Communication Satisfaction, Marital Satisfaction and Relationship Maintenance in

Long Distance Marriages in Kyambogo University, Uganda

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Declaration

I, **Tukundane Lydia** do hereby declare that to the best of my knowledge, this is my original work and that it has never been submitted to any institution of higher learning for any academic purposes or otherwise.

Signature…………………………   **Date………………………………….**

LYDIA TUKUNDANE

Supervisor's approval

This research proposal entitled "Communication satisfaction, marital satisfaction and relationship maintenance in long distance marriages in Kyambogo University, Uganda" has been done under our supervision and submitted with our approval.

1. Ass. Prof. James Kagaari

Signed by ………………………   **Date………………….**

2. Dr. Nathaniel Mayengo

Signed by…………………………   **Date………………….**

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To God, the creator, be the glory and honor. He has kept me alive up to now and has brought me this far to enable me reach this stage in my academic life.

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List of acronyms

CMC	Commuter-mediated Communication
GCR	Geographical Close Relationships
GCRRs	Geographically Close Romantic Relationships.
LD	Long Distance
LDM	Long Distance Marriage
LDR	Long Distance Relationship
LDRRs	Long Distance Romantic Relationships
RCCUs	Relationship continuity constructional units

Definitions of terms

Marriage - a bond between man and woman as husband and wife by law (Act), the law or customs prevailing there.

Commuter marriages - Commuter marriages are defined as married couples who (mostly due to work demands) agree to maintain two residences in different geographical locations and are separated from each other at least three nights per week for a minimum period of three months.

Long distance relationship/Long distance romantic relationships - is an intimate relationship between partners who are geographically separated from one another.

Relationship maintenance - a variety of behaviors exhibited by relational partners in an effort to maintain that relationship.

Communication satisfaction- an outcome of an individual who is satisfied with various features of communication in interpersonal context.

Marital satisfaction- a mental state that reflects the perceived benefits and costs of marriage to a particular person.

Abstract

The purpose of the study was to examine the relationship between communication satisfaction, marital satisfaction and relationship maintenance in long distance marriages among Kyambogo University staff. The research design was a cross sectional survey and stratified simple random sampling was used to select the married female and male members of staff to include in the sample. Data was collected from 172 respondents using a self-administered questionnaire from a population of 295 members of staff in long distance marriages. The data was analyzed using SPSS 22 version, and subsequent analyses (correlation and regression) were conducted. The results revealed that there was a significant positive relationship between communication satisfaction and relationship maintenance among long distance married employees ($r=.86$, $p\leq .01$); a significant positive relationship between marital satisfaction and relationship maintenance among long distance married employees ($r=.64$, $p\leq .01$); a significant positive relationship between communication satisfaction and marital satisfaction among long distance married employees ($r=.79$, $p \leq .01$). The results from regression analysis further revealed that of the two independent variables, only communication satisfaction ($\beta=.95$, $p\leq .00$) was found to have a significant effect on relationship maintenance. Further studies should be made to establish other factors that lead to relationship maintenance. The researcher recommends that further research should be done on marital satisfaction in long distance marriages.

CHAPTER ONE

INTRODUCTION

Background of the study

Long distance marriages have become increasingly common in the world. Ordinarily, a married couple will stay together in living a married life, but in the current times many couples undergo marriage, but do not live together in daily life (Wismanto, 2017). The couples decide not to stay together, or undergo long distance marriages due to a variety of things, reasons such as work (Beck, 2013). The husband and wife will be living separately, in different homes, and even different cities in order to meet the demands of their jobs. Those who live and work in this kind of marriage generally agree to return and meet the family at certain times adapted to their work. A marriage of this kind is known as a commuter marriage (Dewi, 2013). Hobein (2015) noted that changes in technology and the American workforce have led to a record of high numbers of commuter marriages, as well as an increase in other types of distance relationships. Due to innovations in communication technology, communication between individuals far away from each other can be frequent and instant. This has changed attitudes towards family life, marriage and couple relationships in the West in this period as well. Dainton and Aylor (2001) inform us that among college students the numbers involved in distance romantic relationships range from 25 to 40%. By 2001, the American Census Bureau estimated that approximately 2.4 million married couples had a spouse who was either living or working in a different city (Edwards, 2001). Partners in long distance romantic relationships, because of career or educational opportunities choose to live in geographically separated locations and periodically reunite (e.g., for a weekend) before separating again (Pistole, Roberts & Chapman, 2010).

The study was guided by Interdependence Theory which suggests that as relationships develop, relational partners become more dependent on their relationship to meet their needs.

This dependence leads to increased levels of satisfaction and maintenance (Kelley & Thibaut, 1978 cited by Dainton, 2015).

Records from Kyambogo Medical Centre reveal that most of the staff seeking medical attention are in long distance relationship (Patients' Register and Profile Book, 2017/2018). There is lack of research concerning communication satisfaction, marital satisfaction and relationship maintenance in the context of University staff. Hence, the need to carry out a study about the relationship between communication satisfaction, marital satisfaction and relationship maintenance in long distance marriages.

Statement of the problem

Effective marriage requires the married couple to stay together closely under the same roof, but because of jobs and further studies, long distance marriages have become a norm rendering relationship maintenance unattainable. For instance, in the US, the 2017 census found out that there had been a 44% increase in married couples living apart since 2000, bringing the total to almost 4 million people (Kalia, 2019). As a result, many relationships experience challenges of relationship maintenance (Borelli, Rasmussen, Burkhart, & Sbarra, 2015). Consequently, there was the need to carry out a study on relationship between communication satisfaction, marital satisfaction and relationship maintenance in long distance marriages.

Purpose

The purpose of the study was to examine the relationship between communication satisfaction, marital satisfaction and relationship maintenance in long distance marriages among University staff.

Objectives

The study was guided by the following objectives:

1. To establish the relationship between communication satisfaction and relationship maintenance.

2. To examine the relationship between marital satisfaction and relationship maintenance.

3. To ascertain the relationship between communication satisfaction and marital satisfaction.

4. To determine the predictive potential of communication satisfaction and marital satisfaction on relationship maintenance.

Hypotheses

1. There is a statistically significant relationship between communication satisfaction and relationship maintenance.

2. There is a statistically significant relationship between marital satisfaction and relationship maintenance.

3. There is a statistically significant relationship between communication satisfaction and marital satisfaction.

4. Communication satisfaction and marital satisfaction do significantly predict relationship maintenance.

Scope of the study

Content scope

The researcher focused on the study variables. These are communication satisfaction, marital satisfaction and relationship maintenance in long distance marriages, communication satisfaction with indicators attachment styles like conflict avoidance and anxiety, technology use and effective communication; marital satisfaction with indicators attachment, communication and sexual satisfaction; relationship maintenance with indicators assurance about love, positivity or engaging in pleasant talks and sharing tasks.

Geographical scope

The research was conducted on the married female and male staff of Kyambogo University. This is because Kyambogo University is one of the public Universities in Uganda most likely with a large population of students and staff whose spouses are working, studying and living apart. The researcher, being a staff member, would find it easy to get information from the participants within the agreed time of collecting data hence reducing the costs of doing research.

Time scope

The research was conducted in the month of January 2018 to August 2019.

Significance of the study

This study might help researchers, policy makers and psychologists in designing the counseling program in long distance affected women and men of Uganda. This is because of the challenges they face such as infidelity, divorce and low productivity. The research might help the government to manage effectively couples in career fields that are involved in long distance marriages such as their transfers to different work stations. The research might add to the existing knowledge/literature about communication satisfaction, marital satisfaction and relationship maintenance in long distance marriages.

Conceptual framework

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┌──────────────────────────────────────┐
│      Communication Satisfaction.      │
│                                       │
│   •  Attachment styles e.g. Conflict  │
│      avoidance & anxiety              │
│   •  Technology use (frequency, time, │
│      length of use)                   │
│   •  Effective communication          │
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┌──────────────────────────────────────┐
│          Marital Satisfaction.        │
│                                       │
│   •  Communication.                   │
│   •  Attachment.                      │
│   •  Sexual satisfaction              │
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┌──────────────────────────────────────┐
│      Relationship Maintenance.        │
│                                       │
│   •  Assurances                       │
│   •  positivity or engaging in        │
│      pleasant interactions            │
│   •  sharing tasks                    │
└──────────────────────────────────────┘
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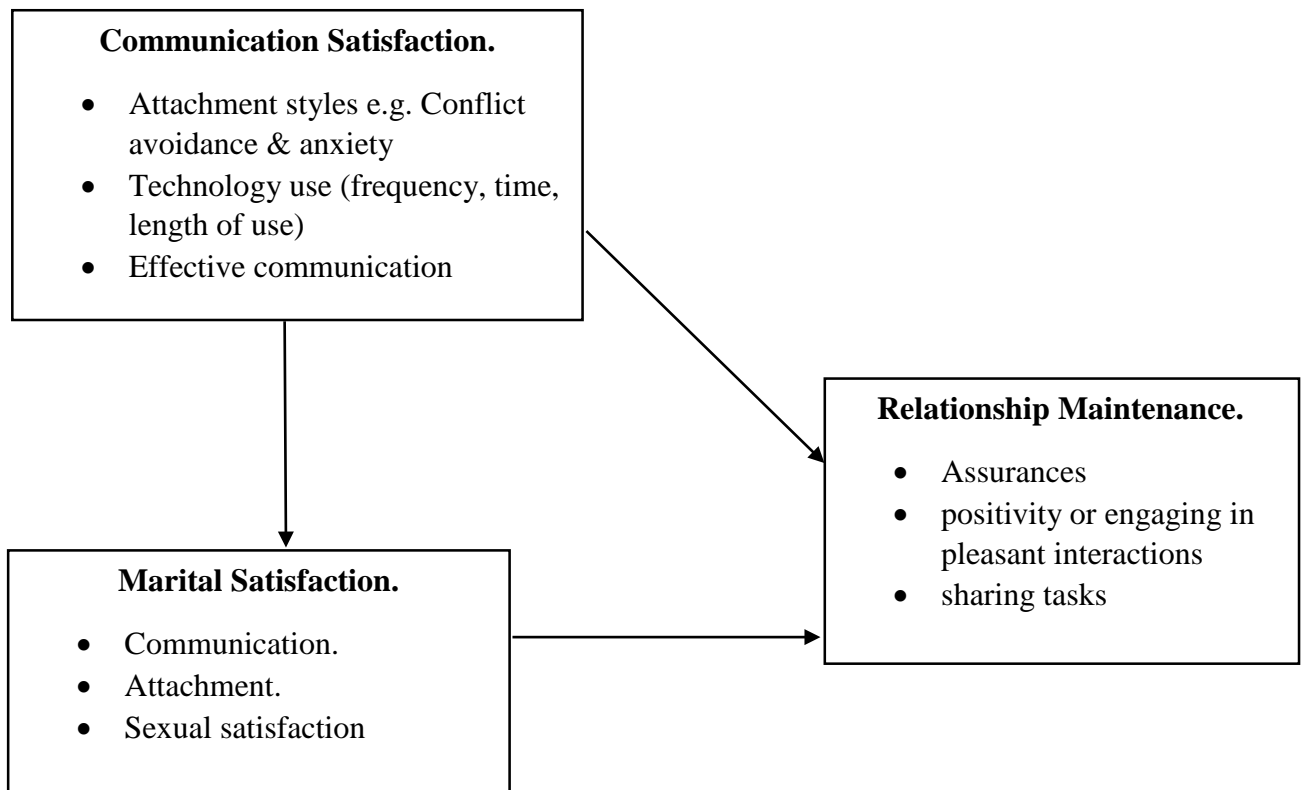
The conceptual framework was derived from the review of literature where communication satisfaction (Lucido, 2015) which is the independent variable, has an indirect relationship with marital satisfaction (Gardner, 2005) which is the intervening variable on relationship maintenance (Dansie, 2012) which here is the dependent variable.

