



EFFECTIVE COMMUNICATION SKILLS AMONG MARRIED COUPLES: AN OVERVIEW

Amuta Arumugam¹, Dr.Ganesan Shanmugavelu, PhD²,

Dr.Balakrishnan Parasuraman,Phd³, Dr.Khairi Ariffin, PhD⁴

Dr.M.Nadarajan Manickam, Phd⁵, Manimaran Vadivelu⁶

Kanaisan Kanapathy⁷

¹*Certified Counselor, Ipoh,Perak,Malaysia*

²*Senior Lecturer, Institute of Teacher Education Ipoh Campus, Malaysia*

³*Professor, Universiti Malaysia Kelantan*

⁴*Associate Professor, Sultan Idris Education University, Malaysia*

⁵*Senior Lecturer, Institute of Teacher Education Keningau Campus,Malaysia*

⁶*Senior Lecturer, Institute of Teacher Education Ipoh Campus, Malaysia*

⁷*Lecturer, Institute of Teacher Education Ipoh Campus, Malaysia*

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ABSTRACT

This study aimed to analyse the effective communication skills among married couples for building and maintaining strong couple relationships. The results of the study have an important implication for couple communication includes theory and lays the foundation in their relationship toolbox. Most theoretical, explaining the degree of ambiguity in the models governing couples' expectations for and self-disclosure performance responsibilities affects the behaviour change. These factors appear to have dominated the development of theory to facilitate efficient tasks, minimize bids for influence, enable partners to feel effective and respected. While the process of adjustment and adaptation entail continued negotiation of responsibilities, repeated demands, directives, and tension within the couple. Couple therapy reflects the outcome of reduced relationship distress and communication skills that affect individual psychopathology, such as depression and the shortcomings of psychological interventions for preventing marital distress. These efforts may lead to successful adjustment to prevent marital distress that produces short-term changes in behaviour and relationship satisfaction, but little evidence exists demonstrating a long-term prevention effect. The value of studying couple's communication pattern by using principles from psychology, concern about the negative impact of marital conflict and strengthened in response to the demands imposed more comprehensive outcome measured. Therefore, conceptualizing and measuring quality rooted an important theory and interventions that prioritize couple communication skills as the key predictor of relationship satisfaction, while raising new questions about other factors that might predict strengthen or moderate their association. As results, these findings shows a supporting understanding about what interaction and transactional processes take place in couples that the interpersonal communications skills between couples can predict satisfaction of their marital life.

KEYWORDS: *Communication Skills, Couples, Relationships, Marital Therapy, Character*



INTRODUCTION

Having a good communication skill relationship is the ability to talk, especially about the problems which considered by behaviours to be the most important feature of healthy relationships (Gottman, Markman, & Notarius, 1977; Jacobson, Waldron, & Moore, 1980). The dimensions and connectedness in couple's communication skill is an aspect of intimate relationships that is shaped by a complex of general social values and qualities. Specification error in communication is one of the most important aspects of a satisfying marriage. The one element that consistently couples develop is bad habits and create destructive patterns when things aren't going well. The most abstract area of theoretical development that signify of communication the central role in concept of relationship deterioration, intimate bonds are believed to remain strong to the extent that partners respond with sensitivity to one another (Reis & Patrick, 1996). Good communication skill increases the rewards and pleasures of relating by leading to effective stimulus control over behaviour. Clear communication enables couple to discriminate among, between behavioural events, enhances their ability to show understanding and to give support. Being important in a long-term relationship and effective communication skill is the way they reach level of comfort in relationship. The applicability and import of communication are at the heart of forming interpersonal relationship that reach the achievement of relation through everyday conversations that fabric the relationships. Thus, adapt to the dynamic nature of relational, given that relational partners do not enter each encounter or relationship with compatible expectations. However, communication is a clear and non-explainable concept because communicate in every second and in every way. One of its intelligence descriptions a good communication is wise message and expression of its own. Hence, evaluation determined that communication skills are the ability to symbolically and efficiently transfer the meanings and messages one has in mind. This perspective allows couple's communication developed successful quality to measure and test the factor of moderate, they can feel closer to each other, can share thoughts, can feel more intimate and by prevention of any possible misunderstanding which is at the bottom of couple's conflicts furthermore, couples can be more enjoy being together (Baghipour, 2010). However, communication skills lead to improvement of relationships, better handling of difficult situations, mental, physical health and better social performance (Lundblad & Hansson, 2006). The main conflicting influence communication skill behind is lack of infidelity, loss of intimacy, communication difficulties, coping with

stress challenges, financial pressure, boundary violations, difficulty balancing individual, couple expectations and breaking up. This concept distinguished about the challenge and flexibility important to note that all dyadic relationships will experience some kind of distress at some point.

