, support for each other, and coordination of their parenting efforts (Khoury-Kassabri, Schwartz, & Zur, 2014). Even though occupied territories in Palestine are subjected to urbanization and evolutionary changes with regard to gender role norms, the studied sample constituted of Arab families that are high on collectivism and endorsement to masculinity (Khoury-Kassabri, Schwartz, & Zur, 2014); this made the applied definition of the construct ‘co-parenting’ irrelevant to the importance of cultural beliefs on this topic.

According to Hofstede, Lebanon is an Arab country that is high on masculinity and is considered to be a patriarchal society (based on Geert Hofstede scale available online) (Hamieh & Usta, 2011). Even though in comparison to the west, Lebanon is considered traditional, it seems that in comparison to other Arab countries, Lebanon appears to be more Westernized

(Stets & Burke, 2015). Due to these findings, it was important to examine the endorsement of masculinity and femininity in Lebanon within spouses' themselves as urbanization is shifting part of the society away from traditionalized roles. In a context that is highly endorsed on masculinity, taking the kids to school in the morning could be enough to be considered as co-parenting within the perception of one of the couples or both of them. While on the other hand, it could be considered insufficient for other spouses.

Future research should be directed towards examining the relation between the variables gender role attitudes and co-parenting to marital satisfaction, narratives of Arab individuals are required in determining an accurate conceptualization of these variables. Constructed interviews with Arab individuals should investigate the notion of co-parenting in the sense of how the construct is perceived, how it is identified, and how it is understood. Data from surveys and questionnaires on the construct of gender role attitudes, expectations, and differentiations among genders paved the way to a better understanding of the context of the Arab world in the future.

Hypotheses

Based on the above discussed review of literature, the following 2 hypotheses were examined:

Hypothesis 1 (H1). Higher scores in alignment in gender role attitudes between spouses will positively predict marital satisfaction and vice versa.

Hypothesis 2 (H2). Higher scores in alignment on views on co-parenting behavior between spouses will positively predict marital satisfaction and vice versa.

Chapter 3

Methodology

This chapter aimed to cover the design of the study, a description of the participants and their inclusion criteria, the instruments used as well the procedure of the study including the ethical approval and ethical concerns.

Research Design

The design of the study was quantitative and targeted Lebanese married couples residing in Lebanon. Participants were asked to fill out an online survey that was composed of a demographic sheet and three questionnaires measuring the variables of the study (marital satisfaction, gender role attitudes, and co-parenting behavior).

Participants

For this study, participants were recruited based on a non-probability sampling method including purposeful and snowball sampling. Once approved by the Social and Behavioral Sciences (SBS) Ethics Committee at Haigazian University (HU), the study was announced online using various social media platforms (Instagram, WhatsApp, and Facebook). The inclusion criteria for this study were being Lebanese residing in Lebanon, married with at least one child, above 18 years old, and residing with your partner.

Using Andy Field's calculation (Field, 2014) and since the number of predictors in the study was 2, expecting a small effect size would yield a sample size of 476. However, due to time constraints, the number was considered too high to achieve. Thus, assuming a medium effect size, the sample size would become 85. Consequently, to balance between the time

available, having an adequate number of participants and accounting for any missing data, the target sample size was set to 150; equating to 75 couples. Despite the initial target sample size, the study was only able to attain a sample $N = 144$.

Instruments

This study included a demographic form and three questionnaires measuring the variables of interest (marital satisfaction, gender role attitudes, and co-parenting), as well as a purpose of the research form and consent form. It is noteworthy that the scales were translated and back-translated to Arabic.

Demographic Sheet. The demographic sheet included twelve questions pertaining to the following demographic variables: similar code between couples (Initial and last letter of the family name in addition to the number of children) in order to be able to match responses, age, gender, religion, area of residency in Lebanon, length of residency in Lebanon, educational level, employment status, monthly salary, years of marriage, number of children, and age of each child.

The Quality of Marriage Index (Norton, 1983)

Based on Li and Fung's global evaluation of marital satisfaction through emphasis on different goals through different stages of marriage, the recommended measure is found to be The Quality of Marriage Index (QMI) (Li & Fung, 2011). The QMI is a brief self-report instrument that measures marital quality. The scale consists of 6 positively worded items that are rated on a 10-point Likert scale, ranging from 1 to 10 for the last item, and on a 7-point Likert scale, ranging from 1 to 7 for the other five items. Total scores range from 6 to 45, with higher scores reflecting better marital quality (Maroufizadeh et. al, 2019). The QMI demonstrated excellent internal consistency ($\alpha = 0.922$), all inter-item correlations and item-total correlations were also within

acceptable range, indicating good internal consistency. These findings are in line with what was reported in previous studies (Maroufizadeh et. al, 2019).

Gender Role Attitudes Scale (GRAS; Hoffman & Kloska's, 1995)

Gender Role Attitudes Scale was used to measure spouses' gendered attitudes toward marital roles. This scale includes 38 items and includes 5 dimensions (egalitarian gender roles, female gender roles, marriage gender roles, traditional gender roles and male gender roles) (Hoffman & Kloska's, 1995). Participants will be asked on a 5-point scale the extent to which they strongly disagree to strongly agree with statements such as "Men should make the really important decisions in the family." Participants' scores will be averaged across six items with higher scores indicating more sex-typed gender role attitudes. GRAS was found to be highly reliable with an alpha coefficient .99 (Garcia-Cueto et al., 2015). This scale was also reported to possess good validity in previous research (Adams et al., 2007; Wheeler et al., 2010).

An additional likert scale (ranging from 1= disagree to 5 =strongly agree) was added to the questionnaire which asked participants to rate the extent to which their gender role attitudes are aligned with those of their spouses.

Co-parenting Relationship Scale (CRS; Feinberg, Brown & Kan, 2012)

The Co-parenting Relationship Scale (CRS; Feinberg, Brown & Kan, 2012) is a comprehensive self-report measure of the quality of co-parenting in a family (Feinberg, Brown & Kan, 2012). Psychometric evaluation of this scale finds that it demonstrates good reliability, good stability, can be flexible in using either a short or long versions, and is positioned to promote further conceptual and methodological progress in the study of co-parenting (Feinberg et. al, 2012).

An additional likert scale (ranging from 1= disagree to 5 =strongly agree) was added to the questionnaire which asked participants to rate the level of co-parenting that they perceive to be aligned with their spouse.