CHAPTER TWO

LITERATURE REVIEW

Introduction

In this chapter, the researcher reviewed what other scholars have put forth. This review was based on the objectives of the study and focused mainly on the relationship between communication satisfaction and relationship maintenance, relationship between marital satisfaction and relationship maintenance, relationship between communication satisfaction and marital satisfaction and the effects of communication satisfaction and marital satisfaction on relationship maintenance.

Interdependence Theory

According to Dainton (2015), Interdependence Theory suggests that as relationships develop, relational partners become more dependent on their relationship to meet their needs; this dependence leads to increased levels of satisfaction and maintenance (Thibaut & Kelley, 1959). From an interdependence perspective, satisfaction is conceived as a psychological state that results from a comparison of the rewards and costs in the relationship relative to expectations. That is, if an individual perceives that his or her outcomes of the relationship exceed expectations, which Interdependence Theory calls the comparison level (CL), then that individual will be satisfied (Thibaut & Kelley, 1959).

Pistole et al. (2010), argued that in order to regulate security, individuals maintain a comfortable range of proximity to the partner (cited from Bowlby, 1969), who can provide a safe haven (e.g. comforting) during stress/distress as well as a secure base (e.g. guidance, advice) in times of need. Pistole et al. (2010), (cited in Gilbertson, Dindia, & Allen, 1998) contend that partners use to create meaning for, and bridge periods of separation.

Prospective behaviors (e.g. tell the partner good-bye) address anticipated separation; introspective behaviors (e.g. phone when apart), maintain connection during separation; and retrospective behaviors (e.g. talk to each other when again face-to-face) and reaffirm connection after separation. According to Pistole et al. (2010), research suggests that use of maintenance behaviors (cited from Dainton, 2000) and relationship continuity constructional units (cited from Gilbertson et al., 1998) are typically related to higher satisfaction and commitment (cited from Stafford, Dainton, & Haas, 2000). Assurances are particularly important to both relationship qualities, as their benefits persist even when the behavior is used only occasionally (cited from Canary, Stafford, & Semic, 2002). In contrast, overuse of openness cited from (Stafford et al., 2000) and advice (cited from Dainton & Aylor, 2002) can detract relational quality. Research linking attachment and maintenance is rare (Canary & Dainton, 2006). Simon and Baxter (1993 cited by Pistole et al., 2010) found out that the securely attached couples used more assurances than the dismissing. Because securely attached individuals manage relational processes more effectively than the anxiously or avoidantly attached (Shaver & Mikulincer, 2007, cited by Pistole et al., 2010), they will likely enact more frequent maintenance behaviors (except for openness and advice) and relational continuity constructional units. More still, Pistole et al. (2010) suggested that avoidant individuals, who have a negative view of the partner and avoid self-disclosure, should engage in relatively few assurances. In contrast, the secure individuals are high on effective self-disclosure and have high regard for the partner. This is in agreement with the Interdependence Theory. Therefore, the secure individuals may use higher levels of assurances and positivity than the avoidant and anxious ones.

According to Dainton and Kilmer (1999, cited by Scott, (2002), emphasized that relationship maintenance comprises of factors such as offering advice, assurances, conflict management, openness, positivity, shared tasks, and shared social networks.

Dainton and Kilmer (1999) established that couples in long distance relationships have their expectations for sustenance behaviors met to a greater degree than geographically close relationships. According to Scott (2002), this finding that long distance relationship expectations for sustenance behaviors are met to a higher degree indicates that those in long distance relationships may be putting more effort in sustaining their relationships. The above conclusion makes sense as Gerstel and Gross (1984, cited by Scott, 2002) reported that long distance marriage couples spend a great deal of time working on their relationship which is in accordance with the Interdependence Theory. This indicates that long distance marriage couples have a great task as far as using a lot of positivity, conflict management and assurance about love for the relationship to be maintained is concerned.

According to Bois et al. (2016), relationship maintenance strategies are used by couples to maintain their relationship, and these include frequency and type of communication and these are important because they relate to sustaining relationship overtime (Canary & Stafford, 1992). Better and more frequent maintenance behaviors (e.g., positivity, networking, and shared tasks) between individuals in a relationship relate to less psychological distress for both partners (Ghezelseflo, Jazayeri, Bahrami, & Fesharaki, 2016). Still more, Bois et al.(2016) reported relationship satisfaction, maintenance, stress and sex are relevant in long distance relationships just as they are in proximal relationships. But these variables may affect long distance relationships differently compared to proximal relationships, with resultant differential effects on individual health. Baym, Zhang, and Lin (2004) stated that while students integrated technology into their social lives, face to face remained the preferred mode of interaction.

 Long distance dating relationship and geographically close relationship couples may employ phone, email, and chat at similar rates (Stafford & Merolla, 2007), though physical time together remains widely unequal. This is supported by Kaula's study (2019).

Therefore, further exploration is needed to understand how effective each technology in maintaining satisfaction in long-distance romantic relationship is.

Stafford (2010) reported that couples who are more satisfied among long distance relationships tend to actively cope with extensive time apart by altering their conversations to be more intimate and talking about the relationship more often than geographically close couples in order to increase trust and loyalty. They further reported that though their conversations may contain more intimate themes, long distance dating relationship couples tend to avoid topics that could lead to conflict or discomfort so as not to ruin their limited time spent communicating, or they may choose to serve uncomfortable conversations for their time together when they can discuss serious matters face to face (Salhstein,2004;Salhstein, 2006).Therefore, the uncomfortable conversations need to be reserved for time when the long distance couples are physically together again.

According to Gordon, Impett, Kogan, and Oveis (2012) , appreciation is a critical barometer by which people gauge the state of their relationships and determine whether they should risk engaging in relationship promoting behaviors. Feelings of being appreciated arise when individuals perceive that their partners see them as valuable. Thus, feeling appreciated provides people with a sense of security and confidence in their partners regard.

Marital satisfaction

Marital satisfaction is not a static and stable concept, and most of the spouses experience some changes in the amount of satisfaction during their common life. Marital satisfaction involves factors such as sexual satisfaction, communication and attachment.
Sexual satisfaction is one of the personal needs and interpersonal interactions which have an interconnection with the health of human beings and their society. One of the important aspects of marital relations is sexual relations.

Sexual relation is the reason for most of the psychological problems and the marital discords. Sexual relation dissatisfaction is one of the effective factors in marital relation failures and divorces, and sexual relation satisfaction is also one of the effective factors in the marital relations. Several research results indicate the strong correlation between the sexual relations and marital satisfaction, for example, we can name researches of Byers (2005) and several other researches (as cited by Hajinia & Khalatbari, 2017). On detecting the effective factors of marital satisfaction experts have consensus that consent in marriage requires special abilities and skills in both parties, and one of them is communicational skills and the ability to solve problems (Hajinia & Khalatbari, 2017).This makes communication satisfaction key to marital satisfaction.

According to Sahlstein (2004), the contradiction of being together while living apart presents unique challenges to long distance dating relationships. Long-distance couples could face discouragement and loneliness after comparing their relationship to geographically-close relationships (cited from Stafford, 2010). However, effective communication skills could alleviate feelings of isolation and stress (cited from Maguire & Kinney, 2010; Meitzner & Li-Wen, 2005).This indicates that the lesser the communication skills the more the challenges faced by the couple in long distance marriage. Some couples have learned to manage the stress of separation through openness and positivity, which were found to be positively related to relationship satisfaction among long-distance couples (Maguire & Kinney, 2010 cited by Dansie, 2012). Couples who are more satisfied with their long-distance relationship tend to actively cope with extensive time apart by altering their conversations to be more intimacy based and talking about the relationship more often than geographically close couples in order to increase trust and loyalty (Stafford & Merolla, 2007; Stafford, 2010 cited by Dansie, 2012). Specifically, in in-person communication, nonverbal cues, tone of voice, and time committed to communication are needed to foster meaningful interaction.

During times of physical absence, the need for clarifying meaning and emotions takes on greater importance, as nonverbal cues are most times not available .This indicates that the physical absence can make the couple be more attached psychologically through effective communication.

Long distance dating relationship conversations likely include more self-disclosure than geographically close relationship conversations, which generally gravitate toward daily, impersonal topics (Dansie ,2012).Though their conversations may contain more intimate themes, long distance dating relationship couples tend to avoid topics that could lead to conflict or discomfort so as not to ruin their limited time spent communicating, or they may choose to save uncomfortable conversations for their time together when they can discuss serious matters face-to-face (Salhstein, 2004;Salhstein, 2006). Couples may intentionally avoid uncomfortable topics, while in other cases these issues may simply be blocked by physical constraints (Stafford & Reske, 1990 cited by Dansie, 2012). This is likely to lead to challenges like infidelity while apart in search of comfort.

Long distance dating relationships often mirror the separation-reunion cycle featured in studies of attachment (Pistole, 2010). For example, a couple may separate for a specified amount of time, later spend a long weekend or holiday break together, then eventually return to their separate lives, repeating the cycle. Attachment bonds in adulthood are also revealed in caregiving behaviors. Generally, caregiving requires both partners to be physically present to exchange physical and emotional support in times of distress. However, because long distance dating relationship couples are unable to physically offer affection, comfort, or assistance, sensitivity and availability are expressed through words of affirmation and understanding (Pistole et al., 2010).

This may prove challenging for couples in which one or more partner possesses an avoidant attachment style and takes fewer measures to seek proximity or emotional closeness to the other. Roberts and Pistole (2009, cited by Dansie, 2012) found out that among students in a current long-distance relationship, those with avoidant attachments reported lower satisfaction than students with either secure or anxious attachment styles. It appears that personal traits, such as attachment styles, can act as a mediator between relationship status (long distance dating relationship versus geographically close relationship) and relationship satisfaction, and this is in line with the Interdependence Theory that is on rewards and costs in the relationship relative to expectations. Additionally, factors tied to the current relationship, such as the commitment level and anticipated future of the relationship, influence the happiness of dating partners.

Personal investment in the relationship can improve relationship satisfaction through increasing the level of commitment. Though many long distance dating relationship couples have not progressed to engagement or marriage, the growing length of the relationship could increase the perceived level of investment, therefore, increasing commitment. High investments have been shown to lead to stronger long distance dating relationships. Additionally, current satisfaction and low alternative dating options have been shown to influence commitment (Pistole et al., 2010). Uncertainty in the future of a relationship can add stress and decrease communication, openness, and assurances crucial to maintaining a satisfying long distance dating relationship. Maguire (2007) found out that long distance dating relationship couples that reported higher satisfaction were more certain of their eventual permanent reunion with their partners compared to uncertain couples with lower satisfaction. Some have dealt with uncertainty through optimism and support from family and friends or through planning for the future with their partner (Maguire, 2007; Salhstein, 2006).

The amount of time spent together varies between long distance dating relationship couples depending on the physical distance between them, flexibility of work or school schedules, and the cost of visiting one another. Some enjoy bi-weekly or monthly weekend visits, while others must endure longer periods of time apart. In any case, the excitement of reunions may be mixed with feelings of anxiety and stress. Maguire and Kinney (2010) found out that visits from a long-distance partner were less satisfying for high-distress females who were particularly affected by the stress of being apart and uncertainty compared to low-distress females. This perhaps stems from the pressure to make each moment together perfect. Qualitative interviews of 20 long distance romantic relationship couples elicited descriptions of their reunions (Sahlstein, 2006). Stafford and Merolla (2007) suggest that couples transitioning to geographically close relationships may consider fostering small talk into their conversations and discuss issues that could elicit conflict in order to prepare for the "turbulence" of transitioning to a geographically close relationship. Therefore, the couple needs to be aware of certain conversations that are likely to bring conflicts when they are geographically close and those that would bring dissatisfaction while apart.