In this framework the critical successful relationships determined on how effective communication interact about issues such as time spent together or apart, money, health, gender differences, children, family, friends, commitment, trust and intimacy affect in their ability to develop and maintain lasting their marital relationships. The word "marriage" is interchangeable with "relationship". The most optimal common way for couples to pursue counselling when communication issues begin to dominate their relationship. An alternative approach that focuses on common pathways of communication within couple relationship such as the context of the situation, nonverbal physical expression (behaviour, facial expressions, gestures, spoken or written communication, touch and emotion. This studies also indicates that communication problems among couple are the major source of interpersonal difficulties, especially from misunderstanding, ineffective communication which results in frustrations and anger when implicit expectations also desires are fulfilled. Thus, major problem of those who seek therapy help is their inability to recognize and communicate their problems or another words clear objective about their concerns (Okun, 1991). Behaviourists, on the other hand, consistently emphasize the need to develop relationship skills and products of learning effective coping behaviour (Jacobson, 1981). Communication allows individual to test and be tested by relational partners through communication that respond when someone violates or fails to meet those expectations. These obtaining a significant effective communication strategy use a systematic process and behavioural theory to design communication activities that encourage sustainable social and behaviour change.

OBJECTIVES OF THE STUDY

The major objective of this study is to determine the role of communication in couple's strategic management of their relationship. Other specific objectives include:

- Evaluate the impact of communication in achieving the relationship strategic goals.
- Find out the most suitable pattern of communication adopted by the relationship.
- Bring to the forefront the barriers to effective communication skill.



SIGNIFICANCE OF STUDY

As on-going situations, the solutions to the problems related to attribution regarding the problem should be obtained which will explain whether the major cause behind them is lack of communication or not. A satisfied couple's life should get developed among people, relationship satisfaction and communication skills, awareness regarding the role of communication. Thus, the influence of communication skill among married couples is important in order to enhance better marital communication skill. Since a successful couple's life can provide a safe environment for meeting physical, psychological needs and desires. However, it can help the couples live more happily and satisfyingly, also can help them resolve their communication conflicts. Perhaps, it may bring them a strong bond for the better family functioning and social well-being. The finding of this study will expose prospective married couple on how to achieve communication skill in their marriage lifestyles.

IMPORTANT STRATEGIES IN COUPLE COMMUNICATION

Communication is great importance to healthy families and couple well-functioning to speak and congruently. Whereby, in a good relationship, couples are able to speak openly and directly about conflicts also focus on the issues, keep in perspective and discuss specific behaviour that is of concern to them. Thus, they describe their own feelings and request for changes in the behaviour, criticizing and complaining. In addition to expressing their concerns as a request rather than attacks. Therefore, successful partners listen to the other's point of view and attempt to understand what is being said when problems arise or when circumstances change that couples need communication skills to change behaviour. Consider often characterised about the statement, "*We don't know how to communicate effectively.*" If consider that the "*effect*" couples sometimes have on each other is clearly aligned with their desire to hurt or to push each other away, might argue that they communicate very effectively. This structural focus what couples really mean when they say this is, "*We don't know how to connect effectively.*" A good communication is a tool, and good tools can make a task much easier to accomplish perhaps, the interpretation of good tools can't make up for the person using them. This may sound sensational, until they understand how to defined communication skill, which was proficient in sending and receiving clear messages and the ability to accurately interpret the intent of each other's message. Competence is only one element of positive communication, and it may not be the most important element. This study determined communication skill as cornerstone in any relationship, it is a foundation

of utmost importance and is something that often needs to be learned, polished and practiced over time. Despite being constrained intellectually by reasoning and there are basic strategies that can be used in any relationship to help improve connections and head of devastation before it starts. As broadly emerged the effective communication in relationships only help strengthen bonds between fathers and sons, mothers and daughters, life partners, spouses and friends. Overall, the married couples in this study were found to possess the same amount of communication skills as unhappily married couples. Overall, it encompasses the proficiency levels at effectively sending and accurately receiving clear messages. Further, communication often improves naturally when start, align own desires and attitudes with principles of commitment, honesty, personal accountability and loving actions.