Procedure

This study was submitted to the SBS Ethical Committee at HU for ethical approval. After receiving the committee's approval, the study was announced online using various social media platforms (Instagram, WhatsApp, and Facebook). The announcement of the study included the below text both in English and Arabic:

Hi, I am Rania Haj Ibrahim a graduate student at Haigazian University from the Faculty of Social and Behavioral Sciences. I am currently carrying out a research study titled "Gender Role Attitudes and Co-parenting Behavior in Relation to Marital Satisfaction Among Married Couples in Lebanon". Kindly fill this study if you are Lebanese, married, have at least one child, and residing in Lebanon with your partner. Please, note that it is important that both you and your spouse fill out two forms each on his own; you are advised to fill them separately for confidentiality purposes; your participation is voluntary and confidential; neither one of the couple will have access to the data of the other.

The announcement also included the link to google forms' both English and Arabic versions. Participants who read the announcement and found themselves interested in the study pressed on the presented google form link and were directed to the following informed consent (Participants Consent Form). The informed consent included detailed information on the aims of the study, study procedure including methodology of recruitment, inclusion criteria, associated risks and benefits of participation, privacy and confidentiality, and participants' rights (voluntary

participants and right of termination). It also included details on the coding procedure and its purpose; partners were re-assured of confidentiality and encouraged to fill in surveys separately from their spouses in order to maintain non-biased responses. Interested participants who voluntarily agreed to be part of the study, after reading the informed consent form, were directed to complete the online survey. The online survey included a demographic sheet and three questionnaires (Marital satisfaction, gender role attitudes, and co-parenting).

Ethical Considerations

Before data collection, the study protocol was submitted to the SBS Ethical Committee at HU for ethical approval. In addition, interested participants were asked to read a detailed informed consent form that detailed the aims of the study, study procedure including methodology of recruitment, inclusion criteria, associated risks and benefits of participation, privacy and confidentiality, and participants' rights (voluntary participants and right of termination). Since couples are required to fill in the questionnaire, an extra text was added to reassure for confidentiality of answers:

If you choose to participate in this research study, both you and your spouse will be asked to fill in a survey and a demographic each on his own. For coding purposes and in order to measure alignment in views among couples, you will be asked to provide the first and last letter of your family name (family name after marriage for the wife) in addition to the number of children you have. You are advised to fill in the surveys separately for confidentiality and non-biased responses purposes. Neither one of the couple will have access to the data submitted by the other. Participation is voluntary, confidential, and anonymous. Your name or any other identifying information will not be asked.

As the study is voluntary and explains everything in detail, couples will have the freedom to choose whether to participate or not. It was also mentioned in the participant information letter that measures will be taken to ensure that data will not be traced back to participants. The data retrieved from the online survey were stored on the researcher's laptop using a password-encrypted file that will be destroyed after a period of ten years.

Design and Statistical Analysis

Analyses incorporated descriptive statistics (frequency, mean, standard deviation) and inferential statistics. Pearson Correlation Coefficient “r” and multiple regression analyses were used to test if each of alignment in co-parenting behavior and in gender roles predicts marital satisfaction. Independent t-tests was used to compare the level of marital satisfaction across couples that report alignment in their co-parenting and in their gender roles and across those who report no alignment. T-tests and Analysis of variance (ANOVA) was be used to calculate differences in the study variables across demographic characteristics. Analysis was conducted using SPSS. Alignment in co-parenting and alignment in gender role attitudes between couples was measured by matching the code of the couples of each of the variables and calculated the average of the two scores. When the average of the score on alignment on both variables was above the average (co-parenting above 3 [3= neutral rating], and gender role attitudes above 4 [4= neutral rating], this indicated alignment because higher scores designate higher score on the variables. Scores on alignment in co-parenting and alignment in gender roles were also calculated based on the self-perception reports by participants to the added questions on the gender role and co-parenting scales “Do you believe that your view on gender role attitudes are aligned with that of your partner?, Do you believe that your view on co-parenting behavior are aligned with that of your

partner?." Given that this scale is measured on a likert scale "1= strongly disagree to 5=strongly agree", scores that above average (mean (M)=3) signified alignment.

Chapter 4

Results

Sample Descriptives

Table 1

Individual demographic characteristics as a percentage of the sample (N =144)

<i>Characteristics</i>	<i>N (Percentage)</i>
<i>Gender</i>	
<i>Female</i>	79 (54.9%)
<i>Male</i>	65 (45.1%)
<i>Religion</i>	
<i>Muslim</i>	110 (76.4%)
<i>Christian</i>	27 (18.8%)
<i>Druze</i>	4 (2.8%)
<i>Other</i>	1 (0.7%)
<i>Age</i>	
<i>Born in the 1990's</i>	57 (39.5%)
<i>Born in the 1980's</i>	69 (47.9%)
<i>Born in the 1970's</i>	13 (9.2%)
<i>Born in the 1960's</i>	5 (3.4%)
<i>Area of residency in Lebanon</i>	
<i>Beirut</i>	27 (18.8%)
<i>Bekaa</i>	28 (19.4%)
<i>Mount Lebanon</i>	8 (5.6 %)
<i>North Lebanon</i>	5 (3.5%)
<i>Nabatieh</i>	4 (2.8%)
<i>South Lebanon</i>	72 (50 %)
<i>Length of residency in Lebanon</i>	
<i>1-5 years</i>	4 (2.8%)
<i>6-10 years</i>	3 (2.1%)
<i>11-15 years</i>	2 (1.4%)
<i>More than 20 years</i>	135 (93.8%)
<i>Academic Degree</i>	
<i>Below high school</i>	4 (2.8%)
<i>High school</i>	11 (7.6%)
<i>Bachelor's degree</i>	58 (40.3%)