The growing body of long distance dating relationship research provides valuable insight into the unique experiences of young adults maintaining romantic ties while living geographically separated. However, the revolutionary developments in communication technology in the past decade warrant further investigation of their use among young adults, particularly in maintaining long-distance relationships (Dansie, 2012). Relationship satisfaction being the level of contentment an individual feels for his or her relationship is one of the most important components in predicting the stability of a relationship (Anderson & Emmers-Sommer,2006) as cited by(Gentile & Edwards, 2013).

Jiang and Hancock (2013), cited in Sanderson and Evans (2001) asserts that besides spending more time together, there are some other pathways through which the pursuit of intimacy goals may lead to relationship satisfaction, including interacting in goal- relevant situations, strategically managing conflicts, sharing similar intimacy pursuits, and subjectively perceiving the partner as intimacy- oriented. Research has shown that those in long distance romantic relationships report the same levels of relationship satisfaction as individuals in geographically close romantic relationships (Sidelinger, Ayash, Godorhazy, & Tibbles,2008 as cited by Gentile et al. 2013). Relationship satisfaction, itself thought to result from the interaction between individual and dyadic factors (e.g., attachment style and relationship quality), may be integrally associated with the capacity to maintain felt security in a long distance relationship (Shaver & Hazan, 1988). Adults who are highly satisfied with their romantic relationships may be able to understand the physical separation as unrelated to the overall stability of a long distance relationship with intact relationship satisfaction. However, Kelmer, Rhoades, Stanley, and Markman (2013), cited in Horn, et al. (1997) contend that individuals in long distance dating relationships felt less companionship with their partners, shared less personal information with their partners, and reported lower levels of overall relationship satisfaction, compared to individuals in close- proximity dating relationships. Long distance relationship members with higher relationship satisfaction may be more comfortable focusing on feelings of security vis-a-vis their romantic partners. Protecting relationship satisfaction from threats among long distance relationship members is important for ultimately contributing to relationship longevity (Borelli, Rasmussen, Burkhart, & Sbarra, 2015).

Peterson (2014) cited Merolla (2012) that couples who spend time together in person tend to have greater amounts of happiness within the relationship, and Kelmer et al. (2013) found out that those in long -distance relationships have better overall relationship quality. This could imply that relationship quality and the amount of satisfaction in the relationship are dependent on the individuals rather than the type of relationship.

According to Dowdle (2016) , many studies that examine the distance between partners find that long distance relationships are associated with negative outcomes. Separation and distance from one's partner has been shown to be a life stressor (Maguire & Kinney, 2010) and the main source of difficulty in long distance relationships e.g., Helgeson (1994). Long distance relationships often have lower levels of satisfaction (cited from Maguire & Kinney, 2010) and are more unstable (cited from Solomon & Knobloch, 2004), with many partners indicating that they would be unwilling to participate in a long-distance relationship in the future (cited from Knox, Zusman, Daniles, & Brantly, 2002).This could be because of the challenges they face while living apart and, as a result, they are unwilling to participate in a long distance relationship. Dowdle (2016), cited in Schutzwohl, Morjaria, & Alvis (2011) reveal that in unstable relationships, partners often feel less secure, which opens the door to more potential jealousy and suspicion of cheating when partners live away from one another. Therefore, a lack of relationship satisfaction has also been found to predict both the inclination to cheat, as well as cheating behaviors (cited in Maddox Shaw, Rhoades, Allen, Stanley, & Markman, 2013). This may lead to divorces due to marital dissatisfaction.

Communication satisfaction

According to Niinsalu (2016) , the increasing number of computer users and communication through them has led to a big impact on long distance communication.

Through email, instant messaging, online audio and video calls, as well as multimedia sharing, maintaining relationships over long distances has been made a lot easier and more gratifying for involved parties. According to Kelmer et al . (2013), long distance relationships have significantly higher levels of adjustment, love for partner, fun with partner, and conversational quality. Additionally, long distance relationships were found to have lower levels of problematic communication and less psychological aggression. According to Jiang and Hancock (2013), long distance couples reported greater feelings of closeness and disclosed more information to their partners than couples living in close proximity to one another. Jiang and Hancock (2013) did not find any significant differences in levels of uncertainty that long distance and close proximity couples felt about their relationships. Jiang and Hancock (2013) also reported that according to a journal press release, long distance romance is much more common nowadays. Couples get separated for a variety of reasons, due to modern mobility, and they choose to maintain their relationships through all kinds of communication technologies. Again Jiang and Hancock (2013) reported, further, that people do not have to be so pessimistic about long distance romance. The long-distance couples try harder than geographically close couples in communicating affection and intimacy and their efforts do pay back. These findings are important because they support earlier studies such as those carried out by Stafford (2004) who suggests that long distance couples may reinforce the positive aspects of their relationships, and experience greater intimacy than couples that communicate face to face often do. Hillard (2017), citing Dainton and Aylor (2002) stated that with the growth of interactive media technologies, scholars have turned their attention to understanding the uses that individuals make of mediated communication. For example, Jiang and Hancock (2013) found out that long distance couples relied more on mediated- communication and lengthier calls and video chats that make up for their fewer overall interaction.

 Hillard (2017) , further, reviewed Merolla (2012) and reported that successfully maintaining relationships at a distance is not dependent solely on technology, and, further that research has been, and must continue to be, conducted to investigate the effects of communication technology on long distance dating relationships. This indicates that there are other factors that determine relationship maintenance in long distance marriages, other than communication, that need to be further researched on.

Reis, Maniaci, Caprariello, Eastwick, and Finkel (2011) reported that only a few recent studies have considered how long-distance romantic couples, or friendship pairs, interact across a variety of communication channels, including the potential relational outcomes of the use of different types of communication technologies. Kirk (2013) asked a small sample of undergraduate students involved in long distance relationships to indicate how many hours per week they used each of several communication channels. The couples reported that Skype and Facebook were the most frequently used communication channels. Time spent on Skype positively predicted relationship satisfaction. Facebook communication, however, was negatively associated with satisfaction as stated above, video communication may be particularly important in long distance relationships, as it allows for a richer format of interaction than do other forms of communication e.g. text messaging and phone calls. This channel offers both video and audio channel and makes the other person salient through a shared presence.

Relationship between communication satisfaction and relationship maintenance

According to Kirk (2013), relational maintenance strategies are also crucial factors in communication patterns between partners in long distance dating relationships. Kirk (2013), cited in Bryant and Oliver (2009), argued that relational maintenance strategies are symbolic behaviors that communicate the desire to continue with a relationship.

Kirk (2013) suggested five strategies and these are as follows: positivity, openness, assurance, social networks, and tasks. Bryant and Oliver (2009) found out that users of Facebook employ relational maintenance strategies via the site. Taken together, it is clear from previous studies that commuter- mediated communication use promotes the use of relational maintenance strategies; however, we seek to examine the factor of frequency of commuter- mediated communication use as well. Hampton (2016), cited in Horn et al (1997), who analyzed survey responses regarding maintenance processes in relationships from individuals in a geographically close relationship, reported less companionship, self-disclosure, and certainty in the longevity of their relationships. Three other components of relationship maintenance, communication, perceptions and behaviors, are met with unique challenges for those within a long distance relationship. For those in a long distance relationship, compared to those with relationships that are proximal, intimate communication is often mediated through technology (Kirkpatrick, 2007). Perceptions of one's partner are often idealized according to Guerrero, Andersen and Afifi, (2017). From this perspective communication satisfaction has a big impact on relationship maintenance.

According to Dainton and Aylor (2002), as cited by Hillard (2017), "with the growth of interactive media technologies, scholars have turned their attention to understanding the uses that individuals make of mediated communication." For example, Jiang and Hancock (2013) found out that long distance couples relied more on mediated communication and lengthier calls and video chats to make up for their fewer overall interactions. However, according to Merolla (2012), research has shown that mediated communication does not entirely compensate for the deficits a lack of face to face communication causes. Therefore, they are other factors, other than mediated communication that impact on the relationship maintenance and that need to be explored.

Hillard (2017), reported further as cited in Dainton and Aylor's (2002) study that that individuals use media with the specific goal of satisfying needs in mind and are able to voice their motives and needs which is in line with the Interdependence Theory. This perspective assumes that needs can be, and are, met through the use of technology. Harris (2014) cited in Stafford and Canary (1991) found out that the five common maintenance behaviors, that is positivity, assurances, openness, sharing tasks, and networks, have been the most effective in maintaining relationships and that correlate with relationship satisfaction. Individuals in long distance romantic relationships, however, used fewer assurances than those in geographically close romantic relationships. Because research has indicated inconsistent findings with relational maintenance behaviors and commuter-mediated communication, it may be that both the type of mediated channel and the type of relationship could impact on the use of these behaviors.

Relationship between marital satisfaction and relationship maintenance

Gonzalez (2011) found out that much of the existing research has examined relationship maintenance and satisfaction, commitment, and time spent together. There are mixed findings within long distance romantic relationships, particularly regarding relationship satisfaction (cited in Canary& Dainton, 2003; Le, korn, Crockelt, & loving, 2011). Some researchers report lower levels of relationship satisfaction and maintenance among long distance couples when compared to their proximally close counterparts (cited from Le & Agnew,2001), suggesting that proximally close couples report a higher ability to meet each other's needs with companionship, security, sexual activity, and emotional involvement. However, a study conducted by Stafford (2004) reported higher levels of overall happiness and freedom among long distance dating couples compared to geographically close couples, which was also correlated with higher levels of relationship satisfaction.

Jiang and Hancock (2013), cited in Stafford (2010) established that communication in long distance dating couples report more intimate, more positive, and less contentious relationships than in geographically-close dating couples who report more intimate talk and activities, more avoidance of conflict and less discussion of important premarital decisions. Gentile and Edwards (2013), cited in Roberts and Pistole (2009) assert that research has examined the role of attachment styles in predicting the relationship satisfaction and maintenance of individuals in long distance romantic relationships and geographically close romantic relationships. For both long distance romantic relationships and geographically close romantic relationship, research has demonstrated a negative association between avoidance and relationship satisfaction. Stafford and Canary (1991), as cited by Gentile and Edwards (2013), developed a typology of five common maintenance behaviors, which are positivity, assurances, openness, sharing tasks, and networks, that have been shown to be the most effective for maintaining relationships and correlate with relationship satisfaction. These maintenance behaviors can be misused and lead to unstable long distance relationships.

According to Hampton (2016), relationship maintenance, or engaging in behaviors that increase overall relationship satisfaction, has been found to be challenging for individuals in a long distance relationship. Often is heard the proverb, "distance makes the heart grow fonder" in opposition, and still frequently heard is, "out of sight is not out of mind". These adages have long existed to support, or condemn, the quality and satisfaction of long-distance relationships. There is a certain cultural ideology in place that suggests that romantic couples must be in geographical proximity in order to maintain relationship satisfaction (Sahlstein, 2004). Indeed, lack of proximity and face to face communication is reported to be the primary reason for frustration among individuals in a long distance relationship (Stafford & Merolla, 2007).

Therefore, with the use of technology, communication satisfaction can impact on the maintenance of the long-distance relationships.