DESIGN OF HYPOTHESIS METHOD

The significance of communication should be considered right from the courtship days as it sets the right foundation of the relationship. Meaning understand the importance of communication skill in couple life and why effective communication is important between couples, start reaching out to their partner as a habit. Hence, in contrast without genuine dialogue between husband and wife, a marriage will meet more obstacles. However, a healthy communication is the foundation for couple help the marriage sustain through time. The aim of such good communication is an important part of keeping a relationship vibrant and strong. Theoretical practice the important and productive in developing communication skills, shaping the values and mission able to reduce the divorce rate by ensuring couples had the tools for improving their communication skills. In this research couple's communication evaluation was made using own quality questionnaire built by respecting all methodological requirements with targeted the following elements, considered as significant in defining communication specific to couple relationship.

- i. Self-perception of communication level by partners.
- ii. The interest/ disinterest shown by the partner to the communication situation (disturbing reactions as agitation, interruption of the idea, other preoccupations that distract the attention).
- iii. Stress implications of the communication in couple relationship.
- iv. Contradictions in communication and their conclusion.
- v. The communicational attitude in front of the partner's problems.



- vi. Compatibility in addressing the issues arising in the life of the couple.
- vii. What things cause conflict between them? specifically not listening to each other?
- viii. What things bring them happiness and feelings of connection?
- ix. What things cause their disappointment and pain?
- x. What things don't talk about and what stops talking about them?
- xi. How would like their communication with their partner to be different.
- xii. Avoid using the silent treatment.
- xiii. Don't jump to conclusions. Acquire all the facts rather than guessing at motives.
- xiv. Discuss what actually happened, don't judge.
- xv. Learn to understand each other, not to defeat each other.
- xvi. Talk using the future and present tense, not the past tense.
- xvii. Concentrate on the major problem, and don't get distracted by other minor problems.
- xviii. Talk about the problems that hurt both side feelings, then move on to problems about differences in opinions.
- xix. Use 'I feel' statements, not 'You are' statements.
- xx. How some people (often men) tend to internalize stress and withdraw.
- xxi. How some people (often women) tend to externalize stress and need to talk.
- xxii. How this (predictable) creates a communication gap and emotional mismatch.
- xxiii. How to stop the ensuing pursue / withdraw cycle and start connecting again.
- xxiv. How couples can understand each other so they can be more compassionate with each other.
- xxv. Exercises that couples can do to improve communication.
- xxvi. How to get on the same page and create agreements and understanding.
- xxvii. Ways of communicating with their partner in tense moments so that personal self can grow closer as a couple, instead of creating conflict.

CHARACTERISTICS OF GOOD COMMUNICATION

In reality, couples relate to each other through various experiences, they begin to see each other as more predictable in response. The illustration process enhances set in their ways of interacting until they come to believe what has been labelled "*survival myth*," and the illusion to maintain their existing

relationship could recognizable ways of relating in order to survive psychologically. There are *five patterns* of communication. The first placating is the denial of one's own right to an opinion. The second is blaming in which one is critical and domineering. The third pattern is super reasonable use of dispassionate, cool logic in discussion. Whereby the fourth is irrelevant in which one spouse ignores or tunes out the other. The last pattern is congruent in which words and feelings match the context in a realistic way. The focus of the communication here was on how couple ought to aspire democratise systems by sharing decision-making and independence for the purpose of increase communication productivity.

These perspectives of communication skill in relationships are like a river when thoughts and feelings flow smoothly between marriage partners it's fun, feels good, and helps support everyone around. However, the profit motive built into communication flow is turbulent, it's potentially dangerous and destructive. Thus, when communication gets blocked, pressure builds up. These criticisms are valid when the words start flowing again, they tend to come out suddenly in a damaging raging flood. Whereby, many married couples struggle with healthy communication, especially about important issues, it's common for couples to avoid difficult conversations. An important point to share trickles of information back and forth about who's going where, when and who's going to pick up the kids, without ever diving into the conversations that are actually most important to them. Over the time, this situation operates as a force, the lack of a full communication flow dries up the passion and love between them. Here, consider the structural and behavioural phenomenon emphasize to learn helpful skills such as using "I-statements," paraphrasing each other's feelings and thoughts. This encompassing concept of speaking one at a time, negotiating solutions together, avoiding blame and fault finding for better marriage communication improvement. To provide a specific other factor besides the knowledge and skills that affect not only the quality of a couple's communication, but the quality of their relationship in general, hence turn of events towards biological concepts includes commitment, willingness, intentions, desire, caring, and attitude.