<i>Master's Degree</i>	63 (43.8%)
<i>Doctorate Degree</i>	7 (4.9%)
<i>Employment Status</i>	
<i>Employed for wages</i>	81 (56.3%)
<i>Self-employed</i>	41 (28.5%)
<i>Looking for work</i>	3 (2.1%)
<i>Out of work but not looking for work</i>	5 (3.5%)
<i>Homemaker</i>	7 (4.9%)
<i>Student</i>	1 (0.7%)
<i>Military</i>	5 (3.5%)
<i>Retired</i>	1 (0.7%)
<i>Salary</i>	
<i>Less than \$500</i>	21 (14.6%)
<i>\$500-\$1000</i>	24 (16.7%)
<i>\$1000-\$1500</i>	18 (12.5%)
<i>\$1500-\$2000</i>	18 (12.5%)
<i>\$2000-\$2500</i>	14 (9.7%)
<i>\$2500-\$3000</i>	9 (6.3%)
<i>More than \$3000</i>	25 (17.4%)
<i>Missing</i>	15 (10.4%)
<i>Years of marriage</i>	
<i>1-5 years</i>	67 (46.5%)
<i>6-10 years</i>	30 (20.8%)
<i>11-15 years</i>	24 (16.7%)
<i>16-20 years</i>	12 (8.3%)
<i>More than 20 years</i>	11 (7.6%)
<i>Number of children</i>	
<i>1</i>	69 (47.9%)
<i>2</i>	50 (34.7%)
<i>3</i>	20 (13.9 %)
<i>4</i>	5 (3.5%)

Preliminary Analysis

Prior to analysis, data were checked for accuracy of entry and missing values. Missing values were found in the marital satisfaction questionnaire, co-parenting questionnaire, and gender- role scale. All items on all scales included 1 missing value, yet item 3 of the marital

satisfaction scale, items 1, 3 and 6 of female gender roles subscale, item 4 of the marriage gender roles, item 5 of the traditional gender role and item 21 and 30 of co-parenting items, were found to include 4 missing values. Since the missing values did not exceed the 5% cutoff on each of the variables mentioned (Tabachnik & Fidell, 2013), replacing or accounting for missing values was not considered. 22 submitted forms did not have a matching code due to missing data entry from one of the partners (especially husbands); some partners filled submitted forms with mismatching codes which yielded to a smaller sample size. Due to the small sample size and lack of credible methodology from previous studies to calculate alignment in scores, results yielded to be insignificant. Results depended only on the findings calculated from the self-perception reports of participants as individuals rather than as couples.

Outliers

Univariate outliers were examined for the marital satisfaction scale, co-parenting scale and gender-roles scale. Outliers were checked using z-scores and all values exceeding the absolute value of ± 1.96 were considered outliers significant at the 95th confidence interval. No outliers were found on the marital satisfaction scale. Six outliers were found on the gender role scales, $Z = -2.97$, $Z = -2.23$, $Z = -2.17$, $Z = 2.08$, $Z = 2.16$ and $Z = 2.17$. These outliers accounted for .7%, 1.4%, 2.1%, .7%, .7%, .7% 8.5% which are less than 5% of what is expected in the normal distribution. Because outliers are considered natural occurrences in all data sets and because the z-scores did not exceed the cut off 2.58 at the 99th confidence interval except for one, it was not considered a major outlier and was not removed accordingly. Another outliers were found on the co-parenting scale $Z = -2.89$, $Z = -2.64$, $Z = -2.60$, $Z = -2.25$, $Z = -2.10$ and $Z = -2.10$. These outliers were retained because their percentage, .7%, 1.4%, 2.1%, 2.8% and 4.2%, respectively,

were below the 5% of what is expected in the normal distribution, and these respective outliers were retained as they are considered as natural occurrences in all data sets.

Normality

Normality of the data for all continuous variables was checked through the Kolmogorov-Smirnov test. KS test was performed to test for normality. The KS tests produced significant results for Marital Satisfaction ($D(143) = .139, p = .00$), and for the co-parenting ($D(143) = .052, p = .001$), indicating that normality was not assumed for both variables. The KS tests also produced non-significant results for gender roles ($D(143) = .052, p = .200$), indicating that normality was assumed. However, given that the sample is large enough ($n > 30$), the production of significant deviation was not accounted for (Field, 2013).

Reliability Analysis

Internal consistency for the Marriage Index Scale, Gender-roles attitude scale and the co-parenting relationship scale were assessed through Cronbach's alpha and are presented in Table (2). Reliability of Marriage Index Scale was very high ($\alpha = .96$), Gender-roles attitude scale was moderate ($\alpha = .67$) and the co-parenting relationship scale was high ($\alpha = .75$). The internal consistencies for the scale are found in Table 2.

Table 2

Reliability coefficients of the Scales (α)

<i>Scales</i>	<i>Cronbach alpha (α)</i>
<i>Marital Satisfaction Index</i>	<i>.96</i>
<i>Gender Role Attitude Scale</i>	<i>.67</i>
<i>Co-Parenting Scale</i>	<i>.75</i>

Main Analysis

Hypothesis Testing. A multiple regression analysis was conducted to investigate if co-parenting behavior, alignment in co-parenting behavior, gender role attitudes and alignment in gender role attitudes predict marital satisfaction. When all variables of the study were entered into the multiple linear regression using the enter method, the multiple linear regression equation was found to be significant ($F(9, 133) = 37.42, p = .00, R^2 = .717, R^2_{Adjusted} = .698$). Significant results were obtained for the following predictions: (1) co-parenting predicts marital satisfaction (2) alignment in co-parenting behavior predicts marital satisfaction (3) alignment in gender role attitudes predicts marital satisfaction. Specifically, results indicated that co-parenting positively predicted marital satisfaction ($Beta = .723, t(142) = 12.578, p = .000$); indicating that one standard unit increase in co-parenting score, marital satisfaction increases with .723 standard

unit). Results further indicated that alignment in co-parenting and alignment in gender role attitudes both positively predicted marital satisfaction (Beta = .352, $t(142) = 3.982$, $p = .000$; Beta = .369, $t(142) = 4.17$, $p = .000$), indicating that with one standard unit increase in alignment in co-parenting score and with one standard unit increase in alignment in gender role attitudes, marital satisfaction increases with .352 standard unit and .369 standard unit. These two findings support the hypotheses: **(H1)**. Higher scores in alignment in gender role attitudes between spouses will positively predict marital satisfaction and vice versa, and **(H2)**. Higher scores in alignment on views on co-parenting behavior between spouses will positively predict marital satisfaction and vice versa.