Dainton and Aylor (2002) cited by Hillard (2017) argued that with the growth of interactive media technologies, scholars have turned their attention to understanding the uses that individuals make of mediated communication. This corroborates Kaula's (2019) findings. For example, Jiang and Hancock (2013) found out that long distance couples relied more on mediated communication and lengthier calls and video chats to make up for their fewer overall interactions. However, according to Merolla (2012), research has shown that mediated communication does not entirely compensate for the deficits a lack of face to face communication causes. Merolla (2012) further stated, "… successfully maintaining relationships at a distance is not dependent solely on technology." Therefore, research has been, and must continue to be, conducted to investigate the relationship between communication satisfaction and relationship maintenance in long distance relationships.

According to Roberts and Pistole (2009), as cited by Harris (2014), research has examined the role of attachment styles in predicting the relationship satisfaction and maintenance of individuals in long distance romantic relationships and geographically close romantic relationships. For both long distance romantic relationships and geographically close romantic relationships, research has demonstrated a negative association between avoidance and relationship satisfaction, and positive associations between secure attachment and relationship satisfaction (Guerrero, Farinelli, & McEwan, 2009) and secure attachment and the frequency of positive relationship maintenance behaviors (Guerrero & Bachman,2006; Pistole, Roberts ,& Chapman, 2010).

Hampton, Rawlings, Treger, and Sprecher,(2009), cited by Roberts and Pistole (2009), argued that despite lack of frequent face to face contact, partners in long distance relationships have been found, in many studies, to have similar levels of satisfaction as compared to those in geographically close relationships. In addition, Hampton et al. (2017), cited in Dainton and Aylor (2002), found out that the greater communication in long distance relationships (i.e. frequent phone contact) while the partners were separated was associated with satisfaction, and this was in line with the Interdependence Theory that relational partners become more dependent on their relationship to meet their needs that will increase levels of satisfaction and maintenance. According to Hampton et al. (2017), less is known, however, regarding how frequently those in long distance relationships use new technologies to stay in contact and how the use of the new communication modes are associated with rational quality outcomes. Therefore, there is need to research about the use of new technologies on relationship maintenance.

Hampton et al. (2017), cited in Kirkpatrick (2007), agreed that intimate communication over commuter-mediated communication may be particularly important in long distance relationships. Geographically-close partners have the option to wait until face to face interaction to engage in intimate communication, but partners often need to find ways to communicate. Hampton et al. (2017), further cited in Kelmer et al. (2013) that in such situations, lean modalities (e.g. text messaging) are likely to be used to be communicating rich, and social information in long distance relationships, resulting in communication that is more intimate than what might occur in geographically close relationships in the same modalities. Hampton et al. (2017), citing Stafford and Reske's (1990) study, found out that use of such modalities tends to be positively associated with relationship commitment, stability, and duration. Therefore, frequent use of leaner communication technologies in a long distance relationship may predict individuals' satisfaction with their communication and their relationship.

According to Borelli et al. (2015), as reviewed by (Stafford,2004; Stafford & Merolla,2007), that long distance relationships seem as though they would be less satisfying to romantic partners than geographically close relationships simply because face to face interaction is scarce, communication may be more difficult, and the financial burdens associated with the relationship may be greater. Borelli et al.(2015), further cited in Pistole (2010), argued that these stressors have the potential to generate downstream psychological effects related to the physical separation, such as concerns regarding loyalty, fidelity, and commitment to the relationship of one's partner. According to Shaver and Hazan (1988), cited by Borelli et al (2015), suggested that relationship satisfaction, itself thought to result from the interaction between individual and dyadic factors (e.g., attachment style and relationship quality), may be integrally associated with the capacity to maintain felt security in a long distance relationship. Adults who are highly satisfied with their romantic relationship may be able to weather the challenges of a long distance relationship with intact relationship separation. However, long distance relationship members who are relatively unsatisfied with their romantic relationship may have trouble contextualizing insecurity as resulting from the physical separation, instead attributing the feelings to integral aspects of the relationship itself, which, in turn, may lead to less positive feelings about the relationships and lower relationship stability.

Stafford (2010) reported that people in long distance romantic relationships tend to report greater levels of communication and relationship satisfaction, most likely due to idealized perceptions of their partners because of the lack of face to face interaction that do not fade over time.

In a study conducted on communication channels in long distance relationships, Dainton and Aylor (2002) was cited by Hampton (2016) to have found out that relationship satisfaction was positively correlated with the quantity of face to face communication that couples engaged in; the long distance relationship couples with minimal face to face communication reported less relationship satisfaction, commitment, and trust for their partner compared to the long distance relationship couples with more frequent face to face communication. For couples in a long distance relationship, this face to face communication can contribute to the inability to display non-verbal affection, engage in joint tasks, and be involved in the overall daily routine of each other, all of which are primary components of relationship maintenance in geographically- close relationships (cited from Guerrero et al., 2017), which is in accordance with the Interdependence Theory in that with dissatisfaction in communication may lead to costs in relationship maintenance. Therefore, face to face communication may have a big impact on the marital satisfaction as well as relationship maintenance that has been made easy through modern technology use such as twitter, Skype and others.

Despite the lack of face to face communication in long distance relationships, many such relationships have still been able to survive and thrive, especially in more recent years (Billedo, Kerkhof , &Finkenaurer, 2015; Merolla, 2012) as cited by Hampton (2016). Furthermore, Hampton (2016), citing Guldner (2003), states that this growing feasibility of long distance relationships is most likely due to technological increases in computer- mediated communication , which can serve as a direct and immediate link between partners who are too far away from each other to have frequent face to face communication. According to Harris (2014), research has examined the role of attachment styles in predicting the relationship satisfaction and maintenance of individuals in long distance romantic relationships and geographically close romantic relationships.

For both long distance romantic relationships and geographically close romantic relationships, research has demonstrated a negative association between avoidance and relationship satisfaction (Roberts & Pistole,2009), and positive associations between secure attachment and relationship satisfaction (Guerrero, Farinelli, & McEwan,2009) and between secure attachment and the frequency of positive relationship maintenance behaviors (Pistole, Roberts, & Chapman, 2010). These attachment styles, such as conflict avoidance, lead to communication satisfaction making their long distance relationship well maintained.

Gentile and Edwards (2013) further reviewed Anderson and Emmers-Summer (2006) who conducted a study that examined on line only couples. The relational components of trust, intimacy, and communication satisfaction were significant predictors of relationship. Those who communicated more with their partners also reported greater levels of communicative satisfaction than those who spent less time interacting with their partners. Further research on commuter- mediated communication use in romantic relationships indicated that those in long distance romantic relationships spent more time communicating with their partners on line than did those who were geographically close (cited in Sidelinger, Ayash, Godorharzy, & Tibbles,2008). According to Lucido (2015), the most powerful communication was the positive or negative use of text messages. This is in agreement with the Interdependence Theory (Dainton, 2015). Using texting for positive communication, such as expressing affection, was associated with boosted relationship satisfaction and when it was used for negative communication, such as confrontations, it was associated with lower relationship satisfaction. Furthermore, Hillard (2017) citing Dainton and Aylor (2002), reveals that technology in long distance romantic relationships, through adopting the assumptions of uses and gratifications perspective, suggests that individuals use media with the specific goal of satisfying needs in mind and are able to voice their motives and needs.

Overall, this perspective assumes that needs are met through the use of technology. With this perspective, Dainton and Aylor's (2002) study of the relationship between relational maintenance strategies and frequent use of multiple communication channels in long distance relationships as confrontations was associated with lower relationship satisfaction. Quick messages between partners were used as relationship reinforcement and were linked with a more positive assessment of the relationship. These findings are limited because they only focus on one aspect of how a mode is used with positive or negative content and how this is related to relationship satisfaction.

Relationship between communication satisfaction and marital satisfaction.

Hampton et al. (2017) citing Dainton and Aylor's (2002), study assert that early research found out that greater communication in long distance relationships (i.e., frequent phone contact) while the partners were separated was associated with satisfaction. According to Hampton et al., (2017), less is known, however, regarding how frequently those in long distance relationships use new technologies to stay in contact and how the use of the new communication modes is associated with rational quality outcomes. In Hampton et al's (2017) study, an international sample of 588 individuals who were currently involved in a long distance relationship completed a survey that assessed their use of multiple communication technologies, as well as their communication satisfaction and over all marital satisfaction. According to Kirkpatrick (2007), cited by Hampton et al. (2017), intimate communication over commuter-mediated communication may be particularly important in long distance relationships. Geographically-close partners have the option to wait until face to face interaction to engage in intimate communication, but partners often need to find ways to communicate.

Hampton et al. (2017), citing Kelmer,Rhoades,Stanley,& Markman's (2013) work, argued that in such cases lean modalities (e.g. text messaging) are likely to be used to be communicating rich, and social information in long distance relationships, resulting in communication that is more intimate than what might occur in geographically close relationships in the same modalities. Hampton et al (2017) also reviewed Stafford and Reske (1990) to the effect that researchers found out that use of such modalities tends to be positively associated with relationship commitment, stability, and duration. Therefore, frequent use of leaner communication technologies in a long distance relationship may predict individuals' satisfaction with their communication and their relationships.

According to Borelli et al.(2015), cited in Stafford & Merolla (2007), long distance relationships seem as though they would be less satisfying to romantic partners than geographically close relationships simply because face to face interaction is scarce. As a result, communication may be more difficult, and the financial burdens associated with the relationship may be greater. Borelli et al. (2015) further reviewed Pistole, Roberts and Mosko (2010) and observed that these stressors have the potential to generate downstream psychological effects related to the physical separation, such as concerns regarding loyalty, fidelity, and commitment to the relationship of one's partner. According to Shaver and Hazan, (1988), cited by Borelli et al. (2015), relationship satisfaction, itself thought to result from the interaction between individual and dyadic factors (e.g., attachment style and relationship quality), may be integrally associated with the capacity to maintain felt security in a long distance relationship. Adults who are highly satisfied with their romantic relationship may be able to weather the challenges of a long distance relationship with intact relationship separation.

However, long distance relationship members who are relatively unsatisfied with their romantic relationships may have trouble contextualizing insecurity as resulting from the physical separation, instead attributing the feelings to integral aspects of the relationship itself, which, in turn, may lead to less positive feelings about the relationships and lower relationship stability. Stafford (2010) argued that people in long distance romantic relationships tend to report greater levels of communication and relationship satisfaction, most likely, due to idealized perceptions of their partners that because of the lack of face to face interaction do not fade over time. Dainton and Aylor (2002), as cited by Hampton (2013), claim to have found that relationship satisfaction was positively correlated with the quantity of face to face communication that couples engaged in. The long distance relationship couples with minimal face to face communication reported less relationship satisfaction, commitment, and trust for their partners compared to the long distance relationship couples with more frequent face to face communication. Therefore, there is need to research further on the other predictors of relationship maintenance.

Effects of communication satisfaction and marital satisfaction on relationship maintenance

Maguire and Kinney (2010) suggested that there are numerous factors that can add to or detract from the quality of dating relationship, and the factor of distance can play a role. Long distance relationships in college tend to have varying levels of stress, resulting in differing levels of relational satisfaction. Due to the nature of long distance romantic relationships and the limited amount of communication, relational satisfaction relies greatly on commuter-mediated communication. Relational satisfaction is also dependent on which communication channels are most frequently used in long distance communication.