ANALYSE OF DATA INFORMATION

The objective of communication leads to determine what reality the couple communication involves, they share and examine their perceptions, feelings, ideas and thoughts to come to an accurate understanding of what is happening. In addition, communication skills, to be an important theory about the effects to establish and preserve a loving, respectful relationship between people who love each



other. The key weightage communication in couple is the vehicle through which all other important parts considered right from the courtship days as it sets the right foundation of the relationship. Couple's communication is the cornerstone of any, every long and loving couple atmosphere with a strong also caring marriage. This may manifest aspect in verbal communication, nonverbal communication and physical acts that can be placed under the umbrella of communication skill which will help understand the significant couple's marriage in a better way.

a) The Communication Triangle

As a consequence, accountability and assessment in the hope of improving couple's positive communication can be boiled down to three essential elements: attitude, desire and skill. Attitude refers to the sentiment toward partner and the emotionally laden perspectives that guide how act in the relationship communication. *Attitude* affects willingness to accommodate to each other and to take personal responsibility for part in relationship difficulties. The narrow concept defines *desire* as actions that are directly related to intentions, desires, and yearnings for personal growth, for spouse's well-being, happiness, and for positive change in the relationship. In spite of this, concerning *skill* which review to ability to communicate directly and clearly, repair relationship ruptures, manage differences, negotiate solutions, and solve problems together. Visualize the significance of these three elements arranged in a triangle, with attitude and desire forming the two points at the base of the triangle and skill forming the point at the top. The broad view includes arrangement emphasizes that attitude and desire are the foundation for positive communication. These might be considered to be aspects of helpful, positive attitudes and the desire can sometimes make up a limitation the communication skill level. These dimensions are further delineated a high skill level, however, cannot make up for negative attitudes or lack of desire. More specifically, some couples are so embittered and full of negative attitudes and intentions that their ill will and resentments are like stored-up gasoline. These focused the key ideas through raising and trying to solve difficult issues in the absence of positive sentiment and goodwill is like the match. The importance of a strong alignment is marriage counselling can end up becoming a battleground instead of a healing place. Particularly the influence explicit in the role of mission and vision building not to say communication skills are unimportant. This is a big 'umbrella' that encompasses several aspects, there are many useful strategies and principles to learn that can help couples manage conflict and handle disagreements more constructively. Nevertheless, if without a helpful concept, open attitude and the desire to

connect with a spouse, then "communication skills" can become like a hammer in the hands of someone with an objective score to settle or like a match set for gasoline.

b) Attitude

In this study, attitude and perception can affect communication skill in both positive and negative ways. Its combination of a pleasant, respectful, upbeat attitudes throughout an improve upward and downward communication, which increases morale, productivity and relationship. To begin with, emphasizes a clear communicate that may avoid misunderstandings such as hurt, anger, resentment or confusion. It takes two people to have a relationship and each person has a different objective in communication needs and styles. Also, an opportunity for couples to find a way of communicating that suits their relationship practice and hard work. More ever remain a clear communicating when staying with a partner, so that message can be received and understood easily. These methodologies included open and clear communication may help robust better relationship improvement include:

- Building companionship such as sharing experiences, interests and concerns with life partner, showing affection and appreciation
- Sharing intimacy is not only a sexual connection. Intimacy is created by having moments of feeling close and attached to a partner. It means being able to comfort and be comforted, to be open and honest.
- Finding one or two key issues can agree on, such as how finances are distributed, goal, parenting styles and strategies.