Table 3

The coefficients of the independent variables

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	-1.724	1.124		-1.535	.127
Co-parenting	1.902	.151	.723	12.578	.000
Gender roles Attitudes	-.460	.297	-.089	-1.550	.123
Alignment in Co-parenting	.551	.132	.369	4.168	.000
Alignment in Gender roles	.473	.119	.352	3.982	.000

*Dependent Variable: Marital Satisfaction

Additional Analysis

Marital Satisfaction Correlational Analysis. Correlations between co-parenting score, alignment in co-parenting behavior, gender-role attitude score, alignment in gender-roles and gender-roles subscales (Egalitarian gender roles, female gender roles, marriage gender roles, male gender roles and traditional gender roles) and marital satisfaction were calculated. A negative correlation was obtained between male gender roles subscale and marital satisfaction ($r = -.213, p < .01$); indicating that those higher on male gender roles had lower levels of marital satisfaction. A negative correlation was also obtained between traditional gender roles and marital satisfaction ($r = -.336, p < .01$); indicating that those higher on traditional gender roles had lower levels of marital satisfaction. The same pattern was observed for marriage gender roles whereby a negative correlation was obtained between this variable and marital satisfaction ($r = -.296, p < .01$); indicating that those higher on marriage gender roles had lower levels of marital satisfaction. A positive correlation was obtained for egalitarian gender roles and marital satisfaction ($r = .549, p < .01$) which indicates that higher scores on this variable are related to higher levels of marital satisfaction. Furthermore, high significant correlation was obtained for the relationship between co-parenting and marital satisfaction ($r = .549, p < .01$), indicating that higher scores in co-parenting are related to higher levels of marital satisfaction. Specifically, results also revealed significant correlations between alignment in co-parenting ($r = .549, p < .01$) and alignment in gender roles ($r = .549, p < .01$) with marital satisfaction; indicating that higher scores in alignment on both variables for both partners is related to higher scores on marital satisfaction. Check table 4.

Table 4

Correlations Between Study Variables

 Marital Satisfaction

Male Gender Roles	.376**
Traditional Gender Roles	.336**
Marriage Gender Roles	-2.96**
Egalitarian Gender Roles	.547**
Co-parenting	.729**
Alignment in co-parenting	.607**
Alignment in Gender Roles	.602**

** . Correlation is significant at the 0.01 level (2 tailed)

Analysis of variance. A series of Analyses of variance (ANOVA) and post hoc comparisons were conducted to examine the differences of gender roles, alignment in gender roles, co-parenting, alignment in co-parenting, and marital satisfaction across demographics. Results indicated that gender roles ($F(5,137) = 3.111, p = .001$), co-parenting alignment ($F(5, 137) = 4.239, p = .001$) and gender-roles alignment ($F(5, 135) = 4.533, p = .001$) were significantly different across region such as those who are in Beirut ($M = 2.96, SD = 1.28$) and Nabatieh ($M = 2.98, SD = .31$) scored higher on gender roles as compared to those who reside in South Lebanon ($M = 2.87, SD = .30$), North Lebanon ($M = 2.89, SD = .32$), Mount Lebanon ($M = 2.86, SD = .12$) and Bekaa ($M = 2.68, SD = 1.25$). As for those who are in South ($M = 3.97, SD = 9.19$), Bekaa ($M = 3.71, SD = 1.19$), North Lebanon ($M = 3.50, SD = 1.29$) and Mount Lebanon ($M = 3.29, SD = 1.19$), they scored higher on co-parenting alignment as compared to those who reside in Nabatieh ($M = 2.75, SD = 1.5$) and Beirut ($M = 2.96, SD = 1.19$). Participants residing in North Lebanon ($M = 4.25, SD = .5$) scored higher on gender role alignment as compared to those residing in Mount Lebanon ($M = 3.33, SD = 1.038$), Beirut ($M = 3.04, SD = 1.108$), Nabatieh ($M = 3.00, SD = 1.192$) and South Lebanon ($M = 2.92, SD = 1.038$). Significant differences were

found on co-parenting ($F(4, 138) = 6.820, p = .001$), co-parenting alignment ($F(4, 137) = 3.830, p = .001$), and gender role alignment ($F(4, 136) = 3.555, p = .009$), across years of marriage.

Those with marriage years between 1-5 years ($M = 4.69, SD = .50$) and more than 20 years marriage ($M = 4.43, SD = .29$) scored higher on co-parenting as compared to those whose marriage is between 6-10 years ($M = 4.19, SD = .60$), 11-15 years ($M = 4.25, SD = .66$) and 16-20 years ($M = 4.15, SD = .43$). Similarly, among those who were married between 1-5 years ($M = 3.94, SD = 1.006$) and more than 20 years ($M = 3.91, SD = .94$) scored higher on alignment in co-parenting as compared to those who are married between 11-15 years ($M = 3.65, SD = 1.25$) followed by those who are married between 6-10 ($M = 3.17, SD = 1.23$) and 16-20 ($M = 3, SD = .85$).

Significant differences were found in co-parenting ($F(6, 121) = 2.487, p = .021$) across income salary, with those with a salary between 2000-2000\$ ($M = 4.80, SD = .74$) and more than 3000\$ ($M = 4.17, SD = .74$) reporting higher scores on co-parenting as compared to those who have a salary income between 500-1000\$ ($M = 4.38, SD = .62$), between 1500-2000\$ ($M = 4.33, SD = .29$) and between 1000-1500\$ ($M = 4.23, SD = .50$). Similarly, significant differences were found in alignment in gender ($F(6, 119) = 2.948, p = .01$) across income salary, with those with a salary less than 500 ($M = 4, SD = .77$) and more than 3000\$ ($M = 3.88, SD = .83$) reporting higher scores on alignment in gender roles as compared to those who have a salary income between 500-1000\$ ($M = 3.65, SD = 1.07$), between 1500-2000\$ (1000-1500\$ ($M = 3.33, SD = 1.08$), and between 1500-2000\$ ($M = 2.94, SD = 1.92$). Further findings indicated that scores on gender roles significantly differed across religion (Muslim versus Christian versus other) ($F(3, 137) = 3.206, p = .025$), such Muslims score higher on gender roles attitudes ($M = 2.89, SD = .283$) as compared to ($M = 2.77, SD = .283$) and Christian ($M = 2.70, SD = .34$).

Chapter 5

Discussion

The primary objective of the research at hand was to study the factors that predict marital satisfaction among a sample of Lebanese married couples. Specifically, the aim was to investigate the alignment in views on gender role attitudes and co-parenting behavior in relation to marital satisfaction. Following data analysis, the results presented in Chapter 4 are discussed in this chapter in relation to the relevant literature. Additionally, we offer a thorough examination of the study's limitations, clinical implications, and recommendations for further research.