Jiang and Hancock (2013) argued that openness and positivity are two strategies that potentially involve self- disclosing behaviors and are the most frequently observed maintenance strategies in e-mails between long distance romantic partners, and that they significantly contribute to relationship stability and satisfaction. Jiang and Hancock (2013) suggest that intimacy dynamics may operate differently across interpersonal media. Dainton and Aylor (2002), as cited by Jiang and Hancock (2013), emphasized that long distance couples use different interpersonal media. Openness and assurance are emphasized on the telephone, while positivity, social networking and shared tasks get more emphasis in text- based communications. When alternatives of communication are limited, communicators are likely to adapt to the constrained situation in pursuit of the desired communication effect, such as enhancing intimacy (Jiang & Hancock, 2013). Clark and Brennan (1991) as cited by Jiang and Hancock (2013), reported that various interpersonal media, however, constrain communication in different ways. For instance, interpersonal media may affect how many cues are available whether the communicators can interact in real time, or whether they are accessible while moving through different locations. Lucido (2015) emphasized that as an important part of maintaining relationships, communication has also been found to influence overall relationship satisfaction. Therefore, there is a need to assess the relationship between communication satisfaction and relationship maintenance.

According to Dainton and Aylor (2014) , survey data was collected from 114 individuals in long distance relationships. Results indicated that the use of oral channels (face to face and telephone), positive relationships between the use of written channels (internet and letters), but negative relationships between the use of oral and written communication channels. The use of each communication channels was positively associated with relational maintenance, with telephone use in particular associated with the use of relational maintenance strategies.

Telephone use was also positively associated with relational commitment and satisfaction, and internet use was positively associated with trust. According to Cieleszky (2017) , in studying interpersonal communication for relationship maintenance, scholars have also examined relational maintenance behaviors . Relational maintenance behaviors is an action directed towards the deepening of "a relationship in a specified state or condition" (cited from Dindia & Canary, 1993). Relational maintenance behaviors strategies have three aspects, which are the following: romantic, that is, being affectionate; prosocial, that is, being co-operative; and antisocial, that is, applying coercion (cited from Canary, House, Stafford, & Wallace, 1993). The wide spread of integration of ICT to everyday life help people meaningfully engage with distant partners, as well as experience and actualize intimacy in an individualizing world (Valentine,2008). Distance does not necessarily end relationship intimacy, as it can be overcome by the usage of technology. Therefore, Communication which is a key of relationship maintenance is done by the usage of ICT in long distance relationships (Epstein, Warfel, Johnson, Smith, & McKinney, 2013). Dainton and Stokes (2015) cited in Stafford (2003), suggest that numerous studies indicate that pro-social behaviors are consistent and strong predictors of relationship satisfaction. In addition to these pro-social maintenance behaviors, scholars recognize that negative behaviors also contribute to relationship maintenance, that is ,individuals might engage in connotatively negative behaviors in order to reduce undesired levels of relationship qualities e.g. to shift commitment levels and make them lower (Dainton & Stokes, 2015). Indeed, behaviors typically considered to be antisocial might be used to sustain positive relationship characteristics (Metts, 1989), as cited by Dainton and Strokes (2015). Following Metts argument, Dainton and Gross (2008), cited by Dainton and Strokes (2015), identified six distinct maintenance behaviors considered to have negative social connotations.

The behaviors included jealousy induction (an intentional effort to make the partner jealous),avoidance (avoiding the partner as well as avoiding topics that might lead to arguments),spying (actively seeking information about the partner),infidelity (behaviors ranging from flirting to having sex with other people so that the individual can prevent boredom in the relationship),destructive conflict (using unproductive conflict strategies), and allowing control (letting the partner make plans or decisions). These behaviors are related in complex ways with relationship characteristics. For example, Goodboy, Myers, and Members of Investigating Communication's (2010) study found out that individuals with particular love styles enact negative maintenance behaviors regardless of existing relationship quality. This is in agreement with the Interdependence Theory (Dainton, 2015). The use of both positive and negative maintenance impacts relationship characteristics in long distance marriages so that affected couples are able to sustain their relationship.

Conclusion

Long distance marriages have become increasingly common in the world. The husband and wife will be living separately, in different homes, and even different cities in order to meet the demands of their jobs. Those who live and work while in long distance marriage are generally agreed to return and meet the family at certain times adapted to their work. The study variables are communication satisfaction, marital satisfaction and relationship maintenance in long distance marriages. These variables were reviewed in line with Interdependence Theory. Interdependence Theory suggests that as relationships develop, relational partners become more dependent on their relationship in order to meet their needs; this dependence leads to increased levels of satisfaction and maintenance.

Despite the lack of face to face communication in long distance relationships, many such relationships have still been able to survive and thrive, this growing feasibility of long-distance relationships is most likely due to technological increases in computer-mediated communication, which can serve as a direct and immediate link between partners who are too far away from each other to have frequent face to face communication in order to maintain their relationship. Much is needed to research on the effects of communication satisfaction, marital satisfaction and relationship maintenance.

CHAPTER THREE

METHODOLOGY

 Introduction

This chapter focused on the research design, target population, sampling design, sampling size, measurement, instrumentation, data collection procedure, data management and analysis, validity and reliability, ethical considerations, and study limitations.

 Research design

The research design was a cross sectional survey design using quantitative approach. The research design was cross sectional survey design because it is relatively inexpensive and takes up little time to conduct since the survey is carried out at one time point or over a short period, (Lavner, 2016). The research design used quantitative approach because it provides objective information from a wider sample, Lucido (2015).

 Target population

The target population consisted of married teaching, non-teaching and support staff of Kyambogo University. This is because a good number of staff who seek medical services from Kyambogo University Medical Centre and reported to be in long distance relationship were easy to access. The Kyambogo Medical Centre was the entry point because the researcher is a medical staff member there. The target population was 676 married staff (Human Resource records, 2019) of which 295 staff are in long distance marriage.

Sample size

The sample size was 169 as guided by Table of Sample Determination by Krejcie and Morgan (1970). (See appendix B).

Sampling strategy

A Stratified simple random sampling procedure (Banning, Reinder, Camstra, & Knottnerus, 2012) was used to select the married female and male members of staff to include in the sample. Stratified simple random sample assumes division of the target population into what are known as strata and these were the academic and non-academic staff. The strata must cover the whole population. A random sample is then selected from every stratum. Stratified simple random sampling was used because it reduces the variance, that is, the common way of improving the precision of estimators. Precision improves because the variance within the strata is less than the variance for the population as a whole. Purposive sampling was used to select the final samples from the different strata.

Measurement of research variables

The variable communication satisfaction was measured using Hecht's (1978a) Revised Interpersonal Communication Satisfaction Inventory (Com-Sat) adopted from Scott (2002). Marital satisfaction was measured using the ENRICH Martial Satisfaction (EMS) Scale found in the ENRICH Inventory developed by Fournier, Olson, and Druckman (1983) and adopted from Dungey (2013), and relationship maintenance was measured using the Relational Maintenance Strategy Measure (RMSM), developed by Stafford and Canary (1991) adopted by Dungey (2013).

Research Instruments

The researcher used self-administered structured questionnaires consisting of four sections where section A was Bio data consisting of 17 items, section B was communication satisfaction consisting of 09 items, section C was marital satisfaction consisting of 13 items, and section D was relationship maintenance consisting of 14 items.

The items in the self-administered questionnaire were scored on a Six Likert scale where 1 =
Strongly Disagree, 2 = Disagree, 3 =Somewhat Disagree, 4= Somewhat Agree, 5= Agree, and 6
=Strongly Agree for the respondents to appropriately state their level of agreement or
disagreement (Appendix A).

Data collection procedure

The researcher got an introductory letter from the Head of Psychology Department at
Kyambogo University to introduce her to the Director of Human Resources. The researcher
wrote a letter to the Director of Human Resources explaining the study and for permission to
allow the researcher carry out research. The Director Human Resources issued the letter of
permission to the researcher to carry out research in the University. The researcher distributed
the 200 self-administered questionnaires to identified staff in long distance marriages from
different departments. Then the researcher identified a focal staff in each department to receive
the completed questionnaires and later the researcher retrieved 197 self-administered
questionnaires from the focal staff upon their completion with the response rate of 98.5%.

Data management/processing

The data was coded, cleaned, edited and computed using Statistical Package for Social
Scientists (SPSS) Version 22.

Data analysis

Data analysis was guided by the study hypotheses.

Hypothesis 1, which states that there is a statistically significant relationship between
communication satisfaction and relationship maintenance, was analyzed using Pearson
Correlation Coefficient.

Hypothesis 2, which states that there is a statistically significant relationship between marital satisfaction and relationship maintenance, was also analyzed using Pearson Correlation Coefficient.

Hypothesis 3, which states that there is a statistically significant relationship between communication satisfaction and marital satisfaction, was analyzed using Pearson Correlation Coefficient.

Hypothesis 4, which states that communication satisfaction and marital satisfaction do significantly predict relationship maintenance, was analyzed using Multiple Linear Regression. These helped to process the data desired for meaningful interpretation.

Validity of the research instrument

The researcher carried out a pilot study to ensure that the instruments asked and measured what was meant to be tested in the study. The researcher ran an exploratory factor analysis tests to indicate the extent to which items measured the distinct variables to establish the validity (McCathy & Garavan, 2007) cited by Kagaari et al. (2010) . Exploratory factor analysis was carried out on the study variables for two major reasons. The first was to identify the factor structure of variables that comprised of factors. Secondly, to reduce the items measuring the variables to retain only those that contain adequate information about the variables. Using the varimax method for principal components measurement, only those factors with an Eigen value greater than 1 were retained according to the Guttman-Kaiser rule as shown below in Tables 1, 2 and 3.

Table 1

Exploratory Factor Analysis for Communication Satisfaction

Items	Dimensions	
	Effective Communication	Attachment Styles
Very satisfied with the conversation	.926	
We each get to say what we want	.920	
Conversation flows smoothly	.888	
My spouse expresses a lot of interest in what I have to say	.842	
My spouse always seeks to know more about me	.741	
Very satisfied with the conversation		.894
I do enjoy the conversations		.888
Something is always accomplished during our conversation		.827
Have other things to do (while talking)		.747
Eigen values	**4.05**	**2.591**
% Total variance	**42.216**	**31.964**
Cumulative percentage	**42.216**	**74.178**

Results in Table 1 reveal that the factor analysis of communication satisfaction led to the

extraction of two factors out of three. Of the two factors of communication satisfaction that were

found to be significant, effective communication was the best predictor of communication

satisfaction with a variance of 42.2% (Eigen value= 4.1), followed by attachment styles which

contributed a variance of 32% (Eigen value=2.6). Both the two components account for 74.2% of

variance in communication satisfaction.

Table 2

Exploratory Factor Analysis for Marital Satisfaction

Items	Dimensions		
	Communication	Sexual Satisfaction	Attachment
I feel my partner does understand me	.898		
I am happy about our communication	.849		
I am pleased with the personality characteristics and habits of my partner	.776		
I am happy about our financial position and the way we make financial decisions	.730		
I have some needs that are being met by our relationship	.594		
I am satisfied about our relationship with my parents, in-laws and/or friends	.589		
I have never regretted my relationship with my partner, not even for a moment		.808	
pleased on how we express affection and relate sexually		.786	
I am very happy with how we manage leisure activities and time we spend together		.751	
I feel very good about how each practices religious beliefs and values		.651	
My partner and I understand each other perfectly			.883
My partner completely understands and sympathizes with my every mood			.818
Our relationship is a perfect success			.739
Eigen values	**8.697**	**2.110**	**1.326**
% Total Variance	**26.931**	**24.662**	**24.241**
Cumulative Percentage	**26.931**	**51.593**	**75.834**

Results in Table 2 reveal that all the three factors of marital satisfaction were predictors of marital satisfaction. The factor analysis extracted communication, sexual satisfaction and attachment as valid factors of marital satisfaction variable. Of these three factors of marital satisfaction, communication was the best predictor of marital satisfaction with a variance of 26.9% (Eigen value= 8.7), followed by sexual satisfaction explaining 24.7% variance (Eigen value=2.1) and attachment 24.2% variance in marital satisfaction (Eigen value=1.3). All the three components account for 75.8% variance in marital satisfaction.

