Abstract: The present study was a correlation study designed to investigate the relationship between prayer and relationship satisfaction among couples. Purposive sampling technique was used. A sample of 33 male and 54 female in a relationship were collected. Partner focused prayer measure and Relationship satisfaction scale was used. Results indicate that Prayer has positive correlation with relationship satisfaction.

Key words: Prayer, Relationship Satisfaction, Couples

Introduction

Couples is a type of interpersonal relationship in which partners deep, strong and close association can be observed for a long time. This association can be present in the form of family members, marriage, friendship or neighborhoods (Berscheid, 1999).

Prayer

Prayer is a form of religious practice, it can be perform individually or in a group. People prayers show their emotions and thoughts. Different people prayer for many reasons such as divine grace, for personal benefit or for the sake of others (Masters, Spielmans and Goodson, 2006). The concept of prayer is observed in written sources as very early as 5000 years ago (Stephens, 1950). Individuals when call their God for their personal needs then their call is known as Dua. In which they call their God and share their feelings and need with Him with the believe that there will be a solution of their problems. Persons who call for their need in the form of dua or prayer feel satisfaction. Different researches depict that persons who prayer show better subjective well-being and satisfaction (Jankowski & Sandage, 2011; Lambert et al., 2009; 2010).

Relationship Satisfaction

Relationship of persons can be defined as a pattern in which people talk to each other, behave and deal with each other (Merriam Webster, 2011). Personal relationship is a basic or innate part of human behaving pattern (Guerrero, Anderson & Afifi, 2013). Different studies on human relationship revealed the results that interpersonal relationships are very important and these interpersonal relationship styles have an effect on the life of individuals (Guerrero, Anderson & Afifi, 2013). Sincerity and Commitment give strengthen to individual’s relationship and increase the relationship satisfaction (Sacher & Fine, 1996).

Prayer and Relationship Satisfaction

Several recent studies prominent the effect of prayer of partner satisfaction as in an experimental study it has been concluded that selfless love increase the rate of live satisfaction and forgiveness the partner mistakes. Person feel relax and ignore the mistakes of each others (Lambert, Fincham, Stillman, Graham & Beach, 2010). In other studies it has been observed that prayer has its positive impact on partner’s life. If partner parayer for each other they show concern for each other and show positive marital functioning (Beach et al., 2011).

Objectives of the study

• To investigate the relationship between prayer and relationship Satisfaction among couples.

Hypothesis

• There would be positive relationship between prayer and relationship Satisfaction among couples.

Research Design

Correlation research design was used in the present research and independent variable was prayer and depending variable was relationship satisfaction.

Sample

In the current research purposive sampling technique was used because the elements to be
included in sample were on the basis of relationship willingness and availability. A sample of 33 male and 54 were female in a relationship were collected by using purposive sampling technique from university of Sargodha Gujranwala, Pakistan

**Inclusion and Exclusion criteria**

Couples or the person having a relationship were included while the singles are excluded.

**Measures**

- **Partner focused prayer measure.** was partner prayer measure scale developed by Fincham, Lambert & Beach 2013 consisted on four statements and on 5 points likert scale.
- **Relationship satisfaction.** Relationship Satisfaction Scale was developed by Hendrick, 1988. It was consisted on seven items and rated on 5 points likert scale.

**Procedure**

The study was conducted to measure the relationship between prayer and relationship satisfaction. It was co-relational study. Two scales were used. To measure prayer, F.D. scale was used which was consisted on 4 statements with 5 points. Permission was granted from university administration. Under the supervision of deputed teachers the data was collected from people involved in relationships. Questionnaire was given to the participants by personal approach. The target population of the study was couples. Sample of 87 respondent consisted of 54 females and 33 male were selected through purposive sampling technique. In addition they were asked to fill in the demographic information that is required on the demographic sheet. After the completion of questionnaire, researcher rechecked for any left item. At the end the participants and authorities of the centre were heartily thanked for their cooperation. Than the data was collected and analyzed. SPSS 16.0 was used for statistical analysis of data.

**Statistical Analysis**

Statistical package for social sciences (SPSS) 16.0 version was used for analyzing data. Spearmen Correlation Analysis was used to find out the relationship between prayer and relationship satisfaction.

**Results**

<table>
<thead>
<tr>
<th>Scales</th>
<th>No of items</th>
<th>Alpha reliability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prayer for partner</td>
<td>4</td>
<td>.92</td>
</tr>
<tr>
<td>Relationship Satisfaction</td>
<td>7</td>
<td>.78</td>
</tr>
</tbody>
</table>

Note. α = Cronbach’s Alpha

**Conclusion**

It is concluded that Prayer has positive correlation with relationship satisfaction. This proves hypothesis which says that there would be positive relationship between prayer and relationship Satisfaction among couples.

**Limitation**

- Due to shortage of time we only concluded the relationship between prayer and relationship satisfaction.
- We do not conclude other factors such as gender differences, age factors etc.

**Suggestion**

- We can also conclude relationship satisfaction with relationship status (either married or engaged).
- We can also conclude the relationship satisfaction because of prayer with the passage of time after relationship.

**References**


