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Research on factors affecting the marital relationship of
silver-aged couples and their marital needs in Hong Kong



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香港大學耆耋老年研究中心

Research Study of the Project
Jockey Club Refocusing Love 50+
Final Report

By

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Submitted to

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1. Background

Marital satisfaction has been linked to health and well-being in older couples over time. Previous studies have shown that marital quality is positively related to subjective well-being, with this association typically being stronger among women than men (Jackson, Miller, Oka, & Henry, 2014). Nevertheless, among older adults, gender roles and relationships established earlier in life may shift or converge, creating a potential context in which the association between marital satisfaction and well-being is comparable for both husbands and wives. Therefore, a comprehensive investigation of the factors influencing marital satisfaction and the necessity for later-life marriage is essential for practical and academic purposes.

In the last two decades, researchers have identified critical factors that affect marital satisfaction, including demographic characteristics, personality traits, attachment styles, communication patterns, forgiveness and sacrifice, religious beliefs, emotional intelligence, personal health, sexual relations (Tavakol et al., 2017), and mental health (Berge et al., 2006). Nevertheless, no theoretical framework has been developed to elucidate the relationships among these factors during different life events and life transition stages, such as retirement. Furthermore, limited empirical research has explored the aspects of relationship quality among middle-aged and older couples in the Hong Kong context. Addressing this gap in knowledge, the present study was conducted with the following research objectives.

2. Objectives and Conceptual Framework

The objectives of this study are twofold: to identify the factors influencing the marital relationship of silver-aged couples aged 50-70 years, and to explore the marital needs of this population.

The present study proposes to examine the relationships between different measurements as depicted in the hypothesised theoretical map (refer to Figure 1). The hypothesised theoretical map is categorised into four main sections. The first section includes measurements to describe individual characteristics, demographic information, social circle, and technology usage habits. The second and third sections include measures to assess the individual's understanding of love and daily behavior related to an intimate relationship, including conflict, sexuality, and communication mode. The fourth section focuses on participants' subjective well-being and life satisfaction.

The quantitative method employed in this study aims to examine the interplay of different measurements and how different categories interact. The theoretical model raises several hypotheses concerning these measurements: (1) the correlation between demographic characteristics and their understanding of love, and the correlation between their understanding of love and their daily behaviour in marriage; (2) the correlation between social support and their daily behaviour in marriage; and the correlation among demographic characteristics, social support and daily behaviour in marriage; (3) the correlation between technology usage habits and technology interference in daily life, and their relation with sexual intimacy and understanding of love; and (4) whether the measurements of section one and section two could have an impact on marital satisfaction, and how this relationship indicated personal mentality and subjective well-being. Following the protocol of four focus group discussions before the survey, three additional scales were included in the theoretical map: The Marital Activity Profile (Johnson, Zabriskie, & Hill, 2006), Satisfaction with Sacrifice (Monk et al., 2014), and *Enqing* Scale (Li & Chen, 2002). These scales were added to provide a more comprehensive understanding of the factors influencing marital satisfaction among silver-aged couples.

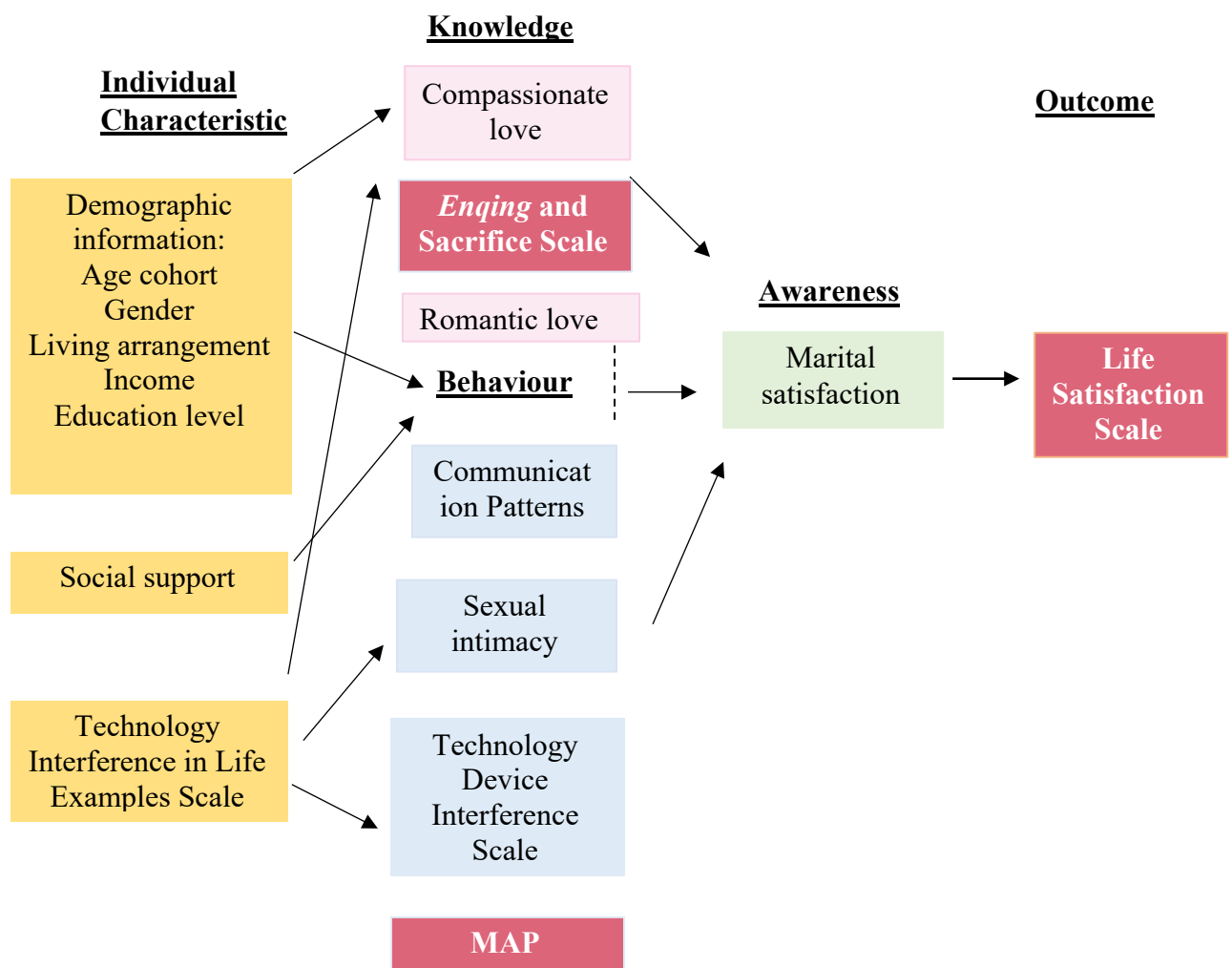


Figure 1. Proposed conceptual framework

3. Methodology

The study design, sampling, construction of measures, and data analysis in this research utilized a mixed quantitative-qualitative approach. This approach was adopted due to the limited research in the area and a shortage of theoretical frameworks. The qualitative findings were used to improve the limitations of actions implemented in quantitative survey instruments. Additionally, qualitative protocols were developed from quantitative data to provide a more comprehensive understanding of the research topic. In the second round of data analysis, the qualitative approach was applied to examine the reasons behind the statistical findings.

3.1 Study Design and Implementation

The present study employed a sequential exploratory and explanatory mixed-method design (Creswell & Clark, 2011, see Figure 2), meaning multiple research methods were combined within one study.

During the exploratory stage, the research team utilized a set of focus groups for qualitative data collection to gain a deeper understanding of the research directions and to investigate the variables prior to creating a more refined survey for the quantitative data collection in the second phase. The qualitative data obtained from the second round of focus groups was subsequently employed to explicate the quantitative data. This explanatory process involved using qualitative data to uncover details and information concerning the subjective experience after the numerical data had been collected. In the third phase, the research team segmented the participants, who were selected via purposive sampling and asked questions that were identified in the preliminary quantitative analysis. By incorporating both qualitative and quantitative data, this study aimed to provide a more comprehensive and nuanced understanding of the factors influencing marital satisfaction among silver-aged couples.

Prior to the qualitative stage, a discussion guide was developed by designing questions based on the quantitative study findings and related factors. To ensure the credibility of the data, the research team initiated the discussion with pre-designed questions, analysed the responses to each question, and raised in-depth and exploratory questions such as "What do you mean?", "Why?", "Please explain further", and "Can you provide an example?".

During the first phase, focus group discussions were conducted to explore the research topic and gather information and narratives that could be used later in developing the questionnaires

(Kelboro & Stellmacher, 2015). In the third phase, following the preliminary analysis of the quantitative data collected from the questionnaires, focus group discussions were conducted to clarify and extend the statistical findings and to qualify or challenge the data collected through other techniques (Harrison et al., 2015; Zander et al., 2013), in this study the quantitative approach. Simultaneously, the research team aimed to provide feedback to the research participants (Morgan et al., 1998).

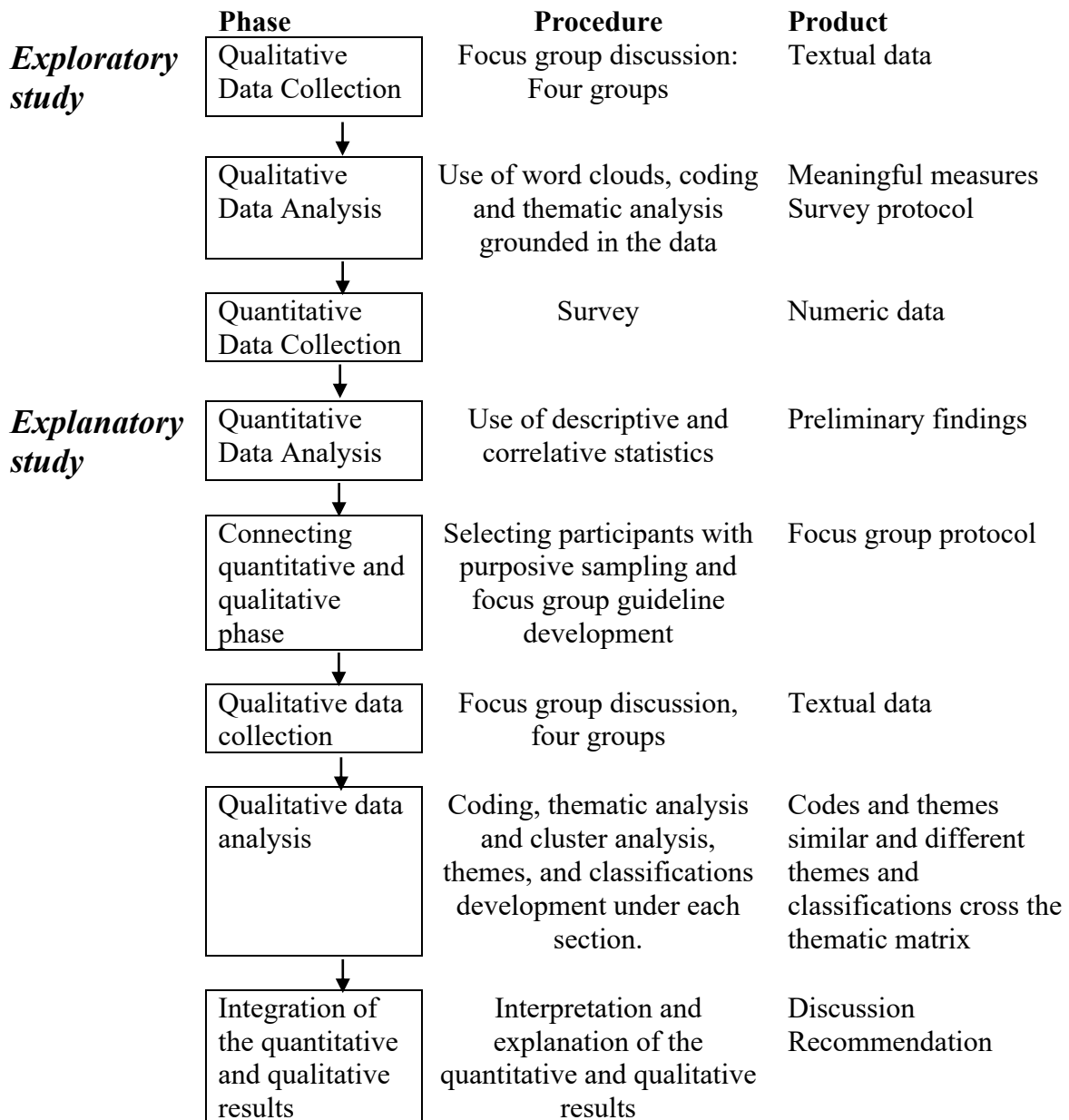


Figure 2. Logic map of research implementation

3.1.1 Qualitative Inquiry – Pre-focus Group

A qualitative approach aims to understand how individuals make meaning of their experience and the social world (Smith & Firth, 2011). Qualitative research aims to understand how individuals make sense of their experiences and the social world around them (Smith & Firth, 2011). The primary difference between studies that use focus groups and other qualitative approaches is that data are produced in a group setting, where participants influence and are influenced by one another (Stewart & Shamdassani, 2014). The focus group data collection approach emphasizes the interactions between participants to generate diverse and additional information that may not be obtained from individual interviews (Hyde et al., 2005).