Table 3

Exploratory Factor Analysis for Relationship Maintenance

Items	Dimensions		
	Positivity	Sharing Tasks	Assurances
I attempt to make our interactions very enjoyable	.850		
I ask how his/her day has gone	.809		
I am very nice, courteous and polite when we talk	.796		
Share in joint responsibilities that face us	.768		
Help equally with tasks that need to be done	.736		
I do my fair share of work we have to do		.825	
I show my love for him/her		.821	
I try to build up his/her self-esteem, including giving him/her compliments		.799	
I do not avoid my duties		.725	
I try to be romantic, funny and interesting with him/her		.570	
I am patient and forgiving of him/her			.804
I do not criticize him/her			.798
I act cheerful and positive when with him/her			.734
Eigen Values	**12.124**	**1.675**	**1.297**
% Total Variance	**28.408**	**27.398**	**28.408**
Cumulative percentage	**28.408**	**55.806**	**84.214**

The results in Table 3 reveal that the factor analysis of relationship maintenance led to the

extraction of all the three factors. Of the three factors of relationship maintenance that were

found to be the best predictors, positivity and assurance had variance explained 28.41% (Eigen

value= 12.12) and 28.41% (Eigen value= 1.3) respectively, and sharing tasks had 27.4% (Eigen

value=1.68), variance explained.

Reliability of research instrument

The Cronbach Alpha reliability coefficient test was carried out to ensure that there was

consistency of the questions. Cronbach's alpha is the most common measure of internal

consistency used to measure reliability based on acceptable value of equal or above .70

(Hendrick,1993).

If the items are strongly correlated with each other, their internal consistency is high and the alpha coefficient will be equal or above .70, meaning that the relevancy and reliability of the instrument giving us data our study is high.

Table 4

Reliability statistics

Variable	Cronbach's Alpha (α)	No. Items
Communication Satisfaction	.85	09
Marital Satisfaction	.93	13
Relationship Maintenance	.96	14

According to the results in Table 4, all items measuring for communication satisfaction, marital satisfaction and relationship maintenance were found to be reliable since they had a coefficient above .70 thresholds (Hendrick, 1993).

Ethical considerations

The researcher got a formal consent from the Director of Human Resource (Appendix C) to carry out the study with the support of an introductory letter from the department of psychology (Appendix D) seeking authorization to collect data. The respondents were guaranteed utmost confidentiality and professionalism. The Researcher also informed participants that the study was completely voluntary and they may refuse to participate or leave the study at any time. The researcher also emphasized in the questionnaire that the data to be collected was to be used for only academic purposes. The researcher assured them that their identity will be kept anonymous and the information to be kept confidential and the materials to be kept under lock by the Researcher.

CHAPTER FOUR

PRESENTATION AND INTERPRETATION OF FINDINGS

Introduction

This chapter presents the findings of the study, which examined the relationship among communication satisfaction, marital satisfaction and relationship maintenance in long distance marriages at Kyambogo University. The study specifically established the relationship between communication satisfaction and relationship maintenance, examined the relationship between communication satisfaction and marital satisfaction, ascertained the relationship between marital satisfaction and relationship maintenance and determined the combined influence of communication satisfaction and marital satisfaction on relationship maintenance. Data is presented using descriptive and inferential analysis. Pearson correlation, exploratory factor and multiple regression analysis were used to ascertain the relationship among the variables.

Demographic characteristics of Respondents

The researcher collected demographic information of respondents that were deemed necessary in understanding the responses on the study variables. The findings are presented in the tables below.

Gender of Respondents

The respondents were asked to indicate their gender because the researcher wanted to make sure that the views of both males and females were adequately represented. The findings in Table 5 show that 61.6% of respondents were female and 38.4% were male. The female respondents were more in number than male respondents because males are looking for greener pastures to cater for their families. This at times brings challenges to the married couples.

Age category of Respondents

In the questionnaire, the respondents indicated their age category. They were requested to

do so to ensure that respondents were mature enough to understand the research questions.

The results in Table 5 show that the majority (36.0%) of respondents were aged 31-40 years,

followed by 27.9% who were aged 41-50 years and 22.1 % who were aged 20-30 years. Other

respondents were aged below 20 years (9.3%) and 51-60 years (4.7%). These findings show that

the majority of the respondents were in the age bracket that usually has steady relationships and

work roles that may pre-dispose them to long distance relationships. So, the information they

provided on the issue that was being investigated was credible.

Table 5

Gender, Age and Religion of Respondents

Variable		Percentages	
Gender	Category	F	%
	Male	66	38.4
	Female	106	61.6
Age	<20 years	16	9.3
	20-30 years	38	22.1
	31-40 years	62	36.0
	41-50years	48	27.9
	51-60 years	8	4.7
Marital status	Married	145	84.3
	Divorced/separated	18	10.5
	Widowed	9	5.2

N=172

Marital Status of Respondents

Respondents indicated their marital status in order to confirm their experiences on

relationships. The findings in Table 5 show that, the majority (84.3%) were married, followed

by, 10.5% who were separated or divorced and finally by 5.2 % who were widowed.

This finding shows that the majority of respondents are currently in a relationship which was long distance at one time. Therefore, they provide reliable Data.

Length of Long-distance Relationship, Distance Apart, Economic Status

The respondents also provided other important demographic information about their relationships. The findings are shown in the table below.

Table 6

Length of Long-distance Relationship, Distance Apart, Economic Status

Variable		Percentages	
	Category	F	%
Length of Long-distance relationship	<one month	6	3.5
	1-3 months	37	21.5
	4-6 months	66	38.4
	7-9 months	5	2.9
	=>10 months	37	21.5
	No response	21	12.2
Distance apart	<10km	11	6.4
	11-20-km	9	5.2
	21-30km	11	6.4
	31-40km	44	25.6
	41-50km	36	20.9
	=>51km	40	23.3
	No response	21	12.2
Economic status	0-600,000=	10	5.8
	610,000 - 1,200,000=	14	8.1
	1,210,000 - 3,000,000=	43	25.0
	3,100,000 - 4,000,000=	14	8.1
	=>4,100,000	91	52.9

N=172

Length of Long-distance Relationship

The researcher sought to establish the period respondents had been in long distance relationship. The majority (38.4%) said it had taken 4-6 months, 22.5% more than 10 months, and another 22.5% said it had taken 1-3 months, 2.9 % had taken 7-9 months, 3.5% had taken less than a month and only 12.2% did not respond on this issue. Therefore, a large proportion of respondents had been in a long-distance relationship long enough to be able to experience its influence on the quality of relationships.

Distance Apart

Respondents also indicated the distance they were apart. The majority (25.6%) were 31-40 Km apart, 23.2% were more than 51 Km apart and 20.9% were 41-50 Km apart. Others were 21-20 Km apart (6.4%), 11-20Km apart (5.2%) and less than 10Km apart (6.4%). The majority of respondents were quite far apart, something that would significantly impact on their relationships. The minority of respondents were less than 10 km apart, this was because of some occupations required respondents to be at work place up to night and, as a result they had to be away from their spouses until they met during the weekends.

Economic Status

Respondents gave their economic status by indicating their earnings per month and the majority 52.9% earned more than 4million, 25.0% earned between 1 and 3 million and 8.1% earned between 610,000= and 1.2 million and another 8.1% also earned between 3 and 4 million and 5.8% earned 600,000= and below. This means that 47.1% were average earners something that could have constrained their relationships.

Correlation analysis

The study undertook a correlation analysis in order to establish the relationship between the variables so as to address the objectives of the study.

The relationship among the study variables was first explored using Pearson correlation coefficients to rule out the possibility of multicollinearity between the independent variables before running a multiple regression analysis. The findings are shown in the correlation matrix below.

Table 7

Zero Order Pearson Correlation Coefficient

	1	2	3	4	5	6	7	8
1. Age	1							
2. Gender	-.13	1						
3. Marital Status	.02	-.12	1					
4. Level of Education	.30**	-.32**	-.04	1				
5. Occupation	.28**	-.37**	.30**	.14	1			
6. Communication Satisfaction	-.30**	.23**	-.54**	-.22**	-.49**	1		
7. Marital Satisfaction	.07	.25**	-.51**	-.13	-.44**	**.79****	1	
8. Relationship Maintenance	-.38**	.12	-.39**	-.22**	-.48**	**.86****	**.64****	1

N=172

*. Correlation is significant at the 0.05 level (2-tailed).

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

The findings showed that age, communication satisfaction and relationship maintenance were negative correlates of each other. This implies that the age difference has a negative impact on communication satisfaction as well as relationship maintenance in long distance marriages. The findings showed a negative relationship between level of education and relationship maintenance. This implies that negative change in level of education led to negative changes to relationship maintenance. The findings showed that occupation, communication satisfaction, marital satisfaction and relationship maintenance were negative correlates of each other. This implies that negative changes in one led to negative changes in the other.

The findings in the table above show that communication satisfaction, marital satisfaction and relationship maintenance were positive correlates of each other. This implies that positive changes in one led to positive changes in the other.

Hypothesis One: There is a statistically significant relationship between communication satisfaction and relationship maintenance

The study had hypothesized that a positive relationship existed between communication satisfaction and relationship maintenance. The findings in Table 7 revealed a strong positive and significant relationship between communication satisfaction and relationship maintenance in long distance marriages ($r = .86$, $P \leq .86$). This implies that positive change in communication satisfaction led to an increase in relationship maintenance.

Hypothesis Two: There is a statistically significant relationship between marital satisfaction and relationship maintenance

The study had hypothesized that a positive relationship existed between marital satisfaction and relationship maintenance. The findings in Table 7 revealed a positive and significant relationship between marital satisfaction and relationship maintenance ($r = .64$, $P \leq .64$). This implies that as marital satisfaction improved, relationship maintenance also significantly improved.

Hypothesis Three: There is a statistically significant relationship between communication satisfaction and marital satisfaction

The study had hypothesized that a positive relationship existed between communication satisfaction and marital satisfaction. The findings in Table 7 showed a high positive and significant relationship between communication satisfaction and relationship maintenance ($r = .79$, $P \leq .79$).This means that the quality of communication has a big role to play in maintaining marital satisfaction.

Therefore, communication satisfaction may actually increase marital satisfaction. This implies that communication aimed at understanding the other and solving relationship problems leads to more marital satisfaction due to the fact that because the couple are separated by distance, they strive to understand each other and make effort to meet each other's needs.

Regression analysis

The multiple regression analysis was carried out to determine if communication satisfaction and marital satisfaction have a significant effect on relationship maintenance. The findings are shown in Table 8 below.

Table 8

Multiple Regression Model for Relationship Maintenance

Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.
	B	Std. Error	Beta		
(Constant)	3.54	3.74		.95	.35
Communication satisfaction	2.03	.14	.95	15.06	.00
Marital satisfaction	-.13	.08	-.11	-1.68	.095

R Square= .75
Adjusted R Square = .74
F Change Statistics = 250.06**
Df =2

Hypothesis Four: Communication satisfaction and marital satisfaction do significantly predict relationship maintenance.

The study had hypothesized that communication satisfaction and marital satisfaction could significantly predict relationship maintenance. The results in Table 8 revealed that communication satisfaction and marital satisfaction account for 74% (Adjusted R square = .74) variation in relationship maintenance.