Interpretation of the Findings

Alignment in Views on Gender Role Attitudes

The first hypothesis was that higher scores in alignment on views on gender role attitudes between spouses will positively predict marital satisfaction and vice versa. This hypothesis was supported in this study as partners in alignment on views on gender role attitudes were found to have higher scores on marital satisfaction and vice versa. This is consistent with previous research indicating that alignment in gender-related attitudes between partners increase compatibility in daily interactions and reduce conflict occurrences and thus benefiting the relationship (Chi et al., 2013). Significant results on alignment in gender-role attitudes supported the first hypothesis and is in accordance with previous research indicating that couples who are congruent and aligned in their views reported higher marital satisfaction (Helmes et al., 2006).

According to previous findings, alignment in views predicts higher marital satisfaction due to the satisfaction found within couples in knowing that one's partner holds views and behaviors that are consistent with one's preferences. Similarity in views provides confirmation

and support for one's self concepts and thus predicts higher relationship satisfaction (Wood et al., 2015).

Results have also supported the second part of the hypothesis which stated that lower scores in alignment in gender role attitudes will positively predict marital dissatisfaction. This is consistent with previous findings stating that there might be irreconcilable tension between partners who are incongruent on their views on gender-role attitudes (Cao et al., 2019). This study by Cao and colleagues focus specifically on the marital dissatisfaction between modern wives and traditional husbands stating that husbands with "conservative" attitudes are likely to feel threatened and irritated by their wives' "liberal" views and their actions that strive for change (Cao et al., 2019). Lack of alignment in views on gender role attitudes may produce tension, more friction, and added stress to spouses thus experiencing lower marital satisfaction (Cao et al., 2019). In other words, alignment in views on gender role attitudes might allow spouses to agree on aspects in their marriage that are related to gender roles which in turn eases their way to a better marriage.

Alignment in Views on Co-parenting Behavior

The second hypothesis was that higher scores in alignment on views on co-parenting behavior between spouses will positively predict marital satisfaction and vice versa. This hypothesis was supported in this study as partners in alignment on views on co-parenting behavior were found to have higher scores on marital satisfaction and vice versa. This is consistent with previous research finding that greater co-parenting alliance is associated with higher marital satisfaction due to the indication that cooperation and mutual understanding lead to shared experiences among couples (Kwok et al., 2015). Alignment in views on co-parenting behavior shows that parents who agree on how to raise a child, offer support and encouragement

in times of stress, and respect each other's rules may feel like they are part of a coherent team (Don et al., 2013).

Previous findings have shown that co-parenting allows partners to benefit from the positive aspects of parenting like enjoying time with their child, feeling confident as a parent, and bonding together as a family. Sharing responsibilities allow parents to buffer some of the stress experienced by parenthood and thus resulting in higher levels of relationship quality (Waller, 2012).

Results have also supported the second part of the hypothesis which stated that lower scores in alignment in co-parenting behavior will positively predict marital dissatisfaction. These results are in accordance with previous research indicating that different views on parenting styles and behaviors and diverse values regarding co-parenting often trigger parental conflict and thus affect family harmony which in turn leads to lower marital satisfaction levels (Kwok et al., 2015). In other words, this hypothesis supports the theoretical framework by Peplau that states that consensus about roles is optimal and that incongruence within couples is likely to result in relationship dissatisfaction (Helms et al., 2010).

Egalitarian Gender Role Attitudes and Marital Satisfaction

Results from the study have shown that egalitarian gender role attitudes are highly correlated with marital satisfaction which answers the third research question in this study. This result is supported by previous research that focuses specifically on the views of the father rather than the mother. Fathers who are endorsed on egalitarian ideologies regarding gender roles, tend to engage in behaviors that promote equality in relationships (e.g., sharing domestic labor, distribution of responsibilities etc.) and thus reducing the stress experienced by wives who are burdened with responsibilities (Cao et al., 2019). Husbands who are considered “modern” and

egalitarian in their views are less likely to view their identities threatened by equality in relationships. Another study has found that women who are endorsed on egalitarian gender role attitudes and who have husbands that are congruent in their beliefs tend to report less marital stress and more satisfaction (Kim et al., 2016). This is also consistent with the findings from Choi and colleagues' study which entailed that individualistic and less traditional family values were positively correlated with less stress and in turn lead to higher marital satisfaction levels (Choi et al., 2009).

Results did not show correlational relationship between traditional gender role attitudes and marital satisfaction.

Co-parenting Behavior and Marital Satisfaction

Results from this study showed that co-parenting behavior is highly correlated with marital satisfaction which answers the fourth research question stated in this study 'How does an individual's view on co-parenting predict marital satisfaction?'. This finding is consistent with previous findings indicating that successful co-parenting is in association with higher marital satisfaction levels while poor co-parenting is more likely associated with lower marital satisfaction levels (Kwok et al., 2015). Co-parenting might indicate that there is mutual understanding and cooperation among couples when it comes to sharing responsibilities, supporting each other, and encouraging each other in the parenthood aspect. This shared experience among couples is found to be correlated with higher marital satisfaction levels and less parental stress (Kwok et al., 2015).

Co-parenting Behavior, Gender Role Attitudes and Years of Marriage

Results from this study showed that the mean of co-parenting scale was highest among couples who were married from one to five years and couples who married for more than 20

years. Interestingly, alignment in views on co-parenting behavior and gender role attitudes were highest among couples who were married from one to five years and couples who married for more than 20 years too. This finding is consistent with one previous finding which indicates that initially individuals tend to be paired or marry a spouse whose basic relationship standards (e.g. co-parenting views) tend to be similar to their own based on the assumption that similarities in views would maximize coherence in their relationship (Chi et al., 2013). Chi and colleagues also suggest that longer years of marriage give time to spouses to influence each other's beliefs about certain desirable characteristics in the relationship and thus fostering more similar standards (Chi et al., 2013).

In other words, during early years of marriage in which spouses selected one another based on similar standards, marital satisfaction levels could be high. Also, longer marriage years could allow partners to convert their standards over time in order to achieve more coherence in the relationship. Findings on this correlation are still modest and further research is required to examine factors related to years of marriage in relation to marital satisfaction.