Thirteen participants were invited to engage in approximately 1.5- to 2-hour focus group discussions. Four focus group discussions were conducted before the survey to assess whether the questionnaire design could best examine the factors influencing marriage in later life. Another four focus group discussions were carried out after the survey with initial findings to further investigate the married life of those aged 50 and above. From January to February 2021, four focus group discussions were conducted, including one with male participants, one with female participants, and two with male and female participants, respectively (see Table 1).

During the first round of focus groups in the first stage, the discussions focused on topics, such as

- highlights of their current marital life
- describe their relationship with their spouse
- their attitudes, experience, feelings, and daily lives related to their current marital life
- the expectations of their marital life

Table 1. Pre-survey Focus Group Discussion Implementation

Focus Group No.	Date & Time	The inclusion criterion of participants
1	30/1/2021 (Sat) 10:00am-12:00pm	Mixed with 3 men and 3 women*
2	20/2/2021 (Sat) 10:30am-12:30pm	6 female participants
3	20/2/2021 (Sat) 15:00pm-17:00pm	6 male participants*
4	27/2/2021 (Sat) 10:30am-12:30pm	Mixed with 3 men and 3 women*

Note. During the third focus group discussion, a participant's wife accompanied him but kept silent, not joining in the discussion. For the fourth focus group, one woman, one couple, and two men joined initially, and then one male participant's wife joined in the middle of the discussion. She was at home walking around with the laptop camera. At the same time, her husband joined the discussion, and she was interested in what we were discussing and then joined in the conversation with her husband's invitation.

Delivery Format: Due to the limitations presented by the pandemic situation, all four focus group discussions were conducted remotely via Zoom.

3.1.2 Quantitative Survey

Sample. To achieve the research aims, participation in the study involved completing a questionnaire for all participants. The research team utilized both purposive and snowball sampling to recruit target participants. Purposive sampling was used to ensure diversity in socioeconomic status, education level, gender, and marital status among the participants (Palinkas et al., 2015).

Measurements. Based on the literature reviewed, this study measured twelve aspects related to marital satisfaction among silver-aged couples. These aspects include: communication pattern, social support, sexual intimacy, compassionate love, romantic love, technology device using behaviour and its interference, the marital activity profile, satisfaction with sacrifice, *enqing*, marital satisfaction, and overall life satisfaction.

There is a growing body of research that has investigated the effects of smartphones on couples' romantic lives and intimate relationships (Wilson, 2018; Hertlein & Ancheta, 2014). In recent decades, scholars have observed that the younger generation of elderly individuals, who have higher levels of education, are non-widowed, and have better economic conditions, tend to have a higher acceptance level of technology and use smartphones intensively in their daily lives (Ma, Chan, & Chen, 2016). While some studies suggest that communication through information and communication technologies (ICTs) can support and strengthen family ties, such as between elderly parents and their adult children (Hertlein, Blumer, & Smith, 2014; Hertlein & Ancheta, 2014), other studies have found a positive relationship between social networking use and negative relationship outcomes. This has prompted scholars to investigate the influence of technology, particularly smartphones, and social networking use on communication in marital relationships among the elderly. Consequently, two additional measures, namely the Technology Device Interference Scale (TDIS) and Technology Interference in Life Examples Scale (TILES), were included in this study after the focus group protocols to provide a more comprehensive understanding of the factors influencing marital satisfaction among silver-aged couples in Hong Kong.

Demographic Background. In addition to the twelve aspects related to marital satisfaction, the study also included seven aspects for understanding respondents' demographic background. These aspects included age, income, gender (Antonucci, 2001), marital status (including whether it is their first marriage or additional marriage), education level, living arrangement (including whether they live together, live apart, share the same room or separate rooms, share the same bed or separate beds), and caregiving types (including whether they engage in couple caregiving, and whether they take care of their parents or parents-in-law).

Communication Pattern Questionnaire-Short Form. The short form of the communication pattern questionnaire (CPQ-SF; Christensen & Heavey, 1990) measures the demand-withdraw pattern relationships. Participants rated 11 items on a 9-point Likert-type scale to indicate how often specific communication patterns occurred when the couple attempted to solve a conflictual relationship problem—for example, “When my partner tries to discuss a matter, I try to avoid the discussion.” The alphas for this short scale range between .50 and .85 (Christensen & Heavey, 1990).

Social Support. Perceived social support from family, friends, and neighbors is measured using the short six-item Lubben Social Network Scale (LSNS-6), developed by Lubben in 1988. This six-item scale measures perceived (social) support from family, friends, and neighbours. The items about kinship include: How many relatives do you see or hear from at least once a month? How many relatives do you feel close to such that you could call on them for help? How many relatives do you feel at ease with whom you can talk about private matters? These three items are repeated concerning non-kin ties by replacing the word relatives with the word friends. The total sum score ranges from 0 to 30, with higher scores indicating greater perceived social support. A score of 12 or lower on the LSNS-6 indicates a risk of social isolation.

Sexual intimacy. Respondents were asked about their sleeping and sexual capabilities with their partners. For the analysis of sexual intimacy, participants were categorized into two groups: "poor" and "good." Respondents who answered "yes" to both items were categorized as having "good" sexual intimacy, while those who answered "no" to either item were categorized as having "poor" sexual intimacy.

Compassionate Love. Responses are rated on a five-point Likert scale, with 1 indicating "strongly disagree" and 5 indicating "strongly agree." A mean overall score is computed based on the responses, with a possible range of 1 to 5.

Romantic Love. The study utilised a 13-item measure of romantic love developed by Rubin (1970). This measure captures three components of love: affiliative and dependent need, a predisposition to help, and an orientation of exclusiveness and absorption. Respondents were asked to answer each item on a 9-point scale ranging from 1 (not at all true or disagree entirely) to 9 (definitely true or agree entirely). Each item has a blank, which respondents are directed to fill in with their partner's name.

Technology Device Interference Scale (TDIS). Participants were asked how frequently smartphones, TVs, computers/laptops, iPads, or other tablets got in the way of or interrupted interactions with their partners. They rated their perceptions on a six-point Likert-type scale: 0 (never), 1 (rarely), 2 (sometimes), 3 (often), 4 (very often), and 5 (all the time) (McDaniel, & Coyne, 2016).

Technology Interference in Life Examples Scale (TILES). In addition to the measures previously mentioned, the study also included an additional five items that aimed to assess the frequency with which participants experienced certain situations. Participants were asked to rate these items on an eight-point scale: 0 (never), 1 (less than once a week), 2 (once a week), 3 (once every few days), 4 (once a day), 5 (2 to 5 times a day), 6 (6 to 9 times a day), and 7 (10 or more times a day) (McDaniel & Coyne, 2016).

The Marital Activity Profile (MAP). The study utilised a modified version of the 15-item Family Leisure Activity Profile (FLAP) questionnaire to determine the couple's leisure involve core and balanced leisure activities, as well as leisure satisfaction. The questionnaire included eight categories of activities that are representative of core marital leisure patterns, such as home-based TV/videos together, regular communication, cleaning or cooking together, and playing games together. Additionally, seven categories were included to represent balanced marital leisure patterns, such as community-based events, outdoor activities, adventure activities, and travel or tourism together. Participants were asked if they participate in each activity category with their spouse. Specific examples were included with each question to help delineate between categories. If the answer was yes, respondents were asked to complete ordinal scales of estimated frequency ("about how often?") and duration ("for about how long per time?"), as well as their satisfaction with participation in the root activity with their spouse, rated on a five-point Likert scale. Even if they did not participate in the root activity with their spouse, respondents were asked to answer the satisfaction question. Scores for the FLAP questionnaire were calculated by multiplying the ordinal indicators of frequency and duration of participation in each category, then summing the core categories to provide a core marital leisure index and summing the balance categories to provide a balance marital leisure index. The total couple leisure involvement score was calculated by summing the Core and Balance indices. The satisfaction with couple leisure scores was calculated by summing the satisfaction responses for the core items and balance items. The original FLAP questionnaire has demonstrated acceptable psychometric properties, including evidence of construct validity, content validity, and test-retest reliability for core ($r = .74$), balance ($r = .78$), and total family leisure involvement ($r = .78$) (Zabriskie, 2001).

Satisfaction with Sacrifice. The satisfaction with sacrifice subscale measures an individual's attitude toward sacrifice and its benefit level to the relationship. The subscale consists of six items, and participants indicated their level of agreement with each item on a scale from

strongly disagree (1) to strongly agree (7). Some example items include "It can be personally fulfilling to give up something for my partner," "I am not the kind of person that finds satisfaction in putting aside my interests for the sake of my relationship with my partner," and "Giving something up for my partner is frequently not worth the trouble." The items were recoded and summed, so that higher scores indicate greater satisfaction with sacrifice. Coefficient alphas for the scale were above .84, and confirmatory factor analyses resulted in loadings above .3 for both groups (see Table 1 for alphas for each group). For the complete set of measures for the scale variables, please refer to the Appendix.

Enqing Scale (Li & Chen, 2002). The MAI (Marital Attitude Inventory) is a questionnaire consisting of 32 items that participants rated on a 6-point Likert-type scale ranging from 1 (strongly disagree) to 6 (strongly agree). The MAI has two subscales: Intimacy and *Enqing*. For this study, only the *Enqing* subscale was used, which has 16 items reflecting gratitude and admiration for one's spouse. Li (1999) reported that the MAI had satisfactory reliability, and the factor loadings identified the components. In this study, when the number of factors was entered as 2 (Intimacy and *Enqing*), the amount of explained variance was 63%, and the correlation between the two factors was .39. Cronbach's alpha for the *Enqing* subscale in this study was .97.

Kansas Marital Satisfaction Scale (KMSS). The KMSS is a 3-item self-report instrument designed to measure marital quality [8]. Items are rated on a 7-point Likert scale, ranging from 1 (extremely dissatisfied) to 7 (extremely satisfied). Total scores range from 3 to 21, with high scores indicating better marital quality.

Life Satisfaction Scale – Chinese (LSS-C). The *LSS-C* is a culturally sensitive, domain-specific measure of life satisfaction for the Chinese elderly. There are 14 items, including general health conditions (health), income and assets (finance), paid employment (job), means and frequency of contacting family members (family relationships), means and frequency of contacting friends (friendship), your life partner (partner), communication with children/grandchildren (intergenerational communication), help in household chores (family relationship), house type, condition, and environment (housing), recreational life (recreational activity), spiritual needs (spirituality), sense of self (respect), private or public transportation (transportation), and daily diet (food/meals). Participants rate their responses on a 5-point Likert scale ranging from very dissatisfied (1) to very satisfied (5), and not applicable (0). Their responses were deemed to be

missing for those who considered certain things as not applicable. The total scale score is computed by summing all items scored, with higher scores indicating higher satisfaction with life.