c) Cultivating Positive Attitudes and Desires

It is an understandable method for improving couple relationship, attitude and desire are matters of the heart. The methodological principles included the importance of forming communication in a couple's relationship in order to establish trust in positive attitudes and desires to be encouraged, cultivated, nurtured and consciously chosen when facing a difficulty. The reflect upon own assumptions, values and consciously choose to focus on the positives in each other and spouse's positive qualities including things that appreciate about the spouse. Think of what partner does that demonstrates his or her goodwill overall. Learn about each other's emotional needs things that allow the partner to feel loved and valued. Build a strong communication with each other by tuning in to each other's feelings and needs, intentionally looking for ways to express caring, spending time with each other, and having fun together. Shared attitudes and values can strengthen interpersonal relations among couples by opening up



the lines of communication. For the most part, the changes have built upon communication is for the growth of relationships among people, regardless of whether they are colleagues. Those who have positive attitudes and are open to interpersonal communication with others will be more effective in developing positive interpersonal relationships. Potentially, people with a negative attitude can be harder to communicate because of their tendency to shut down or close themselves off from interacting with others. In short, demonstrate the communication is necessary for interpersonal relations also affected by the attitudes.

d) Communication Breakdown

The effective communication skill has been identified “*the connector of the relationship*”, meaning that effective communication connects the individual and shared thoughts, feeling, dreams, experience and challenges the partner relationship through verbal and non-verbal intentions. Couples also have communication breakdown when hardly interacts and share information with each other and express their affection. Therefore, more recent most couples important learn to affirm their love, affection and gives them a sense of belonging. This study also identified some causes of communication breakdown in couple’s life span outlined included:

- i. Lack of sincere forgiveness by partner
- ii. Impatience, leading to over-reactions
- iii. Constant nagging
- iv. Sexual denial
- v. The use of unkind words on your partner
- vi. Different educational level (and understanding)
- vii. Too busy with other things
- viii. Long absence of a partner causing loss of intimacy
- ix. Lack of courage/boldness
- x. Bottled emotions / anger / bitterness / frustration
- xi. Selfishness / Stubbornness / Arrogance
- xii. Use of past mistakes/failures
- xiii. Taking marriage problems outside

Communication in marriage as the process of sharing together thoughts, feelings, ideas, hurts, problems and issues freely between couples. In fact, communication permeates every sphere of the people and breakdown that could lead to other problems in the home. In addition to certain good communication is the foundation of a strong couple’s marriage improved the way communication do break down. There are a number of reasons the communication process is constrained the couples are not willing to face up to the seriousness of things and seek help, for fear of losing face. The communication breakdown leading to ineffective communication patterns that

lead to unresolved problems, unfulfilled needs, misinterpretation of motives, and constant hostility.

e) Detrimental Effects of Lack of Communication

Lack of communication in couple marriages can make feel like have lost each other that continues over time then the intimacy eventually suffers. Sometimes there is nothing left to share or to talk about between two partners and signs of partner become strangers in their life, undesirable situation and really crave that connection in love. Due to lack of communication in relationships, this may tempt to cheat and feel like being married isn’t reasonably what it used to be anymore. Feeling a lack of validation or partner does not hear or care of their needs can be discouraging lack of respect and love can create insecurities which might cause one of spouse to seek someone outside of the marriage to fill what they feel their marriage is lacking. Hence sign of neglecting their relationship to stopped communicating, therefore can spell disaster for them to express sorrow, wants, needs and how to resolve a conflict so that their relationship satisfaction can bring closer together. For starter, relationship experts believe that most couple problems stem from a lack of proper communication, failing to participate in active communication can have many consequences. In fact, communication issues could manifest themselves in daily life till leave a huge impact on how to spend time together without constantly engage in arguments, experience wrong assumptions, failures to compromise and even verbal abuse. Poor communication also creates a negative and unproductive environment that can set a bad example for children also can harm self-esteem change outlook on themselves.

f) Communication Issues in Intimate Relationships

In line with the quality of collective focus on how context influences the patterns of interactions, communication challenges are often a factor in relationship troubles, couple may recognize when areas encompass in the relationship, but they may not attribute these difficulties poor communication. Some couples talk frequently about day-to-day issues, activities and consider themselves to be good communicators. In fact, be neglecting discussion of issues that have a significant impact on the relationship, hence, couples who impression communication issues into consideration and work to improve or build-up communication specific concepts that have come to define that this to be helpful in the purposefulness of conflict. The stem in enthusiastic and psychological issues of early childhood relationships, previous romantic relationships, or other areas of life may also affect



romantic, relationships, therefore, may cause emotional distress that challenging to communicate or discuss with a partner. Considered to be open systems because they have some degree of exchange between and among levels of existent communication between partners is typically considered a necessary characteristic healthy relationship, and when communication problems occur in relationships between family members, therapy can help address the issues and explore any underlying causes.

g) Lack of Effective Communication

Poor communication is a leading factor in relationship disharmony that affects the whole personality of the human being such as personal, professional and social life. In fact, very frequent reason people give is that their partner not communicate effectively, they are subjected to loneliness and isolation which might make them withdraw from social activities (Baxter and Montgomery 2010). This is probably because dissatisfied couples are mostly frustrated by their inability and lack of communication creates a chain of problems as one thing leads to another which results in another problem.