This indicates that the other factors explain the 26% variation in relationship maintenance. The model was also found to be well specified (F= 250.06**), implying that at least one of the independent variables was a significant predictor of relationship maintenance. The findings in table 8 further revealed that of the two independent variables, only communication satisfaction *(Beta = .95, P≤ .00)* was found to have a significant effect on the relationship maintenance among long distance couples at Kyambogo University. This shows that marital satisfaction has no effect on relationship maintenance as opposed to communication satisfaction that has a big impact on relationship maintenance. This shows that communication satisfaction is a significant predictor of relationship maintenance.

CHAPTER FIVE

DISCUSSION, CONCLUSION AND RECOMMENDATIONS

Introduction

This chapter presents a discussion, conclusion and recommendations of the study, which examined the relationship among communication satisfaction, marital satisfaction, as well as relationship maintenance among person in long distance marriages at Kyambogo University. A discussion of the findings is presented on the relationship between communication satisfaction and relationship maintenance, communication satisfaction and marital satisfaction, marital satisfaction and relationship maintenance and the combined influence of communication satisfaction and marital satisfaction on relationship maintenance. This is followed by a conclusion of the study and, finally, by recommendations for action and further research.

Hypothesis One: There is a statistically significant relationship between communication satisfaction and relationship maintenance

The findings revealed that, a strong positive and significant relationship existed between communication satisfaction and relationship maintenance in long distance marriages. This implies that positive changes in communication satisfaction lead to an increase in relationship maintenance. When a partner is given opportunity to say what he/ she wants and the spouse seeks to know more about the needs of the other, communication will be smooth, conversation will be enjoyed, and more will be accomplished, leading to communication satisfaction. This finding is in agreement with Kelmer et al. (2013) who discovered that communication in long distance relationships with higher levels of love for partners and conversational quality increased communication satisfaction and the commitment to the relationship. This was probably because of the attachment styles such as conflict avoidance while apart that has increased the communication satisfaction leading to relationship maintenance.

The good and effective conversation flow enables the couple to enjoy their relationship even at a distance due to the fact that they understand each other and effectively accomplish their roles. Therefore, as indicated by Harris (2014) , the positivity, assurances, and openness are effective in maintaining long distance marriages due to good relationship satisfaction.

In addition to that, when the partner is satisfied with the conversation, while apart, he/she will enjoy it and makes sure that he/ she avoids the conflict in the conversation, leading to the partner acting cheerfully and positive when she/he will be with him/her. This finding is in agreement with Guerrero, Andersen, and Afifi (2017) who discovered that the perceptions of one's partner are often idealized. Kirk (2007) also said that for couples in long distance relationships, compared to those that are proximal, intimate communication is often mediated through technology which aids couples in long distance marriage to maintain their relationship.

Hypothesis Two: There is a statistically significant relationship between marital satisfaction and relationship maintenance

The findings revealed a positive and significant relationship between marital satisfaction and relationship maintenance. This implies that as marital satisfaction improved, relationship maintenance also significantly improved. Willingness to understand and make effort to meet each other's needs may increase the likelihood of the couple enjoying their relationship due to the fact that they mutually benefit from it and accomplish their roles. This is in agreement with Hampton et al. (2018) who discovered that greater communication in long distance relationships by use of modern communication technology, increases satisfaction among partners living apart. Stafford and Reske (1990) say that this ease of communication enables better relationship commitment and stability. Borelli et al. (2015) also add that modern communication technology aids the couple in a long-distance relationship to maintain felt security, which increases satisfaction with the relationship.

It was also found out that when partners understand each other perfectly, they can never regret their relationship, not even for a moment, and this can help them build their self-esteem, including giving complements to one another. This is related to what Stafford (2004) reported to the effect that there were higher levels of overall happiness and freedom among long distance couples compared to geographically close couples.

Most of the respondents said that they were pleased with how they expressed affection and how they relate sexually, which helped them to show their love for one another and not criticizing one another. This is in agreement with Tonekaboni et al. (2013) who reported that sexual relationship is the reason for most of the psychological problems and marital discords, and that sexual relationship dissatisfaction is one of the effective factors in marital relation failures and divorces.

Being happy about their financial position and the way financial decisions are made, as well as the way some needs are being met by their relationship, were also mentioned by some of the respondents as being aspects of communication in marital satisfaction. This is in agreement with Dansie (2012) who said that couples who are more satisfied with their long-distance relationship tend to actively cope with extensive time apart by altering their conversations to be more intimate and talking about the relationship in order to increase trust and loyalty.

Hypothesis Three: There is a statistically significant relationship between communication satisfaction and marital Satisfaction

A high positive and significant relationship existed between communication satisfaction and marital satisfaction. This means that the quality of communication has a big role to play in maintaining marital satisfaction. Therefore, communication satisfaction may actually increase marital satisfaction.

This implies that communication aimed at understanding each other and solving relationship problems leads to more marital satisfaction due to the fact that because they are separated by distance, they strive to understand each other and make effort to meet each other's needs. This is in agreement with Gentile and Edwards (2013) who say that couples in a long-distance relationship achieve better communication and relationship satisfaction, due to idealized perceptions of their partners. Stafford and Merolla (2007) also add that the lack of face to face interaction maintains the perception for a longer time.

As the couple in long distance marriage is satisfied with the conversation, something will always be accomplished, making the couple's relationship a perfect success. This is possibly because of avoiding conflicts that would have brought marital dissatisfaction. This is in line with Borelli et al. (2015), cited in Shaver and Hazan (1988), who say that relationship satisfaction, itself thought to result from the interaction between individual and dyadic factors like attachment styles and relationship quality, may be integrally associated with the capacity to maintain felt security in long distance relationships. Also, Hampton et al. (2017), who reviewed Dainton and Aylor (2002), also add that greater communication in long distance relationship (i.e. frequent phone contact) while the partners were separated was associated with satisfaction. However, according to Borelli et al. (2015), long distance relationship members, who are relatively unsatisfied with their romantic relationships, may have trouble contextualizing insecurity resulting from the physical separation, which may lead to less positive feelings about the relationship and lower relationship stability. Frequent and good quality communication gives every partners   opportunity to say what they want and also seek to know more about the needs of the other. Subsequently, communication leads to better role accomplishment, leading to marital satisfaction.

Effective communication aimed at understanding each other and solving relationship problems enables the couple to understand each other and make effort to meet each other's needs. The willingness to understand and make effort to meet each other's needs may increase the likelihood of the couple enjoying their relationship even at a distance, due to the mutual benefit and accomplishment they derive from it. The findings have confirmed the importance of the Interdependence Theory by Dainton (2015) in keeping marital satisfaction and maintenance in long-distance relationships. Communication that is open, positive, and meets the other partner's needs, shows commitment to the relationship and it increases relationship maintenance. The level of security, and contributions due to communication satisfaction, enables the couple to be more comfortable with lack of proximity. Partners are able to create meaning for, and bridge periods of separation.

Hypothesis Four: Communication satisfaction and marital satisfaction do significantly predict relationship maintenance.

The findings in the study revealed that of the two independent variables (communication satisfaction and marital satisfaction), only communication satisfaction was found to have a significant effect on relationship maintenance. This shows that marital satisfaction has no effect on relationship maintenance as opposed to communication satisfaction that has a big impact on relationship maintenance. This shows that communication satisfaction is a significant predictor of relationship maintenance. The big contribution of communication satisfaction could be attributed to the availability of cheaper and convenient means of communication, unlike in the past. This is in line with Dainton and Aylor (2014) who concluded that the use of mobile phones and internet such as WhatsApp and face book connects long distance couples whenever they want to communicate, which increases relational satisfaction.

The frequency of open communication, enabled by modern communication technology, according to Jiang and Hancock (2013), increases openness and positivity that increase self-disclosing behaviors. This contributes to relationship stability and satisfaction. Therefore, the use of various interpersonal communication media has increased openness and assurance in long distance relationship leading to better relationship maintenance. Contrary, Stafford's (2004) study established that higher levels of overall happiness and freedom among long distance dating couples correlated with higher levels of relationship satisfaction as compared to those of geographically close couples. Harris (2014) cited in Roberts and Chapman (2010), reveals that there is a positive association between secure attachment and the frequency of positive relationship maintenance behaviors.

The findings have supported the study hypothesis that communication satisfaction and marital satisfaction do significantly predict relationship maintenance in long distance marriages. While geographical separation has been a significant factor in failures of long distance marriages, effective communication, afforded by modern communication technology, has reduced this threat. Through communication, couples in a long distance relationship are able to maintain love, care, and commitment to each other and accomplish some of their marital roles. This has reduced infidelity, insecurity and lack of trust, which have always negatively affected relationships. This is in line with Dainton and Stokes (2015) who, citing Stafford (2003), reported that prosocial behaviors are consistent and strong predictors of relationship satisfaction.

Conclusions

Conclusions below are drawn from the research objectives earlier identified and the discussions on the findings. Results from the correlation analysis revealed a significant positive relationship between communication satisfaction and relationship maintenance.

Results from the correlation analysis revealed a significant positive relationship between marital satisfaction and relationship maintenance. Results from the correlation analysis also revealed a significant relationship between communication satisfaction and marital satisfaction. Results from the multiple regression, however, revealed communication satisfaction as the most significant predictor of relationship maintenance in long distance marriages among employees at Kyambogo University. The results, further, revealed that communication satisfaction and marital satisfaction accounted for 75% variation in relationship maintenance, meaning that there are other factors that explain the 25% variation in relationship maintenance at Kyambogo University.

Modern, cheaper and convenient interpersonal communications have improved the quality of communication in long-distance marriages. Modern interpersonal communication technology such as SMS, WhatsApp, and Instagram, increase the frequency of open communication, openness, and positivity. This, in turn, enhances self- disclosing behaviors. These scenarios increase trust, and commitment to each other, which situation reduces infidelity that usually negatively impacts on relationship maintenance.

Recommendations

In view of the findings, the following recommendations are made:

Effective communication is a key in maintaining long distance relationships that implies that marital counselors need to promote the art of effective marital communication in long distance marriages. Marital satisfaction for further studies is recommended. Replication of the study using a longitudinal approach is recommended for further research, since the study was a cross-sectional survey.

Study limitations

The questionnaire was long and participants took time to read and answer the questions and some parts were left unfilled. This was solved by giving them enough time to fill the questionnaire. Some participants were absent at the time of data collection because they had gone for internship supervision since the study involved teaching staff and others had gone to see their spouses. This was solved by extending collecting data period to 3rd August 2019.

Suggested areas for further research

The findings of this research point out the need for further research in the following areas:

1. Independent variable predicted 74%, so further studies should be made to establish other factors that lead to relationship maintenance.

2. The researcher recommends that further research should be done on marital satisfaction in long distance marriages.

3. Replication of the study using a longitudinal approach is suggested for further research, since this study was a cross sectional survey.

4. A study is needed to establish the role of modern communication technology on relationship maintenance in long distance marriages.

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Appendix A: Questionnaire

Dear Respondent

I am Tukundane Lydia, a student of Kyambogo University pursuing Master's Degree in Counselling Psychology. You have been selected to participate in the study that seeks your opinion on communication satisfaction, marital satisfaction and relationship maintenance in long distance marriages. You are requested to truthfully respond to the questions accordingly so as to enable the researcher get the required information about this topic. This research is required purely for academic purposes and therefore the information you will give shall be treated with utter confidentiality in terms of names and free to participate and withdraw anytime you want.

Thank you for agreeing to complete this questionnaire. If you want to take a break in completing the questionnaire, please wait until the end of a given set of questions so you are in the same frame of mind for each cluster of questions. By participating in this project, you are assisting researchers in understanding the details of long-distance marriages to further aid couples in the future. Please answer all of the following questions with the current, living apart phase of your marriage in mind. If you are uncertain about your response, indicate the answer that most closely approximates your true feeling.