While the questionnaire allowed for the assessment of the relationships among different factors, the study also used a qualitative method, including a focus group, to supplement the quantitative inquiry. This allowed for a more in-depth exploration of marital needs and why certain factors mattered to silver-aged couples in Hong Kong.

3.1.3 Qualitative Inquiry – Post-focus Group

Based on the analysis of both the qualitative and quantitative data collected from pre-focus group discussions and the survey, the research team observed five primary results. First, unlike the previous studies, the statistical analysis showed no significant gender difference in demand/withdrawal behaviours among couples. Second, the sharing of leisure involvements among couples was found to be contextualised by cultural norms. Third, men showed more gratitude and admiration to their partners than women. While most participants expressed a higher level of romantic and compassionate love towards their partners, they reported a lower level of sexual relationship satisfaction, despite regular sexual intimate practices. Fourth, the first phase of qualitative data implied that extended family and family of origin influence participants' marital life. At last, it is observed from the quantitative findings that women were more easily interfered with by technology devices, including TV, iPads, computers, or smartphones, during communication.

The researcher shared the preliminary analysis of the research views with all the participants in the phase two focus group discussions, thus allowing them to reflect on these views from their perspectives and experience. The most compelling reason for using focus groups discussion was the need to discuss research themes that required collective perspectives and the meaning behind these perspectives (including their experiences and beliefs) (Harisha & Padmavati, 2013; Mfunne, 2013). The discussion guideline was designed based on the five observations; the post-focus group aimed to explore their communication pattern, marital activities, family relationship, intimacy, compassion and sex, social network and how technology would influence their relationship. The significant aspects were inquired about in the discussion to achieve these aims:

For Communication Pattern

- How they defined demand and withdrawal.
- The detailed process and the subjective feelings in the couples' communication when demand and withdrawal happened.
- How demand and withdrawal affected marital relationships.

For Marital Activities Profile

In order to examine the activities that silver-aged couples in Hong Kong engage in together, the researcher compiled a comprehensive list of various activities described in the MAP survey and presented them in a PowerPoint format:

- Have you ever done these activities together before?
- How many activities listed in the PPT did you do in the last twelve months?

For those who answered they had done certain activities before but they have not done them together in the past few years, the researcher popped up the probing question:

- Why didn't you do it together anymore?

When participants indicated that they had engaged in certain activities before, but had not done them together with their partner in recent years, the researcher asked probing questions to explore the reasons for this:

- Then will you accompany your partner to do some activities you are not interested in and vice versa?

For Enqing and Passion

During the presentation of the study's findings, the researcher displayed the quantitative results in a PowerPoint slide, which indicated that couples in later stages of marriage exhibited higher levels of gratitude, admiration, and love towards their partners. However, the same group of couples reported lower levels of satisfaction with their sexual relationship. Therefore,

- What do you admire most about your partner?
- Do you still have a passion for your partner?
- Do you have regular sexual behaviours?
- Do you still have expectations of sexual activities?

For Family Relationship

The researcher proposed an open-ended interviewing question to the participants,

- What other family relationships most affect your marital relationship?

For Technology and Marital Relationship

For this part, the researcher focused on the impact of technology on couples' communication by posing the question:

- "If technology affects your daily communication, how does it do so?"

In addition to the previously mentioned findings, the quantitative results of the study indicated a significant risk of social isolation among male participants. In light of this result, the researcher shared the findings with the groups and invited them to discuss their current social lives and the extent to which their social connections influenced their marital relationship. Participants were asked

- Do you have friends whom they can confide in about private matters and rely on for assistance when needed?

In order to minimize the potential for group interaction to limit the expression of the natural range (Lezaun, 2007), the third phase of our study involved organizing four groups with varying combinations of participants as listed below:

Table 2. Post-survey Focus Group Discussion Implementation

Focus Group No.	Date & Time	The inclusion criterion of participants
1	15/10/2021 (Mon) 10:00am-12:00pm	Mixed with 3 men and 3 women
2	15/10/2021 (Mon) 3:00am-5:00pm	6 female participants
3	18/10/2021 (Thu) 10:00pm-12:00pm	6 male participants
4	18/10/2021 (Thu) 3:00am-5:00pm	Mixed with 3 couples

In order to promote group dynamics and ensure diversity among participants, the research team designed four groups based on gender and relationship status, as previously listed. Participants

were selected from different ranges of marital satisfaction scores, with scores of 2, 7, and 9 (out of 10) represented. The length of marriages ranged from 10 to 45 years, and for comparison purposes, one couple in the couple group and one female participant each in the mixed and women's groups were in their second marriage. The female participant in her second marriage had been married for only two years. The fundamental requirement was that all participants had completed the questionnaire before joining the discussion.

During the four group discussions, the participants did not know each other initially. This posed a risk of potentially intimate self-disclosure to strangers. In the second group, three male participants were strangers to each other, while female participants were already acquainted from the first group. However, these three men had become acquainted with each other before joining the third group discussion. In the final group, one couple and one male participant had already spoken and become acquainted, while the newly joined couple and one wife were strangers to the group.

To gain a sociological perspective on the social context, the focus group used in this study was viewed as more than a neutral platform for individual opinions. The researchers also examined the ways in which group dynamics influenced the individual participants and how the participants' communication styles and content were shaped by the group context.

3.2 Data Analysis

3.2.1 *Quantitative Survey*

In this study, a descriptive analysis of the predictor variables was conducted to provide a numerical and proportional representation of the categorical variables and means, standard deviations (SD), median, interquartile range, minimum, and maximum values for continuous variables. In the next step, exploratory factor analysis was performed using principal component analysis (PCA) and oblique rotation on various variables from the demographic information section, the understanding of love section, and the daily behaviour section. Items that had high shared loadings were removed incrementally, and the factor structure and internal consistency were re-evaluated after each step. Regression analysis was then applied in the following phase to investigate the relationship between all factors and marital satisfaction and how it related to life satisfaction. All analyses were carried out using the statistical software package *Stata*.

3.2.2 *Qualitative Inquiry*

To investigate how individuals aged 50 and above understand love and marriage in later life, inductive analysis was conducted using NVivo 11 Pro software (QSR International, Melbourne, Australia) to identify core themes and subthemes, following Braun and Clarke's six phases of thematic analysis. The analysis involved several stages, including familiarization, transcription, generating initial codes, searching for themes, reviewing themes, and defining and deciding on meaningful themes.

An iterative approach was adopted, with the initial coding performed by a general practice registrar after the first focus group analysis. Subsequent transcripts of three focus group discussions were analysed incrementally, and new codes were added to NVivo Pro 11 from the dataset. The researcher and trained research assistants reviewed the transcripts and codes during this process until a consensus was reached by all members of the research team regarding the final themes.

Data saturation was achieved when no new themes emerged, and data collection ceased. The point in analysis where no new codes could be created in NVivo 11 Pro that provided additional value to the identified themes were used to determine data saturation. It is important to note that the software was better equipped to identify characters in simplified Chinese. Therefore, the transcripts in traditional Chinese were translated into a simplified version to facilitate better data processing.

To ensure a comprehensive exploration of the focus group topics, a discussion guide was designed and refined based on the findings of the questionnaire and the first two focus groups. Contextualisation was also considered a critical aspect of the multi-method strategy for creating and making sense of the data.

The post-focus group discussions were conducted according to a flow listed in Figure 3, and all participants were asked to sign consent forms before participating. All discussions were audio-recorded and transcribed verbatim, and NVivo11 was used to manage the data analysis process. The analysis was iterative and commenced after each focus group, with transcripts analysed using thematic analysis. The thematic analysis of each focus group's data was compared with the mind-mapping of the entire dataset.

One researcher followed the six phases of thematic analysis, including familiarisation with the data by reviewing transcripts, generating initial codes, searching for themes, reviewing themes, defining and naming themes, developing the framework based on the proposed discussing sections, reviewing all the documents again, forming the final themes, and writing up the findings. The analysis and themes were discussed with the co-authors in regular meetings throughout the analysis (Braun and Clarke, 2006).

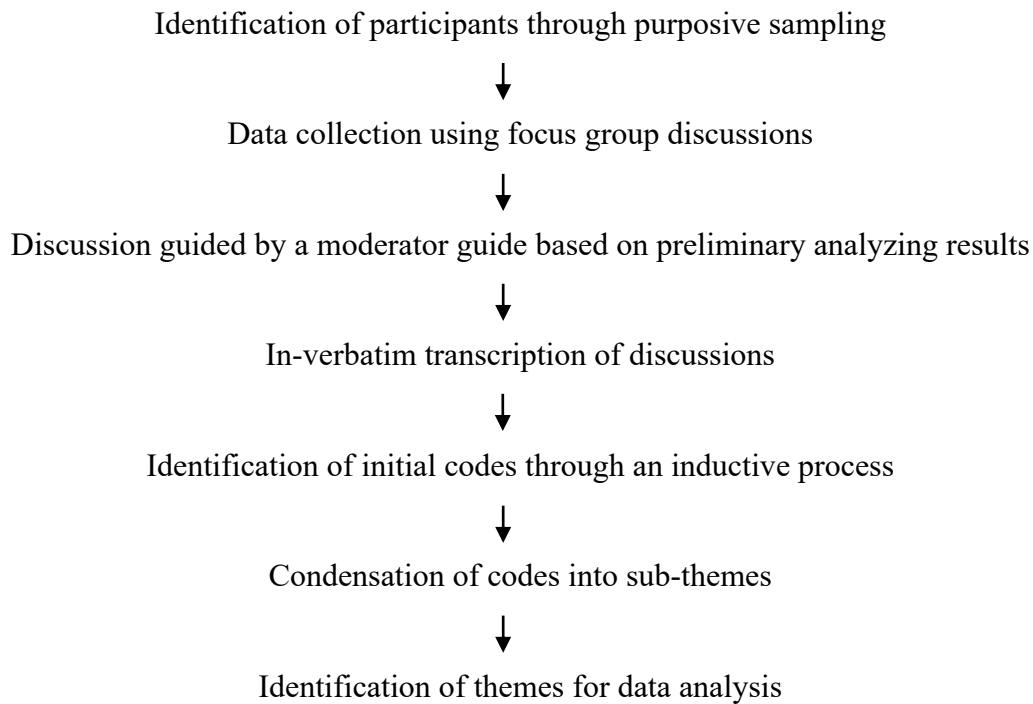


Figure 3. Data analysis flow

Having analysed the above, this round of the focus group discussion aimed to clarify and extend the statistical findings collected from the survey and then further endorse or challenge the data (Harrison et al., 2015; Zander et al., 2013). Additionally, the research team sought to share preliminary findings and provide feedback to research participants, in line with the approach advocated by Morgan et al. (1998).

4. Findings

4.1 Participants' Portfolio

A total of 37 participants were recruited through the Hong Kong Catholic Marriage Advisory Council network for the focus group discussions, including 16 females and 21 males. Thirteen participants (5 women and 8 men) took part in the pre-survey focus group, including three couples (as shown in Table 3). For the post-survey focus group, 24 participants (12 men and 11 women) were recruited, including three couples (as shown in Table 4). Purposive sampling was used to ensure diversity among the participants' demographic characteristics, including education level, economic status, age cohort, and marital satisfaction. In the post-survey focus group, one couple had both spouses in their second marriage. Due to concerns about personal privacy, there were some missing values in the responses. However, all participants had completed the online survey.