Co-parenting Behavior and Socio-economic Status

Results from this study showed that the mean of co-parenting behavior was highest among couples who get paid above \$3000 and between \$500 and \$1000 per month. Also, results showed that alignment in views on co-parenting behavior were highest among couples who get paid between \$2000 and \$2500, more than \$3000, and less than \$500 per month. With the uprise of the economic crisis in Lebanon, minimal to none current and updated studies have examined the constitutions of different economic statuses with regard to salary and monthly income. There are many factors that affect the sufficiency of monthly salaries like number of children, lifestyle, savings accounts, multiple incomes and more. So, with no evidence to back up this finding, it is

difficult to define what is considered a high salary and what is considered a low one. In this study we managed to list incomes in an ascending order starting from the minimum which is less than \$500 to the maximum which is more than \$3000.

Results that showed the more the income the higher the alignment in views on co-parenting which predict marital satisfaction and that co-parenting is highest among people with higher income is in accordance with a previous finding. Findings from a previous study have shown that household income might enhance marital satisfaction by the availability of more resources and less financial problems which in turn decrease money-related marital conflicts leading to higher levels of marital satisfaction in the family (Kwok et al., 2015). However, there were no previous findings consistent with the results from this study that show that people with lower income are higher on co-parenting alignment and thus higher on marital satisfaction.

Conclusion

Taken together, the results of the study at hand supported the two hypotheses suggested. It was shown that higher alignment in views on co-parenting and gender role attitudes predicted marital satisfaction and vice versa. Results have also given answers to the suggested research questions by showing that egalitarian gender role attitudes are highly correlated with marital satisfaction and co-parenting behavior is highly correlated with marital satisfaction. However, findings did not show any correlation between traditional gender role attitudes and levels of marital satisfaction and did not specify exactly which parts in co-parenting behavior are related to marital satisfaction.

All in all, regardless of the correlational aspects among egalitarian gender roles and co-parenting with marital satisfaction, congruence in beliefs seems to be the most important aspect. Incongruence and lack of alignment in views on gender role attitudes and co-parenting predict

marital dissatisfaction. The importance of alliance that is found in this study is consistent with Peplau's theory that indicates that when couples share congruent beliefs on important aspects of life, such as core values, goals, and expectations, it can contribute to higher marital satisfaction levels (Helms et al., 2010).

Findings from this study shed light on the Lebanese context by examining responses on new variables such as co-parenting and gender role attitudes. Correlation between egalitarian views and marital satisfaction found in the results could be an eye-opener to the Lebanese community when it comes to embedding 'modernized' views on gender role attitudes and how they could lead to better relationships and higher marital satisfaction levels.

Limitations

It is vital to take into consideration the number of limitations that accompanied this study. First of all, although a social desirability scale was used and the anonymity and privacy of the responding were applied with caution, collection of data based on questionnaires can still bias the results as the participants might not answer the questions truthfully or with seriousness. Also, the participants were recruited through convenience and snowball sampling method; this is a threat to external validity that most certainly limits the generalizability of the results since the participants' involvement in the study was not assigned randomly.

Another limitation was that not all couples were filling in the survey thus yielding to a small sample size. A number of spouses filled in data without having their partner filling it too and some couples used different codes. It was difficult to attain missing data or match the correct couples together for confidentiality purposes.

One of the most influential limitations in the present study was the use of instruments developed in a Western context to assess constructs in a non-Western population, Lebanon. Only the gender

role scale was developed in an Arab context. All the scales were translated into Arabic to ensure the cultural relevance of the scales in the Lebanese context. However, the psychometric soundness was not met for all scales; thus, influencing the way the variables were measured.

Clinical Implications

The present research, therefore, contributed to a growing body of literature shedding light on the construct of co-parenting that was not examined in Lebanon before and relating gender role attitudes and co-parenting with marital satisfaction in a new context. Findings from this study will guide counselors, psycho-therapists, couple therapists, and clinicians in the mental health field working with couples in Lebanon in assessing differences in core values such as gender role attitudes and co-parenting in predicting marital dissatisfaction. Awareness on areas of differences and similarity could be a logical first step for partners to start working towards consensus, acceptance of differences, and agreement in order to resolve conflict (Chi et al., 2013).

Since marital satisfaction is found closely related to one's physical and mental health, as well as family functioning, it is essential to sustain or work towards marital satisfaction consistently (Kwok et al., 2015). Results from this study have paved the way for couples to start investing in their relationships by looking at alliances in their beliefs on gender role attitudes and co-parenting behavior. Couples could begin by addressing main questions such as: How do you view your role in the marriage and does this role meet the expectation of your partner? How do you view your co-parenting role in the marriage and does this perception align with that of your partner?

Another clinical implication of these findings could direct mental health practitioners who work with couples and families to conduct workshops promoting mutual communication and understanding between spouses on parental issues and learning how to develop common goals in order to reach consensus on core beliefs such as gender role attitudes and co-parenting behavior. Additionally, family-based interventions could target co-parenting alliance to improve marital satisfaction and thus leading to better communication skills among parents, reduction of parenting-related marital conflict, and enhancement of problem solving techniques.

Future directions

Despite the limitations, this research can be seen as a first step towards examining the role of alignment in views on gender role attitudes and co-parenting behavior in predicting marital satisfaction among married couples residing in Lebanon. However, to better understand the construct of co-parenting in Lebanese culture, it is important to develop culturally appropriate scales that stem from the Lebanese definition of the co-parenting construct.

It is found that gendered norms still limit fathers' involvement in co-parenting behavior such as feeding, soothing, bathing as they are considered the women's task (Kwan et al., 2015). Thus, the importance of examining the construct more in depth with regard to cultural differences between the west and the Lebanese or Arab contexts. It is also important to focus on the fathers' involvement by addressing what is considered accepted and normal by gender role attitudes in Lebanese culture. Future research should target division of labor, expected roles of both parents, basic and specific tasks in the Lebanese culture and then relate them to marital satisfaction.

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Appendix A

Participant Information letter

Dear Ms./Mr.

I am Rania Haj Ibrahim a student at Haigazian University from the Department of Social and Behavioral Sciences. I am currently carrying out a research study titled Gender Role Attitudes and Co-parenting Behavior in Relation to Marital Satisfaction Among Married Couples in Lebanon advised by Dr. Hanine Hout.

You are being asked to take part in this study in order to examine how alignment in gender role attitudes and views on co-parenting behavior are related to marital satisfaction in the context of Lebanon. The role of culture and how identification of each gender roles and co-parenting will be also examined for exploratory purposes.

Kindly read the below information to decide whether you would like to participate in this research study.