- i) Lack of communication may cause related to *lack of intimacy*, meaning loss of romance whereby men and women think communicate differently when it comes to intimacy. Most people experience conflicts in their communications, especially sex and romance are topics that couples do not talk about openly, even today. Ultimately destroy the relationship due to this failure that cause of building walls and barriers between them. Hence, conflicts are also positively correlated with inappropriate psychological well-being conditions such as if a woman does not communicate her needs, likes, and/or dislikes, this situation will end up feeling disrespected. Whereby in man characteristic who does not convey his desires will be unsatisfied because he ends up feeling that his partner does not want to satisfy his needs.
- ii) Couple conflicts can be explained according to different theoretical point of views specifically when romance flies out of a relationship, healthy intimacy will be missing too. This cause due to involved parties feels the strain, one or both of them may experience *depression* as a result of inability to talk to one another till to the level depression root cause of other problems and ailments.
- iii) Dysfunctional communication leads to a loosened connection and lack of common concepts where there is almost no communication, when conversation goes

nowhere, when depression and lack of intimacy creeps in, partners feel disconnected from each other. In directly couples may go their own separate ways, even when living in the same house, meaning they no longer talk about the kids or what happened at the office. Even they live separate lives and have different set of friends that makes them feel even more *isolated*.

- iv) They found different aspects of lack of effective communication results in *arguments* and unsettled issues which further leads to tension and harsh words even though they talk to one another but do not actually communicate. Specifically, if ego creeps into this situation, usually couple will end up communicating through blame and shame, then they engage in names calling, mood swinging and accusations, hence get worse in their arguments either remain unresolved or will.
- v) An important role of a successful relationship is effective communication between both parties. Lack of communication in a relationship can result in hasty decisions that can lead to *separation* and *failing relationship*. Failing to communicate on a regular basis can cause people in a relationship to feel less connected to one another and creates a sense of dissatisfaction, confusion, restlessness and fear between partners. Basically, it showed that problem solving skills such as using the positive emotions and controlling the negative ones would have an important role in reducing the couple conflicts.

Positive Reframing Implication

The main purpose of this study is to determine the impact of effective communication skills that affects communication breakdown in couple's life with a view to finding solutions. Specifically, began with the explicit assumption that couple's reality of both overall communication, relational behaviours that provides useful predictors of relationship satisfaction. The effective communication will demonstrate the success or failure of the couple's marriage because communication is the creation, exchange and interpretation of meaningful messages either be verbal or non-verbal. Thus, communication effectively will allow couples to negotiate problem areas, fulfil needs, avoid misunderstandings and develop intimacy. Reshape their emotional and conceptual approaches analyse couple conflicts as dysfunctional communication. A healthy communication is defined as the ability of people in explaining their needs, demands and preferences and



also the ability of attending to others for clarifying the issues. Perhaps, by imposing behaviour reframing will develop curiosity about how they could show up differently and how that would open up a creative space for their partner to do the same. Reframing encompasses an alternative possible explanation, interpretation or perception of an experience then facilitates positive change. The positive implication goes beyond reflective listening as it presents back to the couple what is said in a way which deepens understanding about the event or problem, and creates possibilities a new approach to the issues being deliberated. But why is reframing communication so important to relationship? Here are some of the reasons:

- i) Focus on misunderstandings that could lead to alienation and resentment.
- ii) Repair the damages from negative or toxic communication patterns (silent treatment, scolding/nagging, yelling, name-calling, blaming)
- iii) Learn the new and more effective communication patterns.
- iv) Model the healthy communication techniques for husband/wife, children (and others).
- v) Strengthen the foundation for a satisfying lifelong commitment.