Table 3. Pre-focus Group Participants Demographic Information

	Gender	Age	Education Level	Work Status	Self-Rated Economic Status	Length of Current Marriage	Do you have child(ren)?	Cohabitation
<i>M1</i>	M	66	Post-secondary	Retired	Very Good	35	Yes	Son/Daughter in-law
<i>F1</i>	F	61	Post-secondary	Retired	Very Good	29	Yes	Spouse
<i>M2</i>	M	63	Post-secondary	Retired	Good	38	Yes	Spouse and children
<i>F2</i>	F	71	Secondary	Retired	Good	42	Yes	Spouse
<i>F3</i>	F	67	Secondary	Retired	Good	42	Yes	Spouse
<i>F4</i>	F	56	Secondary	Retired	Good	34	Yes	Spouse and children
<i>M3</i>	M	58	Secondary	Retired	Good	35	Yes	Spouse
<i>M4</i>	M	59	Post-secondary	Retired	Good	28	Yes	Spouse, children, and domestic helper
<i>F5</i>	F	58	Post-secondary	Retired	Good	26	Yes	Spouse and children
<i>M5</i>	M	63	Post-secondary	Retired	Very Good	40	Yes	Spouse
<i>M6</i>	M	61	Secondary	Retired	Good	34	Yes	Spouse, children, and domestic helper
<i>M7</i>	M	58	Secondary	Retired	Good	35	Yes	Wife
<i>M8</i>	M	59	Post-secondary	Retired	Good	28	Yes	Nil

Table 4. Post-focus Group Participants Demographic Information

	Gender	Age	Education Level	Work Status	Self-Rated Economic Status	Length of Current Marriage	Do you have child(ren)?	Cohabitation
F6	F	65	Post-secondary	Retired	Very Good	40	Yes	Spouse and children
M9	M	66	Secondary	Retired	Good	34	Yes	Spouse and children
M10	M	67	Post-secondary	Retired	Very Good	38	Yes	Spouse
M11	M	68	Post-secondary	Retired	Good	42	Yes	Spouse
M12	M	67	Secondary	Retired	Very Good	38	Yes	Spouse
F7	F	61	Post-secondary	Retired	Good	34	Yes	Spouse and children
F8	F	65	Post-secondary	Retired	Very Good	40	Yes	Spouse and children
F9	F	63	Secondary	Retired	Good	29	No	Spouse
F10	F	65	Secondary	Retired	Good	43	Yes	Spouse and children
F11	F	59	Post-secondary	Full-time	Good	41	No	Spouse
M13	M	66	Secondary	Retired	Good	34	Yes	Spouse and children
M14	M	66	Post-secondary	Retired	Very Good	32	Yes	Spouse and children
M15	M	62	Secondary	Semi-Retired	Very Good	30	Yes	Spouse
M16	M	68	Post-secondary	Retired	Very Good	42	Yes	Spouse and children
M17	M	67	Post-secondary	Retired	Very Good	38	Yes	Spouse
M18	M	62	Post-secondary	Semi-Retired	Good	40	Yes	Spouse

	Gender	Age	Education Level	Work Status	Self-Rated Economic Status	Length of Current Marriage	Do you have child(ren)?	Cohabitation
<i>F12</i>	F	61	Secondary	Full-time	Very Good	30	Yes	Spouse
<i>M19</i>	M	58	Post-secondary	Retired	Very Good	42	Yes	Spouse and children
<i>F14</i>	F	56	Preschool	Retired	Nil	Nil	Nil	Nil
<i>F15</i>	F	56	Post-secondary	Retired	Nil	Nil	Nil	Nil
<i>M20</i>	M	62	Secondary	Semi-Retired	Very Good	30	Yes	Nil
<i>F16</i>	F	58	Secondary	Retired	Nil	Nil	Nil	Nil
<i>M21</i>	M	66	Preschool	Semi-Retired	Nil	Nil	Nil	Nil

In mid-August, 300 completed questionnaires were collected from married individuals. Of these, around half were female (53.33% female vs. 46.67% male). Most participants (262) were spousal pairs, with 38 unpaired. The participants' ages ranged from 50 to 71 years ($M = 62.36$ years, $SD = 5.11$ years), with the mean age of males (63.66) being slightly higher than that of females (61.22). The length of their marriages ranged from less than one year to 48 years ($M = 32.41$ years, $SD = 9.38$ years). Approximately 87% of participants reported having children, and 45% has a senior school diploma, with 40% holding higher degrees. Most participants reported having good health conditions.

Table 5. Survey Participants Demographic Characteristics (N=300)

Baseline Characteristic	Frequency	Valid Percentage
Gender		
Female	160	53.33
Male	140	46.67
Age (in yrs.)		
50 - 59	94	31.33
60 - 64	89	29.67
65 - 69	100	33.33
≥ 70	17	5.67
Marital Status		
Yes	286	95.33
No	14	4.67
Marriage Length (in yrs.)		
≤ 10	14	4.67
11 - 30	92	30.67
31 - 40	138	46.00
≥ 41	56	18.67
Children		
Yes	245	81.67
No	55	18.33
Living Arrangement		
Public Housing Units	42	14.00
Private Residential Flats	184	61.33
Rental Flats (e.g., bedspaces)	7	2.33
Subsidised Flats	46	15.33
Rental Flats (whole quarters)	14	4.67
Elderly Housing Units	0	0.00
Other	7	2.33
Cohabitation		
Living Alone	1	0.003
Parents	0	0.000
Spouse	284	0.947

Baseline Characteristic	Frequency	Valid Percentage
Children	158	0.527
Son- / daughter-in-law	6	0.020
Grandchildren	5	0.017
Relatives	1	0.003
Friends	0	0.000
Domestic Helpers	6	0.020
Other	6	0.020
Pets		
Yes	23	7.67
No	277	92.33
Employment		
Employed	95	31.67
Unemployed	6	2.00
Retired	163	54.33
Family Caregiving	36	12.00
Economic Status		
Very Bad	3	1.00
Bad	7	2.33
Good	175	58.33
Very Good	115	38.33
Joint Property		
All from husband	19	6.33
More from husband	62	20.67
All from wife	8	2.67
More from wife	62	20.67
Half-half	149	49.67
In-charge-of Joint Property		
Husband	67	22.33
Wife	63	20.00
No specified	170	56.67
Education Attainment		
None	0	0.00
Primary	11	3.67
Junior School	34	11.33
Senior School	135	45.00
College or above	120	40.00
Health Condition		
Very Bad	3	1.00
Bad	13	4.33
Neither Good nor Bad	135	45.00
Good	135	45.00
Very Good	14	4.67

4.2 Marital & Life Satisfaction

4.2.1 Marital Satisfaction

The distribution of the participants' marital satisfaction is shown in Figures 3 and 4. Over 85% of the respondents reported being at least somewhat satisfied with their current marital relationship. The mean scores for males, females, and all participants were 18.09 ($SD = 2.71$), 16.28 ($SD = 3.76$), and 17.12 ($SD = 3.43$), respectively, with a maximum score of 21. Significant gender differences were observed, with males showing significantly higher scores than females.

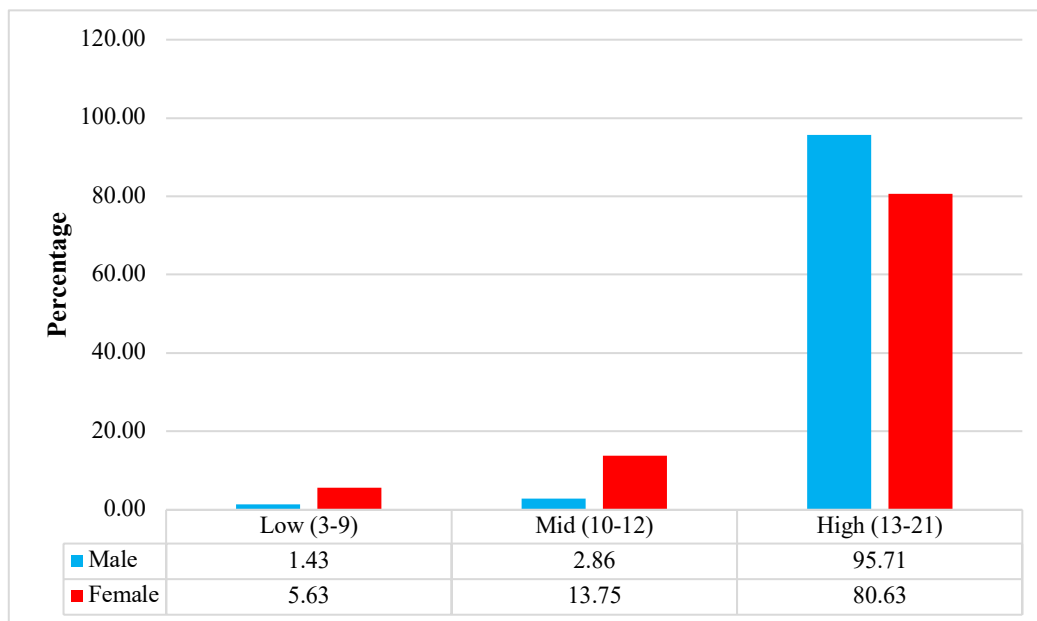


Figure 3. Distribution of marital satisfaction for male and female respondents

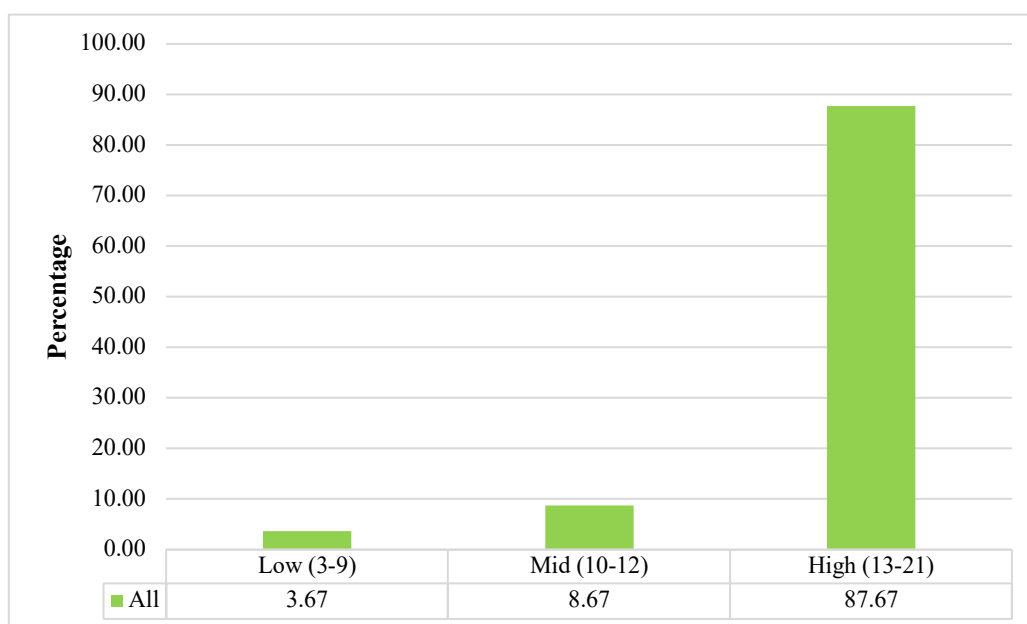


Figure 4. Distribution of marital satisfaction for all participants

4.2.2 Life Satisfaction

The distribution of participants' life satisfaction is presented in Figures 5 and 6. Over 93% of the respondents expressed at least agreement or higher levels of life satisfaction. The mean average scores for males, females, and all participants were 4.20 ($SD = 0.45$), 4.00 ($SD = 0.59$), and 4.09 ($SD = 0.54$), respectively, with a maximum score of 5 for each item. Significant gender differences were observed, with males reporting significantly higher scores than females.