Purpose of the Research Project

This research study aims to investigate gender role attitudes and co-parenting behaviors of a couple in relation to marital satisfaction in the Lebanese context in a survey design research. The purpose of this study is to examine the roles of gender attitudes and views on co-parenting behavior by focusing on the alignment of these views among couples; alignment and dis-alignment of views will be studied in relation to marital satisfaction and dissatisfaction respectively.

Married couples in Lebanon will have access to empirical findings that will assist them in understanding the foundations of their relationship and the factors that play a role in either enhancing or decreasing its quality. Couples with opposing views on gender roles and co-

parental aspects will have insight on how differences in egalitarian views and traditional ones affect the quality of the relationship.

This study will contribute towards the partial fulfillment of my academic study requirements at Haigazian University.

What will I be asked to do?

- If you choose to participate in this research study, both you and your spouse will be asked to fill in a survey and a demographic each on his own. For coding purposes and in order to measure alignment in views among couples, you will be asked to provide the first and last letter of your family name (family name after marriage for the wife) in addition to the number of children you have. You are advised to fill in the surveys separately for confidentiality and non-biased responses purposes. Neither one of the couple will have access to the data submitted by the other. Participation is voluntary, confidential, and anonymous. Your name or any other identifying information will not be asked.
- You are free to withdraw anytime without having to give any reason for your withdrawal.

What are my rights?

- Participation in this study is completely voluntary, anonymous and confidential. Your name or any other identifying information will not be asked.
- Data you provide along with data from all participants in the present research will be stored in aggregate in a password protected folder. The data will be analyzed and reported in aggregate. Only the principal investigators of this study will have access

to the compiled data which will be stored for a period of 10 years post data. During this time, you have the right to inspect the data.

- You have the right to withdraw your consent or discontinue participation at any time for any reason. Your decision to refuse participation or withdraw will not involve any penalty or loss of benefits to which you are entitled. Discontinuing participation in no way affects your relationship with Haigazian University.
- This research study has been reviewed and has received clearance from the Haigazian University ethics committee and Dr. Hanine Hout. If you have any further concerns about your rights as a research participant, please, do not hesitate to contact Sbs.Ethics@haigazian.edu.lb

What are the risks and benefits of participation?

- Participation in this study does not involve any physical risk or emotional risk to you beyond the risks of daily life.
- You will receive no direct benefits from participating in this research; however your participation does help researchers better understand the role of views on gender roles and co-parenting in relation to marital satisfaction.

Contact information

If you have any questions or concerns about the research you may contact:

Rania Haj Ibrahim

ribrahim@students.haigazian.edu.lb

Dr Hanine Hout

Hanine.Hout@haigazian.edu.lb

961 1 349 230 ext 331

Appendix B

Informed consent

Please read the following statements and place a check mark in the boxes adjacent to them.

I have volunteered to participate in this research project conducted for purposes of study. My participation is voluntary and does not involve payment of any kind.

I agree to participate in this research project conducted for purposes of study. My decision is voluntary and does not involve payment of any kind.

I know that I can choose to withdraw from participation any time without any penalties or consequences whatsoever. I also hold the right to decline to respond to any question(s) that I may feel uncomfortable with.

My participation involves answering a questionnaire for approximately 20 minutes.

I have been assured that the researcher will maintain my identity confidential.

I have been assured that the information from this survey will be used for the purpose of academic study only and possible future publication.

I have received the assurance that this research study has been duly reviewed and approved by the Haigazian University ethics committee.

I agree that the data gathered be kept in a secure location under the care of the study investigators for a period of 10 years.

I have been assured that I can access my data (if identified) at any time.

I have read, listened and fully understand the explanation given to me. All my questions have been satisfactorily answered.

I, therefore, choose to voluntarily participate in this research study.

I have received a copy of this consent form co-signed by the researcher.

Participant consent

Investigator

Date: _____

Date: _____

Name: _____

Name: _____

Signature: _____

Signature: _____

Appendix C

Demographic sheet

- For coding purposes, please insert the first and last letter of your family name in addition to the number of children that you have. Example: If your last name is KHOURY and you have one child, the code would be: KY1. If the wife is filling the questionnaire, please, insert the first and last letter of your family name after marriage.
- Age: month/day/year
- Gender:
 - Male
 - Female
- Religion:
 - Druze
 - Muslim
 - Christian
 - Other
- Area of residency in Lebanon
 - Akkar
 - Baalbek - Hermel
 - Beirut

- Bekaa
- Mount Lebanon
- North Lebanon
- Nabatieh
- South Lebanon
- Length of residency in Lebanon
 - 1 - 5 years
 - 6 - 10 years
 - 11 - 15 years
 - 16 - 20 years
 - More than 20 years
- What is the highest academic degree you have received?
 - None
 - Below high school
 - High school
 - Undergraduate/ Bachelor's Degree
 - Graduate/ Master's Degree
 - Postgraduate/ Doctorate Degree
 - Other
- Employment status: Are you currently ...?
 - Employed for wages
 - Self employed
 - Out of work and looking for work

- Out of work but not currently looking for work
- A homemaker (if you choose this option, no need to fill in the next question)
- A student
- Military
- Retired
- Unable to work
- What is your monthly salary range?
 - Less than \$500
 - \$500 - \$1000
 - \$1000 - \$1500
 - \$1500 - \$2000
 - \$2000 - \$2500
 - \$2500 - \$3000
 - More than \$3000
- Years of marriage:
 - 1 - 5 years
 - 6 - 10 years
 - 11 - 15 years
 - 16 - 20 years
 - More than 20 years
- Number of children:
 - 1
 - 2

- 3
- 4
- 5
- 6
- More than 6

- Age of each child:

Please, only fill in answers according to the number of your children:

- Baby (0 - 12 months)
- Toddler (1 - 3 years)
- Preschooler (3 - 5 years)
- Grade schooler (5 - 12 years)
- Teenager (12 - 18 years years)
- Young Adult (18-21 years)
- Adult (More than 21 years)

Appendix D

Scales

The Co-parenting Relationship Scale (Feinberg, 2003)

For each item, select the response that best describes the way you and your partner work together as parents:

- 1- Not True of us
- 2- Slightly not true of us
- 3- Somewhat not true of us
- 4- Neutral