Section A: Socio-demographic data.

For this section, please tick where appropriate.

1. Age

Less than 20 years	20-30 years	31-40 years	41-50 years	51-60 years	61 and above years
1	2	3	4	5	6

2. Gender

Male	1
Female	2

Please tick where appropriate.

3. Marital Status

Married	Divorced/Separate	Widowed
1	2	3

4. Level of education

Certificate	Diploma	Degree	Post graduate	Professional course	Academia	Others specify
1	2	3	4	5	6	7

5. Occupation

Clerical/Office worker	Service provider specify	Manager	Health services (e.g. Doctor, Nurses, Technicians, etc.)
1	2	3	4

6. How long did you date your spouse prior to marrying him/her? (In months)

Less than one month	1-3months	4-6months	7-9months	10 months and above
1	2	3	4	5

7. How long were you married prior to your career-induced marital separation? (in months)

Less than one month	1-3months	4-6months	7-9months	10 months and above
1	2	3	4	5

8. How long have you been separated in terms of long-distance marriage (in months)?

Less than one month	1-3months	4-6months	7-9months	10months and above
1	2	3	4	5

9. How far apart do you live? (In kms)

Less than 10 km	11-20km	21-30km	31-40km	41-50km	51 and more km
1	2	3	4	5	6

10. How often, on average, do you visit each other (please circle one)?

Everyday	Every week	Twice per month	Once per month	Every 6 weeks	Every 8 weeks	Less than 8 weeks
1	2	3	4	5	6	7

11. Did you have a long-distance dating relationship?

Yes	No
1	2

 If no, please continue to #12

If yes, please continue with these questions:

How long did the long distance dating last? (In months)

Less than 1 month	1-3months	4-6 months	7-9months	10 months and above
1	2	3	4	5

How far apart did you live? (In km)

Less than 10 km	11-20km	21-30km	31-40km	41-50km	51 and more km
1	2	3	4	5	6

12. Please indicate your current, individual household economic status in Ugandan shillings per

Month (please tick one):

0-600,000=	610,000-1,200,000=	1,210,000-3,000,000=	3,100,000-4,000,000=	4,100,000= and above
1	2	3	4	5

13. Have you ever known anyone in a long-distance marriage, prior to your own experience?

Yes	No
1	2

If no, please continue to #14

If yes,

What was your relationship to him/her? S/he is my (please tick one):

Friend	Parent	Coworker	acquaintance	Other
1	2	3	4	5

Approximately how long did their separation last in terms of long-distance marriage? (In months)

Less than 1 month	1-3months	4-6 months	7-9 months	10 months and above
1	2	3	4	5

Approximately how far apart did they live? (In km)

Less than 10 km	11-20 km	21-30km	31-40km	41-50km	51 and more km
1	2	3	4	5	6

In your opinion, how was their marriage?

Very unhappy	Moderately unhappy	Unhappy	Happy	Moderately happy	Perfectly Happy
1	2	3	4	5	6

14. What is your tribe?

Bantu	Ateso	Luo	Kumam
1	2	3	4

15. What is your parental status (please check one):

No children	One child (school age)	Two or more children (school age)	Grown up children
1	2	3	4

16. If you had children during the separation, who was the custodial parent?

Wife	Husband
1	2

17. Please indicate the amount of time you spend on each of the following communicative behaviors:

A1. Telephone:

Daily	Every other day	Once per week	2-3 times per week	Less than once per week
1	2	3	4	5

A2. Average time spent on the telephone per conversation:

Several times per day	Once per day	Did not use
1	2	3

B1. E-mail

Every other day	Once per week	2-3 times per week	Less than once per week
1	2	3	4

B2. E-mail was primarily used to discuss (please tick all that apply):

Small talk/events of the day	Serious topics	Those topics that could not wait for a phone call	Others
1	2	3	4

C. Instant Messaging:

Several times per day	Once per day	Every other day	2-3 times per day	Once per week	Less than once per week	Did not use
1	2	3	4	5	6	7

D. Letters:

One per Day	Every Other Day	2-3 Times per Week	Once per Week	Less than Once per Week	Did not use
1	2	3	4	5	6

E. Others specify------------------

Daily	Every other day	2-3 times per week	Once per week	Less than once per week	Did not use
1	2	3	4	5	6

Section B. Communication satisfaction.

The purpose of this set of questions is to investigate your reactions to conversations you have with your spouse. Please indicate the degree to which you agree or disagree that each statement describes your feelings about those conversations using the following scale: 1. Strongly Disagree (SD) 2. Disagree (D) 3. Somewhat Disagree (sD), 4. Somewhat Agree (sA), 5. Agree (A), 6. Strongly Agree (SA).

Items	SD	D	sD	sA	A	SA
1. Something is always accomplished during our conversations.						
2. My spouse always seeks to know more about me.						
3. I am very satisfied with the conversations.						
4. I have other things to do (while talking).						
5. I am very satisfied with the conversations.						
6. My spouse expresses a lot of interest in what I have to say						
7. I do enjoy the conversations.						
8. We each get to say what we want.						
9. The conversations flow smoothly.						

Section C: Marital satisfaction

Directions: Please think of your relationship with your spouse during this time of separation. For each item, please select the number that best represents your level of agreement during that separation using the following scale: 1. Strongly Disagree (SD) 2. Disagree (D) 3. Somewhat Disagree (sD), 4. Somewhat Agree (sA), 5. Agree (A), 6. Strongly Agree (SA).

Items	SD	D	sD	sA	A	SA
1. My partner and I understand each other perfectly.						
2. I am pleased with the personality characteristics and personal habits of my partner.						
3. My partner completely understands and sympathizes with my every mood.						
4. I am happy about our communication.						
5. I feel my partner does understand me.						
6. Our relationship is a perfect success.						
7. I am happy about our financial position and the way we make financial decisions.						
8. I have some needs that are being met by our relationship.						
9. I am very happy with how we manage our leisure activities and the time we spend together.						
10. I am very pleased about how we express affection and relate sexually.						
11. I have never regretted my relationship with my partner, not even for a moment.						
12. I am satisfied about our relationship with my parents, in-law, and/or friends.						
13. I feel very good about how we each practice our religious beliefs and values.						

Section D: Relationship maintenance

For each item, please select the number that best that represents your level of agreement while communicating using the following scale: 1. Strongly Disagree (SD) 2. Disagree (D) 3. Somewhat Disagree (sD) 4. Neither Agree or Disagree (NA or D), 5 Somewhat Agree (sA), 6. Agree (A), 7. Strongly Agree (SA).

Positivity

Items	SD	D	sD	sA	A	SA
1.Attempt to make our interactions very enjoyable						
2. Am cooperative in the ways I handle disagreements between us.						
3. Try to build up his/her self-esteem, including giving him/her compliments, etc.						
4. Ask how his/her day has gone.						
5. Am very nice, courteous, and polite when we talk.						
6. Act cheerful and positive when with him/her.						
7. Do not criticize him/her.						
8. Try to be romantic, fun, and interesting with him/her.						
9. Am patient and forgiving of him/her.						

Assurances

Items	SD	D	sD	sA	A	SA
10. Show my love for him/her.						

Sharing tasks

Items	SD	D	sD	sA	A	SA
11. Help equally with tasks that need to be done.						
12. Share in the joint responsibilities that face us.						
13. Do my fair share of the work we have to do.						
14. Do not avoid my duties.						

Thank you for your participation in this study. Your responses will be used to help other couples in long-distance relationships

Appendix B: Krejcie and Morgan table for determining sample size from a given population.

N	S	N	S	N	S
10	10	220	140	1200	291
15	14	230	144	1300	297
20	19	240	148	1400	302
25	24	250	152	1500	306
30	28	260	155	1600	310
35	32	270	159	1700	313
40	36	280	162	1800	317
45	40	290	165	1900	320
50	44	300	169	2000	322
55	48	320	175	2200	327
60	52	340	181	2400	331
65	56	360	186	2600	335
70	59	380	191	2800	338
75	63	400	196	3000	341
80	66	420	201	3500	346
85	70	440	205	4000	351
90	73	460	210	4500	354
95	76	480	214	5000	357
100	80	500	217	6000	361
110	86	550	226	7000	364
120	92	600	234	8000	367
130	97	650	242	9000	368
140	103	700	248	10000	370
150	108	750	254	15000	375
160	113	800	260	20000	377
170	118	850	265	30000	379
180	123	900	269	40000	380
190	127	950	274	50000	381
200	132	1000	278	75000	382
210	136	1100	285	1000000	384

Note.—N is population size.
S is sample size.

Appendix C: Formal consent from Director Human Resource Kyambogo University

KYAMBOGO UNIVERSITY

P.O. BOX 1, KYAMBOGO
Tel: 041-286 452, Fax: 041-220464
E-mail: dhrkyu@kyu.ac.ug, www.kyu.ac.ug
DIRECTORATE OF HUMAN RESOURCES

17th June, 2019

Ms. Lydia Tukundane
Reg. No; 17/U/14489/GMCP/PE
Psychology Department

Dear Ms. Tukundane,

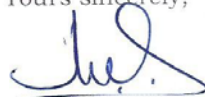**PERMISSION TO CONDUCT RESEARCH AT KYAMBOGO UNIVERSITY**

Reference is made to your letter dated 13th June 2019 in which you are requesting for permission to conduct a research on;

"Communication Satisfaction, Marital Satisfaction and Relationship maintenance in long distance Marriages".

This is to permit you to conduct the research project stated above at Kyambogo University.
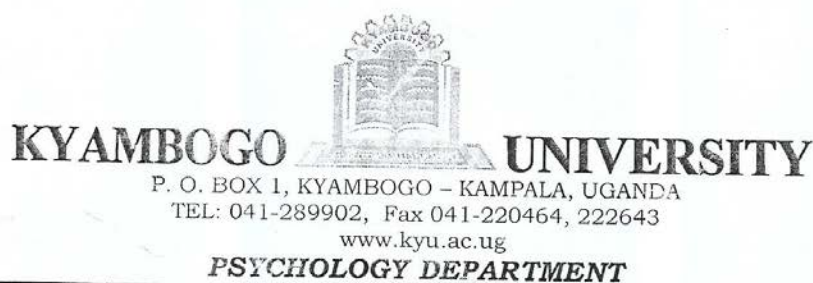
Please liaise with the relevant offices to guide you on access to the staff from whom you wish to collect data.

Yours sincerely,

Richard K. Manano
DIRECTOR HUMAN RESOURCES

Appendix D: Introductory letter from Department of Psychology

KYAMBOGO UNIVERSITY

P. O. BOX 1, KYAMBOGO – KAMPALA, UGANDA
TEL: 041-289902, Fax 041-220464, 222643
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PSYCHOLOGY DEPARTMENT

15th MAY, 2019

THE DIRECTOR
HUMAN RESOURCE
KYAMBOGO UNIVERSITY

Dear Sir/Madam,

RE: INTRODUCTORY LETTER

This is to introduce the bearer ....TUKUNDANE LYDIA...................... Reg.No.
17/U/14489/GmcpJPE........ who is a student of Kyambogo University Department of
Psychology, pursuing a Degree of **Masters of Counselling Psychology Year II**.

As part of the requirements for their academic award, third year students carry out a
research project in their field of study. For this purpose the above student would like to
collect data on research project entitled:

Communication Satisfaction, Marital Satisfaction
and Relationship Maintenance in long distance
Marriages.
....
....

I request that you give her/him opportunity to access the relevant information from
your organisation. Any information obtained will be used for academic purposes only.

Thanking you in advance.

Yours faithfully,

Ali Baguwemu (PhD)
HEAD OF DEPARTMENT