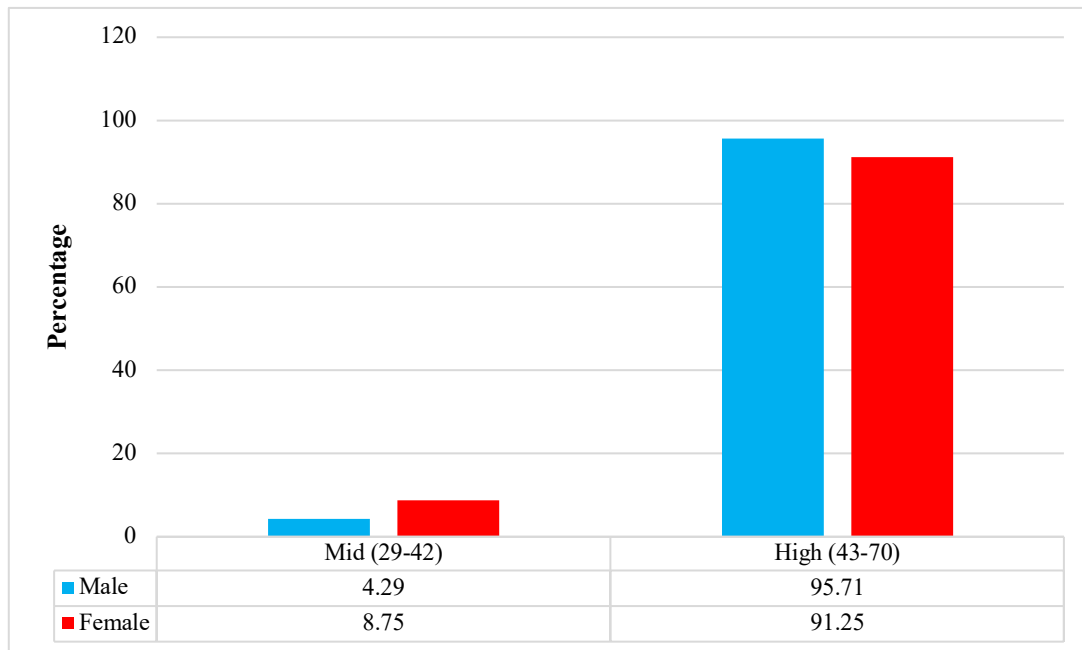


Figure 5. Distribution of life satisfaction for male and female respondents

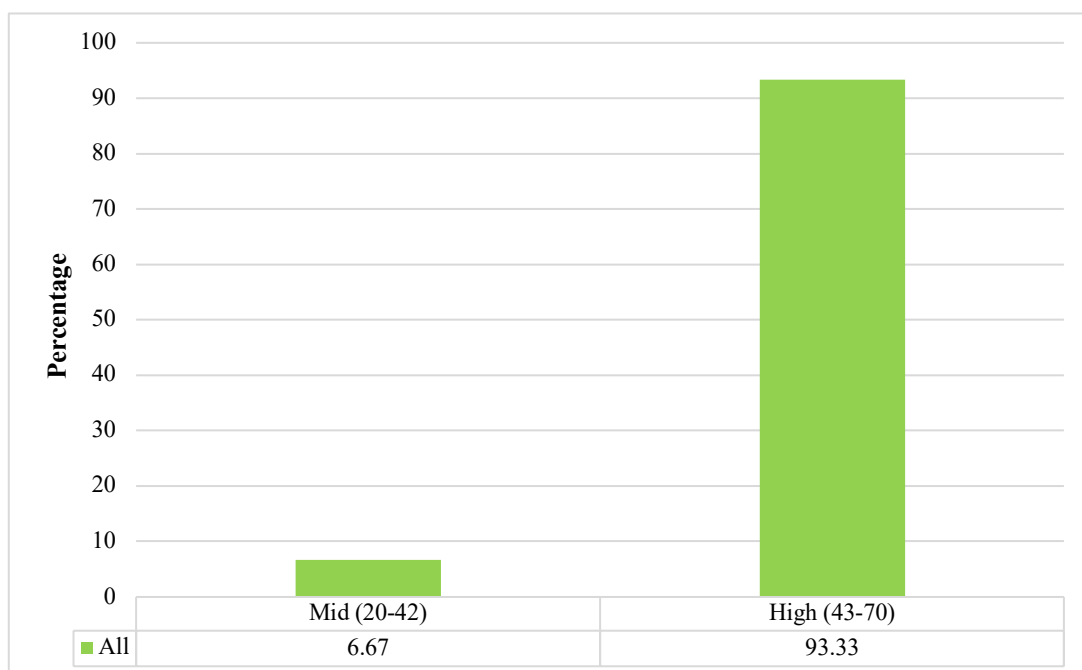


Figure 6. Distribution of life satisfaction for all participants

Figure 7 summarises the participants' responses to the scale, indicating the level of agreement for each item. Responses labeled as "satisfied" are combined with those labeled as "very satisfied." Among the 14 items, daily meals ranked the highest in terms of agreement, while having a paid job had the lowest proportion of agreement.

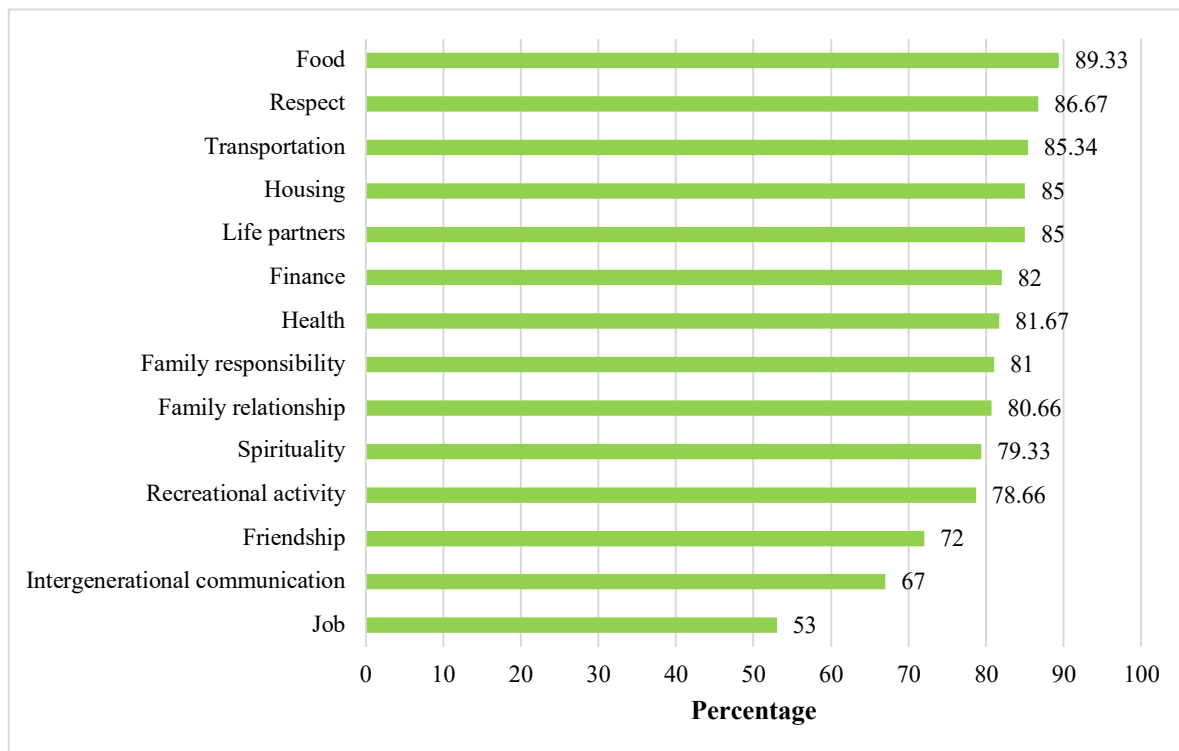


Figure 7. The proportion of satisfaction for all participants reporting each item of the life satisfaction scale

4.3 Values and Beliefs about Love and Relationship

4.3.1 *Compassionate Love*

Figures 8 and 9 present the distribution of score levels for the Compassionate Love Scale. Overall, 98% of the respondents reported at least some level of agreement with the 21 items. The mean compassionate love scores for males, females, and all participants were 130.2 ($SD = 14.62$), 125.71 ($SD = 17.90$), and 127.80 ($SD = 16.58$), respectively, with a maximum score of 147.

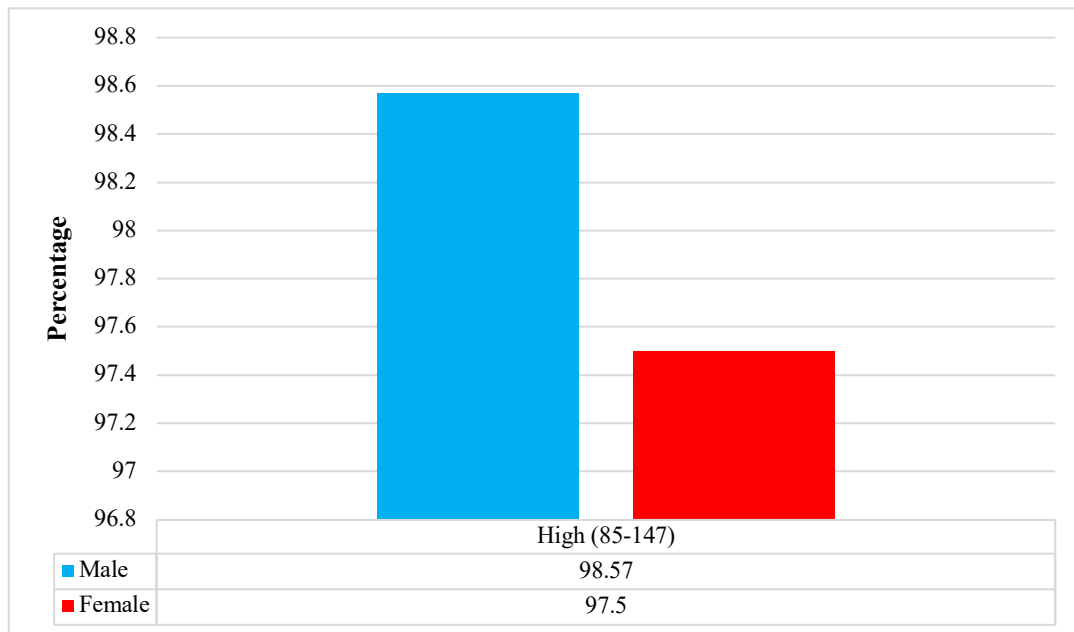


Figure 8. Distribution of levels of compassionate love for male and female respondents

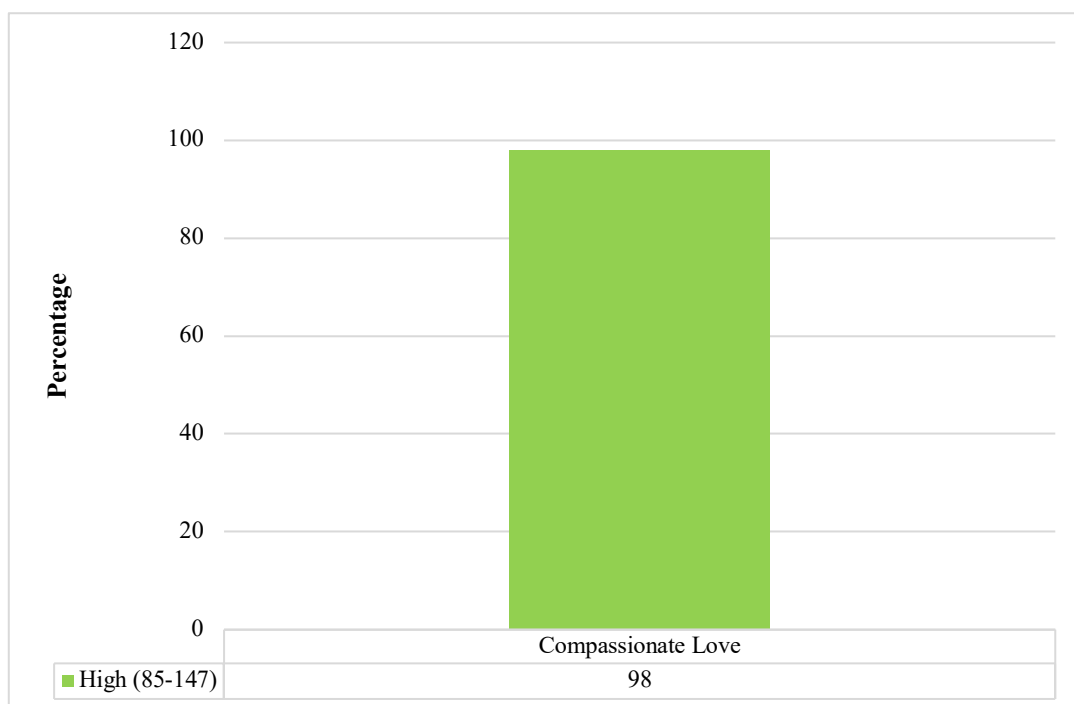


Figure 9. Distribution of levels of compassionate love for all participants

4.3.2 Romantic Love

Figures 10 and 11 illustrate the distribution of score levels for the Romantic Love Scale. Responses to this scale were grouped into three levels: low (scores from 13 to 39), middle (49 to 52), and high (53 to 91). The majority of respondents (91.67%) reported a high level of romantic love. The mean scores for males, females, and all participants were 76.35 ($SD = 10.23$), 69.12 ($SD = 12.64$), and 72.50 ($SD = 12.11$), respectively, with a maximum score of 91.