Communication is the way all information gets processed in a relationship and underlying issues in couple's life to feel secure and confident that they are in a safe place where they can speak their mind. It is vital for relationship starts to feel like they have to walk on eggshells if there is a problem. The best thing can do to improve communication in a relationship is to practice active listening and work specific times to catch up discuss things, and don't neglect speaking what's on the mind. Be genuine and consistent to find a way of communicating that suits their relationship, however a healthy communication style requires practice and hard work. Be specific when communicating with partners, so that the message can be received and understood. But make good communication a priority in marriage lifecycle will stay connected and ensure that don't head down the wrong path by losing each other. It is important to identify and rectify all the communications problems in couple before things fall apart between their relationships.

Goal And Target Of Involvement

This study also focused on the exploration of the theoretical connection and communication between couple relationships. To affirm this aspect of development, based on a theory that has a secure attachment style, the couple will engage in more constructive, intimacy-building communication, which has been linked to increased relationship satisfaction and longevity. The import target of

remaining engaged and avoiding gridlock when communicating also secure couples to initiate conversations about their relationship problems with express their feelings. It is important to understand each other's communication style and to accomplish this, couples should realize that there are no secrets to communication, secure couples engage in direct, assertive conversation and self-disclosure. Thus, more than insecure couples, because they trust their partners to respond supportively and view the relationship as a safe with a secure base. The pattern of being more generous and thoughtful toward highest level of mutual constructive communication, able to express their feelings, needs clearly, assertively and trusted that their partners would not reject them for their self-disclosures. This study's results suggest that it takes secure individuals to engage in positive, constructive communication. Open and clear communication help to improve communication with:

- i) Building companionship by sharing experiences, interests and concerns with a partner, and showing affection and appreciation
- ii) Sharing intimacy is not only a sexual connection, but it is created by having moments of feeling close and attached to a partner. In fact, able to comfort and be comforted, also to be honest.
- iii) Finding one or two key issues agree on, such as how finances are distributed, a goal, or parenting styles or strategies.

Furthermore, the ways to communicate differently may results improve their communication, when aware of how communicate, this will be able to have more control over what happens. While it may not be easy at first, opening up new areas of communication can lead to a more fulfilling relationship include:

- i) Expectations that come with starting a new relationship.
- ii) What makes a fulfilling couple relationship target?
- iii) How to find out what relationship and life needs are.
- iv) The sort of issues that need to be discussed in intimate relationships.
- v) Making time to talk about how the relationship is going.
- vi) How can encourage partner to communicate more openly.
- vii) Making the effort.
- viii) The importance of good communication.
- ix) Ways to improve relationships.
- x) Recognising early warning signs of relationship problems.

The most important goal in communication, relationships is difficult situations or just aren't aligned with the way each see something. Goal



communicating with a spouse is to express opinions and feelings in a way that they can understand. Thus, established how important communicating is in a relationship and several end goals of better communication, including the main goal of communicating with their spouse. Perhaps, the hardest goal to achieve and won't always be reached, even when communicating better with spouse. This is a goal that will try to reach after communicating with someone strongly love, especially when it comes to discussing sensitive important issues like money, parenting, intimacy, and in-laws.

Therapy Enhancement

The communication process is constrained key successful because relationships are emotional and rely on interpersonal, verbal and nonverbal exchanges between the two people involved. Most couples start out with the idea of success not realizing the number cause of divorce due to bad communication. When there is a lack of communication in a couple's life, it can cause the relationship to become stagnant therefore, important for couples to learn to embrace change and to grow together learning about their partner. Hence, take opportunity learn to evolve together to develop a trusting, mature relationship where both clearly understand the other's wants and needs. Poor communication can be fixed if both parties put in the effort to change their communication to improve their marriage life.

Basically, the therapist can analyse the relationship from a different perspective, and they can give the right tools to help couples solve their issues in a smooth way. In fact, they can start with a lot of empathy, patience, trick to listen, understand and try not to be judgemental. This may improve further with good communication by avoiding hostility and passive-aggressive tactics. The key communication improvement is to understand the needs and respond in a way that supports connection with each other. However, when the couple understands the underlying emotional needs, it becomes much easier to tailor specific communication strategies that will work for both. Include how to start a conversation, how to talk about own experience rather than criticizing the other, how to make the other feel really understood, using empathic listening and problem-solving listening.