- 5- Somewhat true of us
- 6- True of us
- 7- Very true of us

1- I believe my partner is a good parent.
2- My relationship with my partner is stronger now than before we had a child.
3- My partner asks my opinion on issues related to parenting.
4- My partner pays a great deal of attention to our child
5- My partner likes to play with our child and then leave the dirty work to me. (R)
6- My partner and I have the same goals for our child.
7- My partner still wants to do his or her own thing instead of being a responsible parent. (R)
8- It is easier and more fun to play with the child alone than it is when my partner is present too.
9- My partner and I have different ideas about how to raise our child. (R)
10- My partner tells me I am doing a good job or otherwise lets me know I am being a good parent.
11- My partner and I have different ideas regarding our child's eating, sleeping, and other routines. (R)
12- My partner sometimes makes jokes or sarcastic comments about the way I am as a parent.
13- My partner does not trust my abilities as a parent.
14- My partner is sensitive to our child's feelings and needs.
15- My partner and I have different standards for our child's behavior. (R)
16- My partner tries to show that she or he is better than me at caring for our child.
17- I feel close to my partner when I see him or her play with our child.
18- My partner has a lot of patience with our child.
19- My partner and I often discuss the best way to meet our child's needs.
20- My partner does not carry his or her fair share of the parenting work. (R)
21- When all the family is together, my partner sometimes competes with me for our children's/ children's attention.
22- My partner undermines my parenting.
23- My partner is willing to make personal sacrifices to help take care of our child.
24- We are growing and maturing together through experiences as parents.
25- My partner appreciates how hard I work at being a good parent.
26- When I feel overwhelmed as a parent, my partner provides me with the additional support I require
27- My partner instills in me the confidence that I am the best possible parent for our child
28- The stress of parenthood has caused my partner and I to grow apart. (R)
29- My partner doesn't like to be bothered by our child. (R)
30- Parenting has provided my partner and I with a clear focus for the future

These questions ask you to describe things you do when both you and your partner are physically present together with your child (i.e. in the same room, in the car, on outings).

Count only times when all three of you are actually within the company of one another (even if this is just a few hours per week).

How often in a typical week, when all of the family is together, do you:

- 1- Never
- 2- Rarely (infrequent or very seldom)
- 3- Occasionally (once in a while)
- 4- Sometimes (once or twice a week)
- 5- Often (once a day)

- 6- Very often (frequently)
7- Very often (several times a day)

31- Find yourself in a mildly tense or sarcastic interchange with your partner?
32- Argue with your partner about your child, in the child's presence?
33- Argue about your relationship or marital issues that are unrelated to your child, in the child's presence?
34- One or both of you say cruel or hurtful things to each other in front of the child?
35- Engage in shouting or arguing within the hearing range of the child?

(R) = Reverse score the item

Scale creation:

Co Parenting Agreement = Items 6, 9, 11, 15

Coparenting Closeness = Items 2, 17, 24, 28, 30

Exposure to Conflict = Items 31–35

Co Parenting Support = Items 3, 10, 19, 25, 26, 27

Co Parenting Undermining = Items 8, 12, 13, 16, 21, 22

Endorse Partner Parenting = Items 1, 4, 7, 14, 18, 23, 29

Division of Labor = Items 5, 20

Gender Role Attitudes Scale (GRAS; Hoffman & Kloska's, 1995)

1 = strongly disagree

2= disagree

3= neither agree or disagree

4= agree

5= strongly agree

<i>A. Egalitarian gender roles</i>	A1. Decision to have a child should be made by both spouses in a marriage
	A2. Equal pay should be paid to women and men in professional life.
	A3. A widowed woman should be able to live by herself.
	A4. Assets should be shared equally when spouses divorce.
	A5. Equal chances should be enabled to women and men for professional development.
	A6. Domestic work should be shared equally between spouses in the family.
	A7. Daughters and sons should be benefited equally from the family's economical means.
	A8. Spouses should make decisions together in the family.
<i>B. Female gender roles (eigenvalue 3.92, explained variance 10.31, Cronbach's 0.80)</i>	B1. A woman should experience sexual encounter after she is married and not before
	B2. The future wife of a man should be a virgin.

	B3. Females can be able to live by themselves when they gain their economic freedom.
	B4. A woman should be able to go out by herself at night.
	B5. A woman should consult a woman doctor in the hospital.
	B6. Families should allow girls to flirt.
	B7. The last decision regarding the choice of a female's husband should be made by her father.
	B8. A woman's basic task is motherhood.
<i>C. Marriage gender roles (eigenvalue 3.29, explained variance 8.65, Cronbach's 0.78)</i>	C1. A husband's act of cheating on a wife should be regarded as normal.
	C2. The wishes of the man should be realized at home
	C3. A Man should marry again if the woman is unable to deliver a child.
	C4. A woman should reject sexual encounter in marriages if she does not desire it.
	C5. Husbands should make the decisions regarding their wives' lives.
	C6. Contraception in marriages should be the responsibility of the women only
	C7. A woman should be considered more precious if she delivers a boy.
	C8. Woman should prefer to remain silent instead of arguing in case of a conflict with their husbands.
<i>D. Traditional gender roles (eigenvalue 3.27, explained variance 8.61, Cronbach's 0.78)</i>	D1. The head of the household should be the man.
	D2. A man's main task in the house is breadwinning/provide for the house.
	D3. Wives should not work if the economical situation of the husbands is adequate/ Enough.
	D4. Women and men should pursue different professions
	D5. Employment applications should prioritize men due to concerns about women's fertility
	D6. A girl should obey her father's wishes until she is married.
	D7. Men should not be responsible for tasks outside the home, such as shopping and bill payments
	D8. Girls should be dressed in pink while boys should be dressed in blue.
<i>E. Male gender roles</i>	E1. Men should decide on how to use the family income.
	E2. Men should be employed in high status professions.
	E3. A boy's education should be prioritized in the family.
	E4. A man should beat up his wife if necessary.
	E5. The educational level of the man should be higher than that of the woman in marriages
	E6. The man should be older than the woman in marriages

The Quality of Marriage Index (Norton, 1983)

1- My partner and I have a good marriage	1 = strongly disagree
2- My relationship with my partner is very stable	

3- Our marriage is strong	2 = disagree
4- My relationship with my partner makes me happy	3 = somewhat disagree
5- I really feel like part of a team with my partner	4 = neither agree or disagree 5 = somewhat agree 6 = agree 7 = Strongly agree
6- The degree of happiness, everything considered, in our marriage is	1 = Extremely low 2 = Very low 3 = Low 4 = Somewhat low 5 = Neutral 6 = Somewhat high 7 = High 8 = Very High 9 = Extremely High