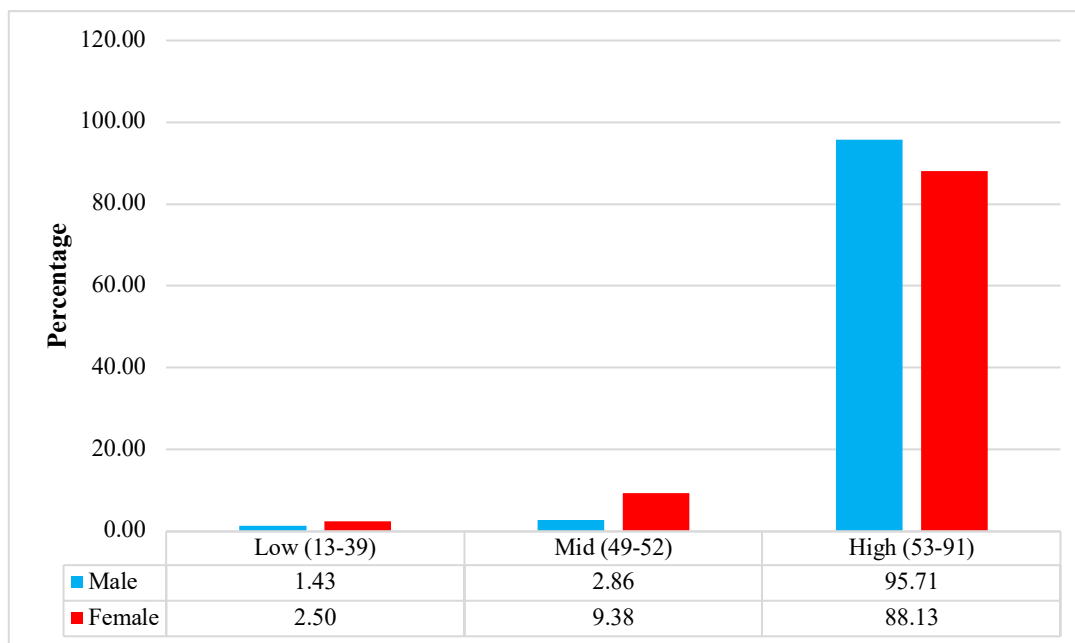


Figure 10. Distribution of levels of romance for male and female respondents

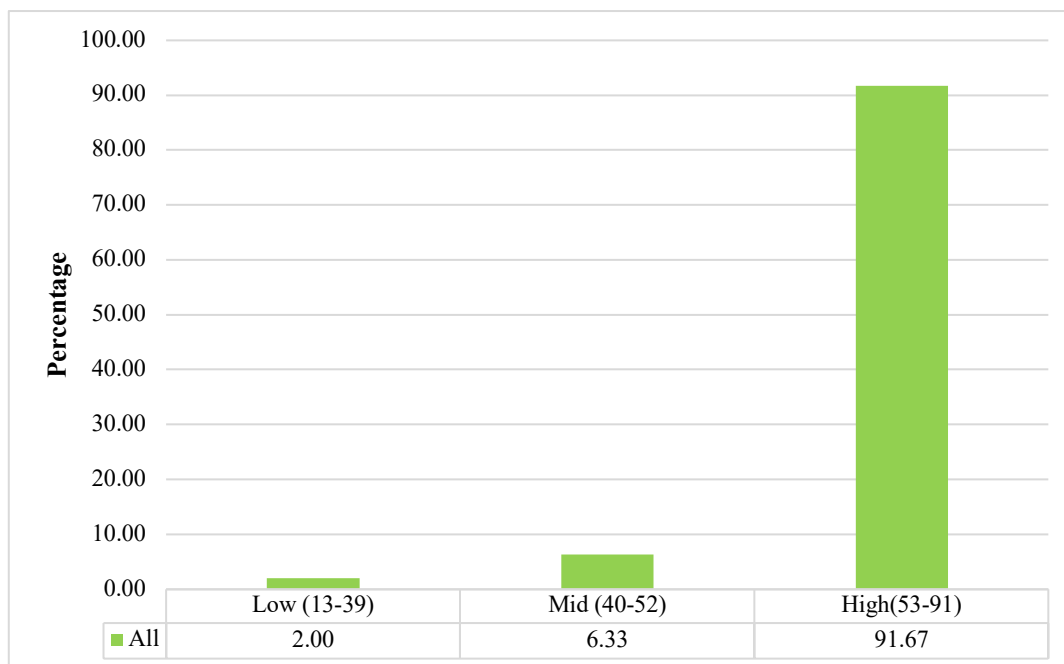


Figure 11. Distribution of levels of romance for all participants

4.3.3 Participants' *Enqing* towards Their Spouses

Figures 12 and 13 illustrate the distribution of scores for the *Enqing* Subscale of the Marital Affection Inventory. Responses to this subscale were grouped into three levels: low (scores from 16 to 32), middle (33 to 64), and high (65 to 96). Most respondents (72.33%) reported high levels of marital *Enqing* satisfaction. The mean scores for males ($n = 140$), females ($n = 160$), and all participants ($N = 300$) were 79.34 ($SD = 13.92$), 71.1 ($SD = 16.39$), and 74.95 ($SD = 15.81$), respectively, with a maximum score of 96.

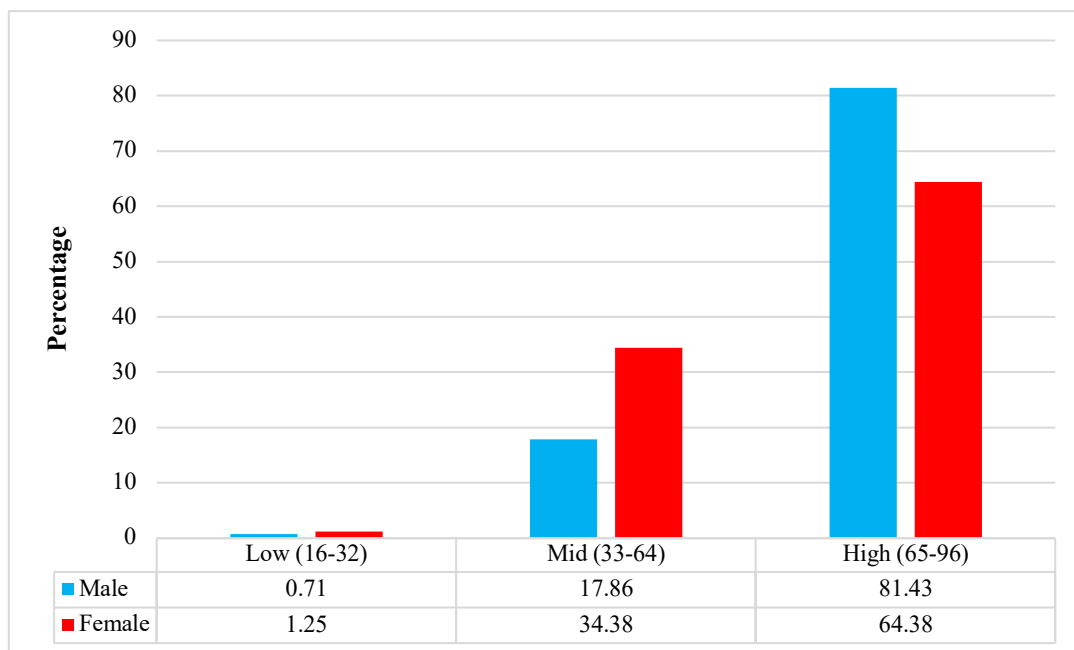


Figure 12. Distribution of marital *Enqing* for male and female participants

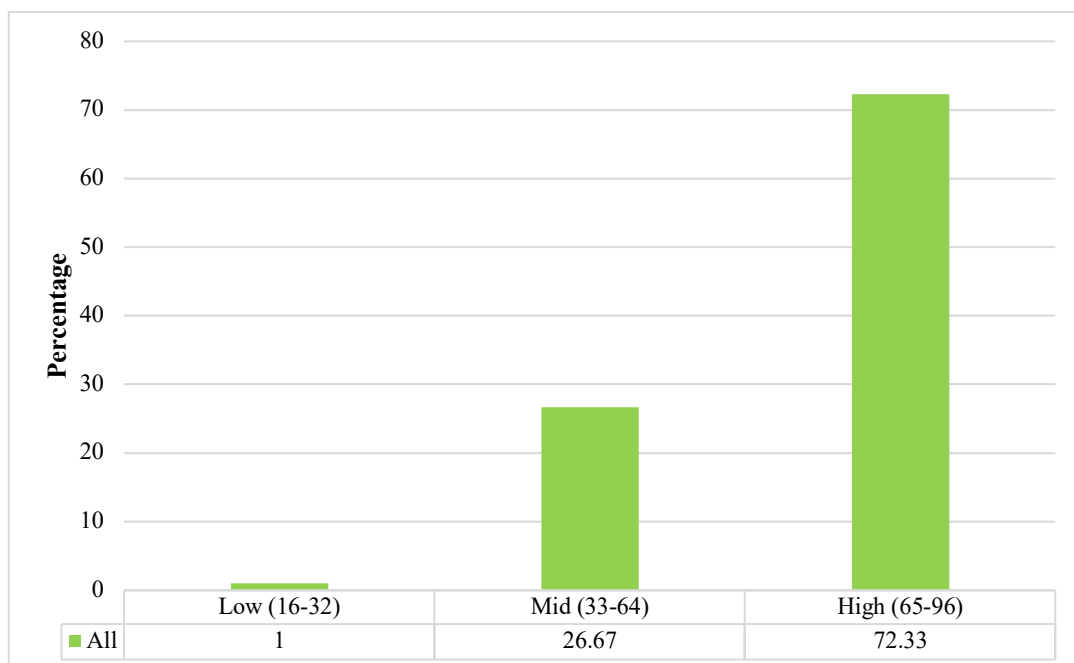


Figure 13. Distribution of marital *Enqing* for all participants

Table 6. Items on the *Enqing* Subscale of the Marital Affection Inventory and Means and Standard Deviations of Participant Scores on Subscale Items

Item	Total	Male	Female
	<i>Mean (SD)</i>	<i>Mean (SD)</i>	<i>Mean (SD)</i>
1. I feel my spouse gets fewer rewards from this family than he/she should have.	4.61(1.29)	4.94 (1.07)	4.33 (1.40)
2. I am grateful to my spouse for undertaking responsibilities that others would not take.	4.53 (1.31)	4.77 (1.23)	4.32 (1.35)
3. I understand my spouse represses him/himself for this family.	4.52 (1.28)	4.71(1.21)	4.36 (1.32)
4. I'll feel indebted if my spouse is not well treated.	4.81(1.16)	5.14 (0.93)	4.52 (1.27)
5. To have a family like this, my spouse definitely serves an important role.	5.05 (1.06)	5.30 (0.91)	4.84 (1.13)
6. My spouse contributes to this family in every way, which would be hard for me to repay.	4.39 (1.40)	4.83 (1.25)	4.01 (1.42)
7. I'll repay my spouse at any cost if it is within my capabilities.	4.87 (1.14)	5.14 (1.02)	4.64 (1.18)
8. I am grateful to my spouse, for he/she shares the responsibility that I should take.	4.80 (1.18)	5.09 (1.03)	4.54 (1.24)
9. I can see my spouse has unique merits.	4.86 (1.11)	5.13 (0.97)	4.62 (1.18)
10. I am especially proud to be my spouse's mate.	4.91(1.11)	5.23 (0.92)	4.64 (1.18)
11. I am happy for my spouse because of his/her achievement in many ways.	4.78 (1.07)	5.06 (0.95)	4.54 (1.12)
12. I admire my spouse's way of handling things.	4.69 (1.11)	4.95 (1.03)	4.47 (1.13)
13. In my eyes, my spouse's ability is way above average.	4.70 (1.11)	4.91 (1.06)	4.51 (1.12)
14. My spouse is my model in many ways.	4.24 (1.23)	4.44 (1.21)	4.06 (1.23)
15. I am enlightened by several characteristics of my spouse.	4.48 (1.17)	4.66 (1.13)	4.32 (1.18)
16. I admire the way my spouse performs his/her role as a husband/wife.	4.85 (1.09)	5.10 (0.97)	4.63 (1.15)

4.3.4 Participants' Satisfaction with Their Spouses' Sacrifice

Figures 14 and 15 summarise the distribution of satisfaction levels with sacrifice based on two groups of items in the scale where larger percentage, indicates higher satisfaction.