This study also recommends that counsellors and the stress need for communication in marriage when counselling intending couples before and after marriage. Gradually, therapists help couples as a dyad to shape their behaviours both in conflict and non-conflict contexts, which will lead to a revision of the partners' models of self and others toward attachment security. Therapist pointed to support-seeking, care giving, and communication as

intervention targets. Couples could learn how to ask each other for help instead of making extreme demands or denying the need for help. For caregiving behaviours, couples could learn to respond with empathy, validation, avoid minimization and blame. Couples' also can improve their communication by learning how to clearly communicate their feelings and their needs without blaming each other or becoming defensive. This may enhance partners reflect amplify their feelings, statements to demonstrate understanding and validation. Thus, partner's may empathy current maladaptive ways of seeking support and increased by encouraging a discussion about how those communications were adaptive within their family of origin relationship.

Relationships are essential for growth, healing and recovery teach communication on how to express the needs including feelings. Healthy relationships foster trust, intimacy and true connection, as a result help feel wanted, valued, desire, become distant, stagnant and grow apart as struggle to understand why. The core concept and focus were therapeutic options that available for individuals experiencing communication issues may able to help individuals examine communication strategies to determine whether one's communication style adequately conveys one's thoughts, needs and goals. Hence, involves observation in therapy, individuals who find themselves often engaged in misunderstandings can explore what causes them to misinterpret the viewpoints of others or inaccurately convey their own ideas. In terms of demonstration understand the therapy may facilitate the improvement of interpersonal and intergroup skills by helping couples to improve the quality, nature and frequency of their communications.

Relationship improvement therapy the designed to help couples develop the communication and listening skills needed to understand each other's needs. Each partner learns empathy, validation, and emotional connection. Couples need to understand themselves, first. Knowing, loving and accepting about self is essential to connect with a partner. Including emotional therapy helps to deepen understanding of partner that able to safe to explore their feelings instead of having to react to them or defend themselves. *Enhancing communications* are the key to any positive, lasting relationship and couples therapy helps to create an atmosphere of honest, sage communication between each partner. This helps to build trust and intimacy helps to establish a better emotional connection. *Healing old wounds, letting go of anger and pain* because most couples have underlying core issues from their past, conflict can arise in new relationships. Basically, couples therapy helps to identify triggers, learn techniques to let go of anger, sadness or pain and build healthy coping



skills. *Establishing healthy boundaries* to respect each other and also keep the couple's space sacred and not violated with life issues that drain the relationship. Knowing physical and emotional needs helps to establish healthy boundaries and self-care. As a result, partners should practice setting personal limits and expressing their needs and wants that boundaries create more time, energy for self-care and help to cope with life stress.

Overall, being in a healthy couple in communication relationship will reveal lifetime spend understanding, relation developing, defining own personality and uniqueness. In contrast to this, becoming part of a healthy communication couple that connecting to an entire their personality, perspective, feelings to understand and compliment each other on their life journey. As a result, partners in the strong relationship can find themselves in need of relationship therapy.

CONCLUSION

This study revealed, the interpersonal communication skills are necessary for making the good relationship bond between the partners. There are significant points out the necessity of interpersonal communication skills for a strong couple marital relation, it is important to provide communication, counselling to the couple before they get married which can endorse the couple's marital satisfaction and life quality, and it is one of the main preventions in the initial levels. Realistically, effective couple communication is an essential tool for the marriage strategic spend much time when it is necessary in communicating verbally with their partner because it enhances proper understanding of the message. Moreover, simple and familiar words or language known to both the sender and the receiver should be used while communicating, this will certainly minimize the incident of barriers to communication in couple's lifecycle. For the purpose of the same, respected authorities such a family counsellor, have to take necessary steps for enhancing the couple to make a strong bond for the better functioning and social well-being. Specifically, the nature of the relationships among the couple's therapy is an important quality tool for those who are dealing with communication problems, marital trouble, or who just want to discuss big topical issues in a therapeutic environment. Theory development includes identifying the logical connections that help couples talk openly about lingering feelings, bulldoze relationship roadblocks, strengthen intimacy, and grow as a unit. Finally, couples need consider to express themselves to their partners, take an opportunity to talk about the problems in their life, share their deepest fears and secrets with each other. The value best moments of life together, this is to say

that appropriate communication patterns agreeable by the couples be adopted.

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