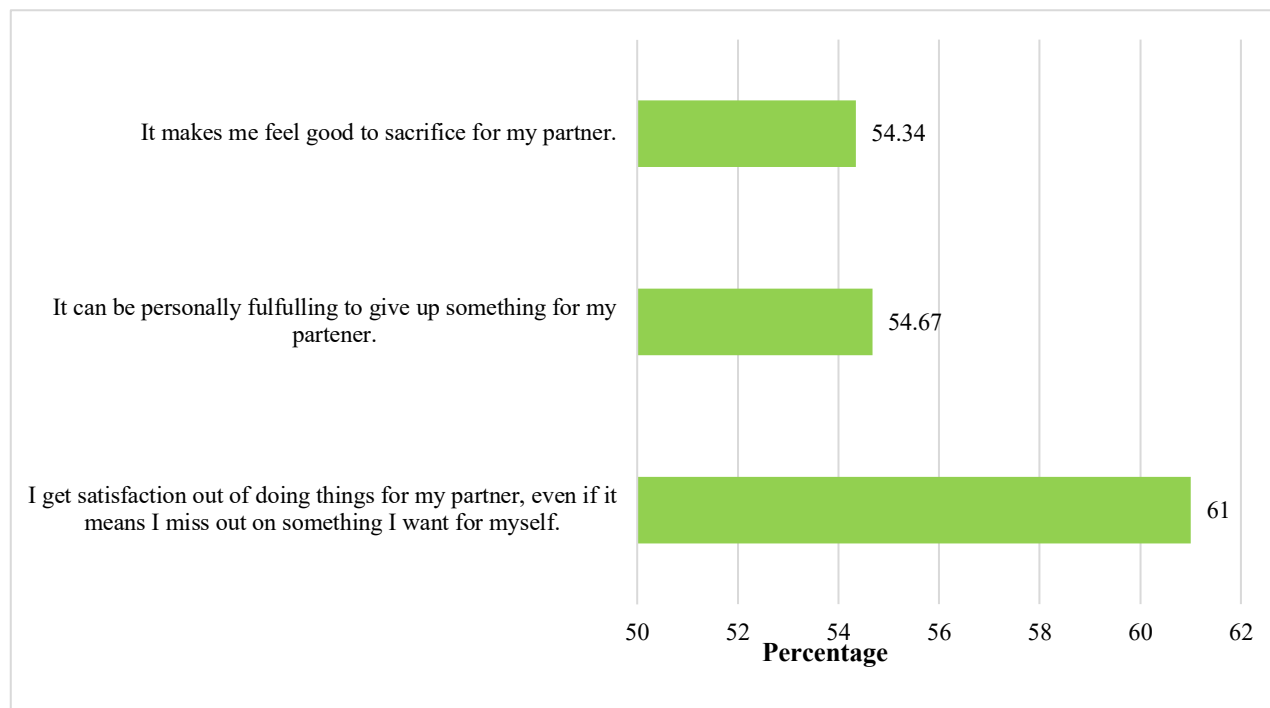


Figure 14. Distribution of levels of satisfaction for all participants

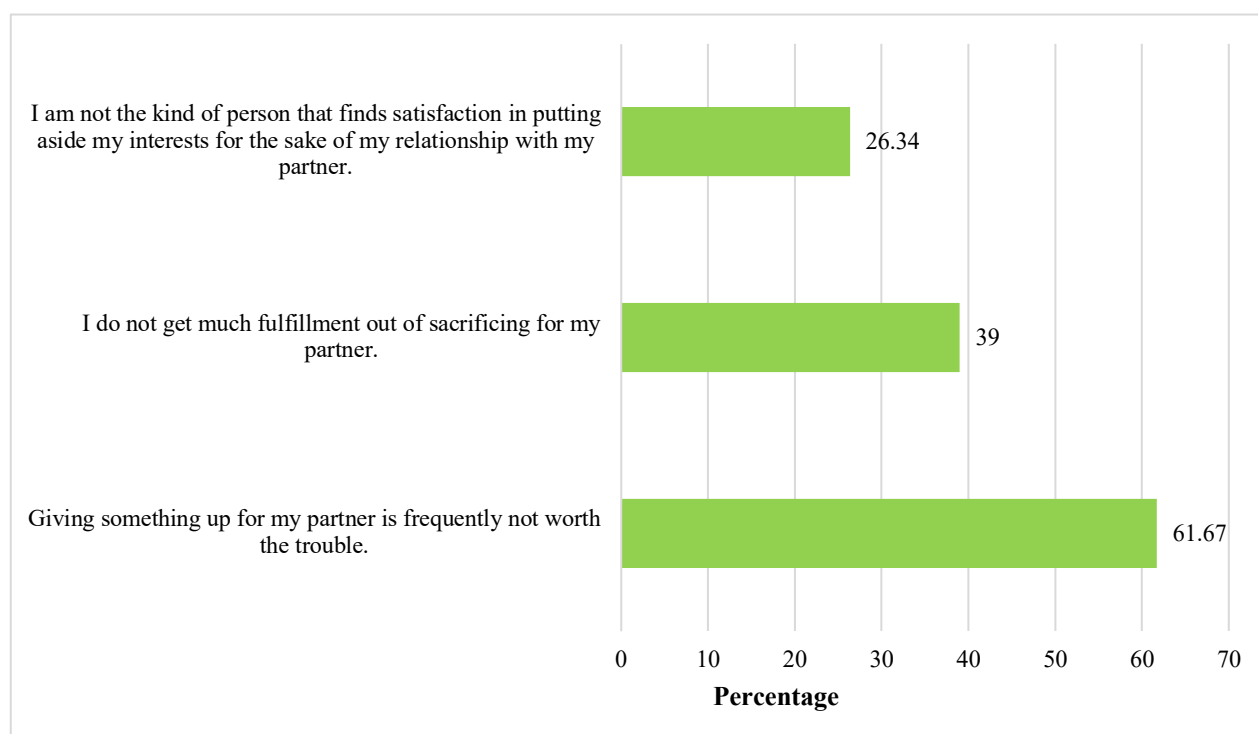


Figure 15. Distribution of levels of dissatisfaction for all participants

4.4 Couple Communication & Marital Behaviors

4.4.1 Couples' Communication pattern

The Marital Interaction Coding System (MICS) can be analysed through five subscales or models, which include: a) male demand/female withdraw; b) female demand/male withdraw; c) original total demand/withdraw; d) alternative total demand/withdraw; e) criticise/demand; and f) overall positive interaction.

Model a: Responses to the male demand/female withdraw subscale of the Marital Interaction Coding System (MICS) were grouped into three levels: low (scores from 3 to 9), middle (10 to 18), and high (19 to 27). More than half of the respondents (61.67%) reported a median level of possibility of male demand/female withdraw. The mean score for all participants ($N = 300$) was 13.06 ($SD = 5.01$), with a maximum score of 27. The distribution of scores is presented in Figure 16.

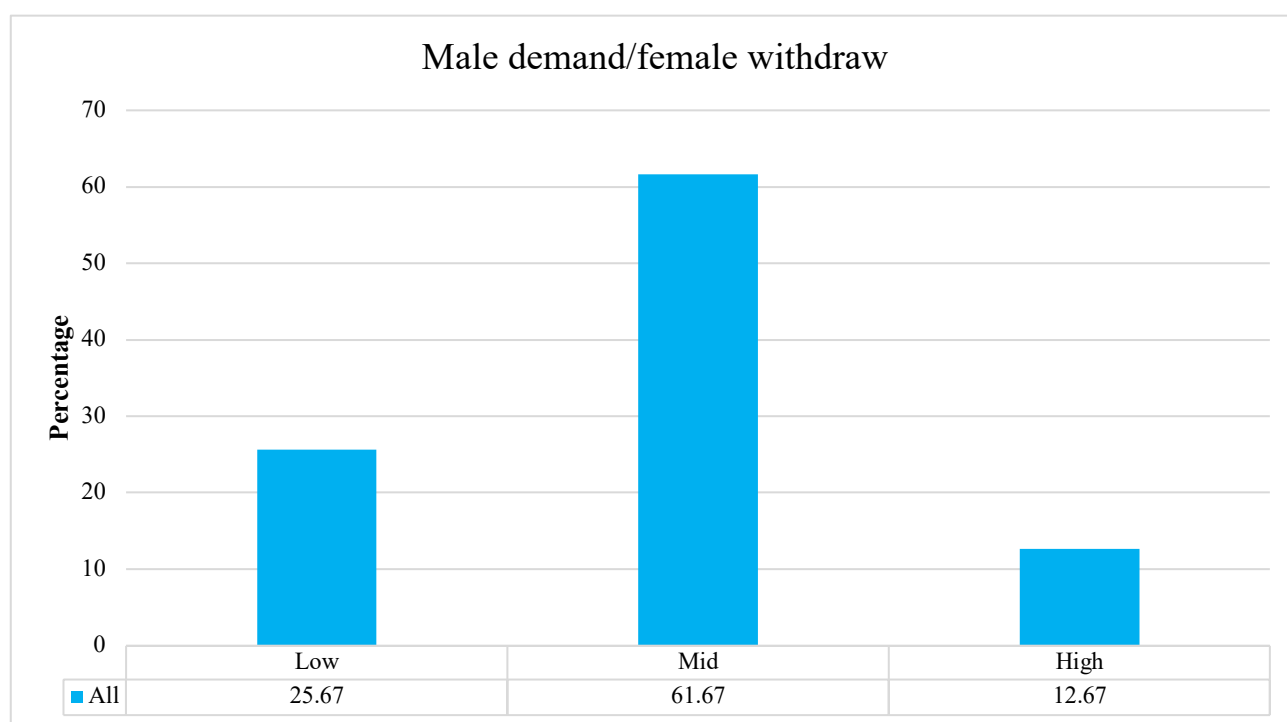


Figure 16. Distribution of Model (a)

Model b: Responses to the female demand/male withdraw subscale of the Marital Interaction Coding System (MICS) were grouped into three levels: low (scores from 3 to 9), middle (10 to 18), and high (19 to 27). The distribution of scores is presented in Figure 17. More than half of the respondents (57.67%) reported a median level of possibility of female demand/male withdraw. The mean score for all participants ($N = 300$) was 14.69 ($SD = 5.21$), with a maximum score of 27.

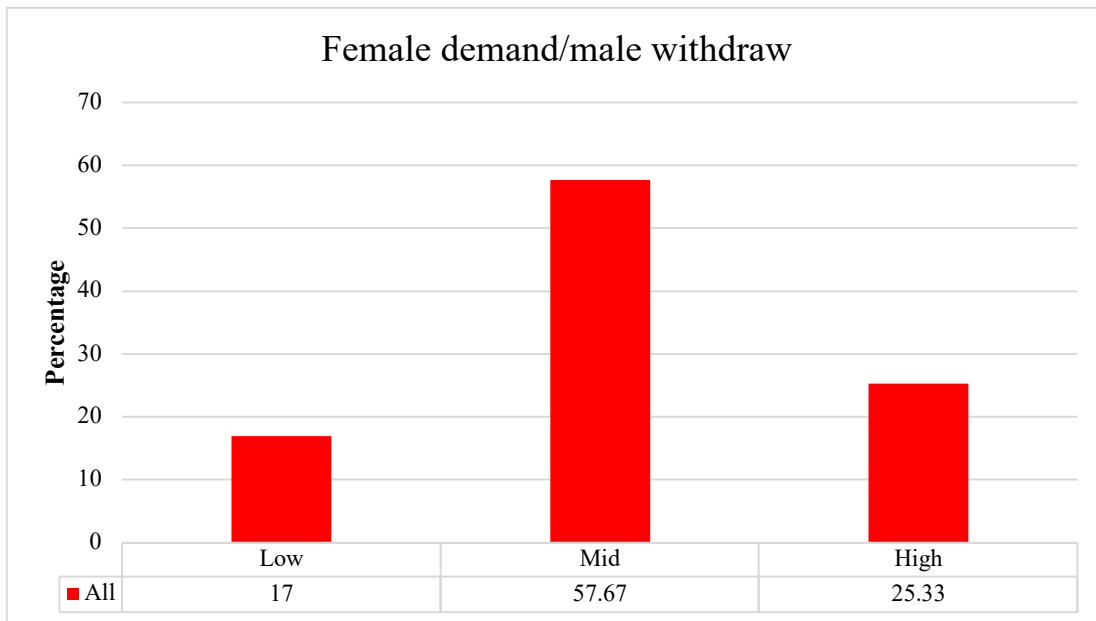


Figure 17. Distribution of Model (b)

Model c: Responses to the overall demand/withdraw subscale of the Marital Interaction Coding System (MICS), which includes both male demand/female withdraw and female demand/male withdraw, were grouped into three levels: low (scores from 6 to 18), middle (19 to 36), and high (37 to 54). The distribution of scores is presented in Figure 18. More than half of the respondents (68%) reported a middle level of possibility of overall demand/withdraw. The mean score for all participants ($N = 300$) was 27.75 ($SD = 9.18$), with a maximum score of 54.

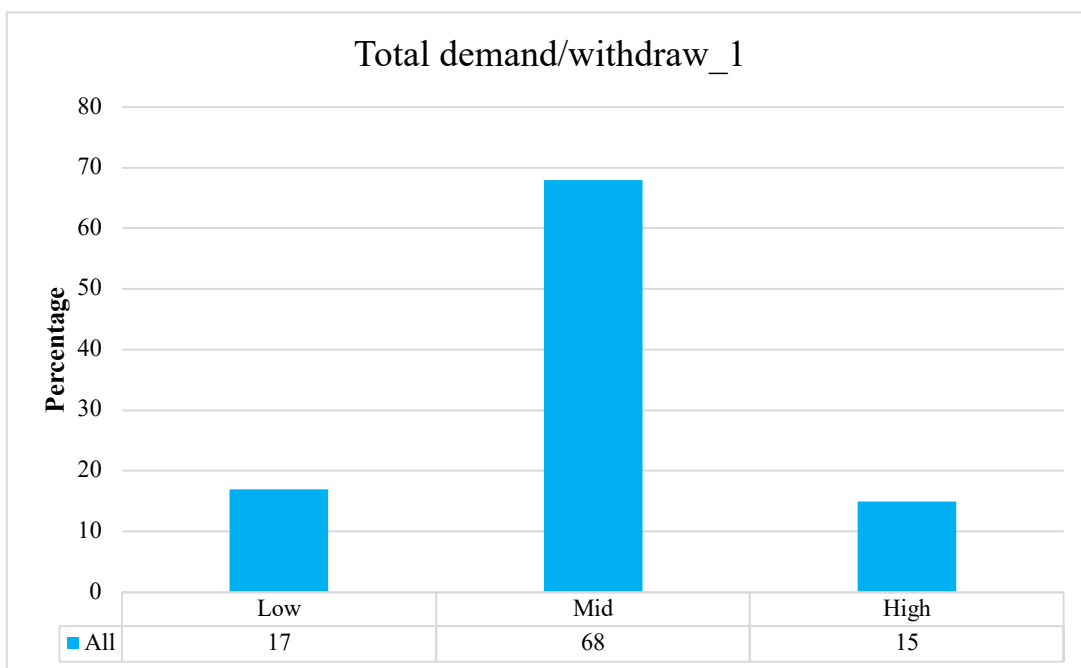


Figure 18. Distribution of Model (c)

Model d: Responses to the alternative total demand/withdraw subscale of the Marital Interaction Coding System (MICS) were grouped into three levels: low (scores from 5 to 15), middle (16 to 30), and high (31 to 45). The distribution of scores is presented in Figure 19. More than half of the respondents (66%) reported a middle level of possibility of overall demand/withdraw in an alternative way. The mean score for all participants ($N = 300$) was 22.05 ($SD = 7.99$), with a maximum score of 45.

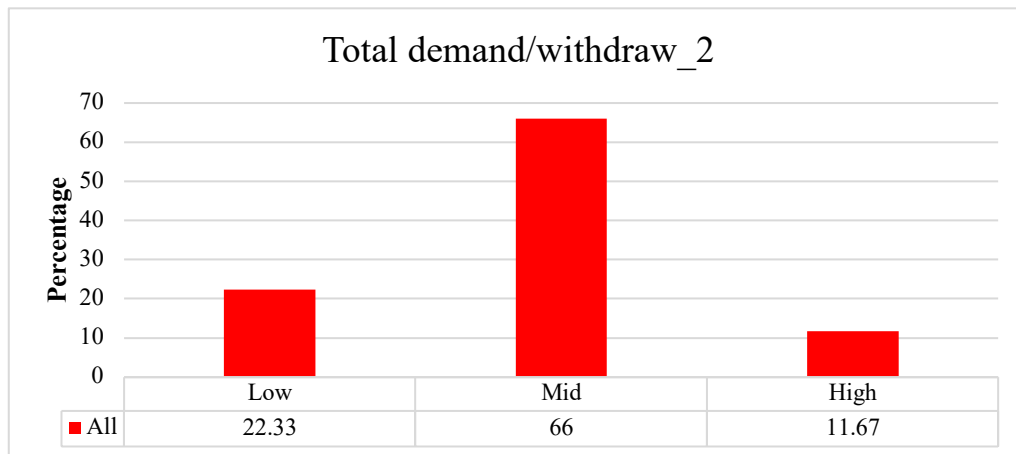


Figure 19. Distribution of Model (d)

Model e: Responses to the criticize/demand subscale of the Marital Interaction Coding System (MICS) were grouped into three levels: low (scores from 3 to 9), middle (10 to 18), and high (19 to 27). The distribution of scores is presented in Figure 20. More than half of the respondents (57%) reported a middle level of possibility of criticize/demand. The mean score for all participants ($N = 300$) was 14.8 ($SD = 5.48$), with a maximum score of 27.

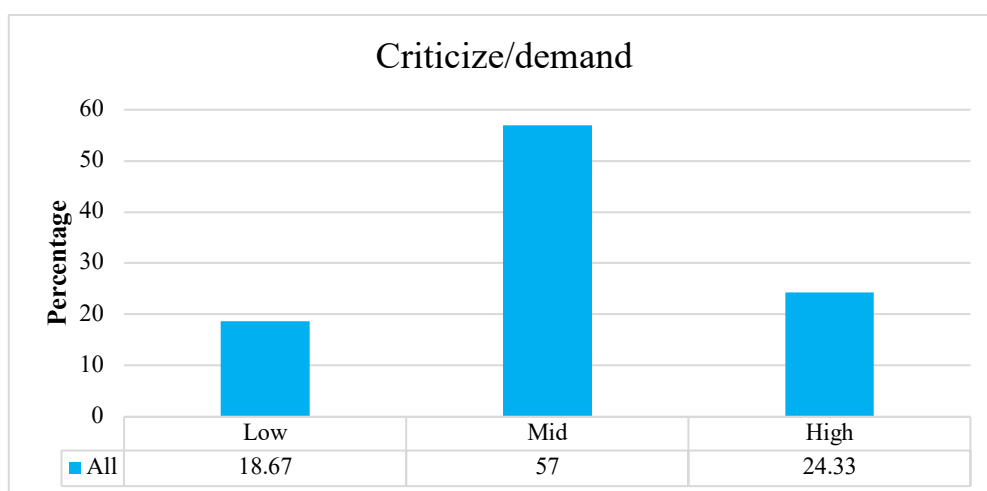


Figure 20. Distribution of Model (e)

Model f: Responses to the overall positive interaction subscale of the Marital Interaction Coding System (MICS) were grouped into three levels: low (scores from 3 to 9), middle (10 to 18), and high (19 to 27). The distribution of scores is presented in Figure 21. More than half of the respondents (52%) reported a high possibility of overall positive interaction. The mean score for all participants ($N = 300$) was 18.66 ($SD = 4.73$), with a maximum score of 27.

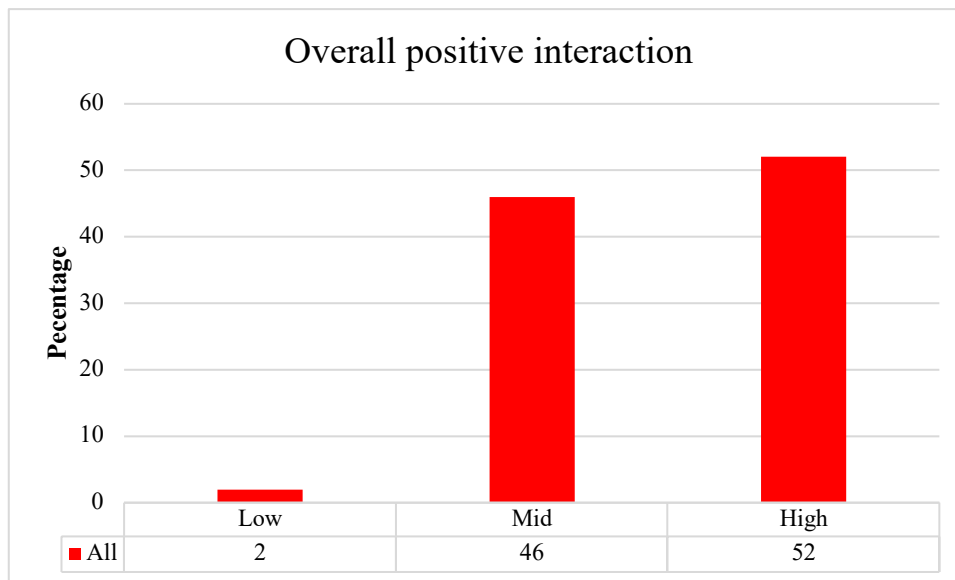


Figure 21. Distribution of Model (f)

4.4.4.1 Technology use, gender, and communication pattern

Figures 22 and 23 illustrate the distribution of scores for technology device interference. Responses to this scale were grouped into three levels: low (scores from 5 to 10), middle (11 to 20), and high (21 to 30). More than half of the respondents (56.67%) reported a middle level of technology device interference. The mean scores for males, females, and all participants were 11.18 ($SD = 3.42$), 13.00 ($SD = 4.48$), and 12.15 ($SD = 4.12$), respectively. There was a significant difference in scores between genders, with females reporting significantly higher levels of technology device interference compared to males.

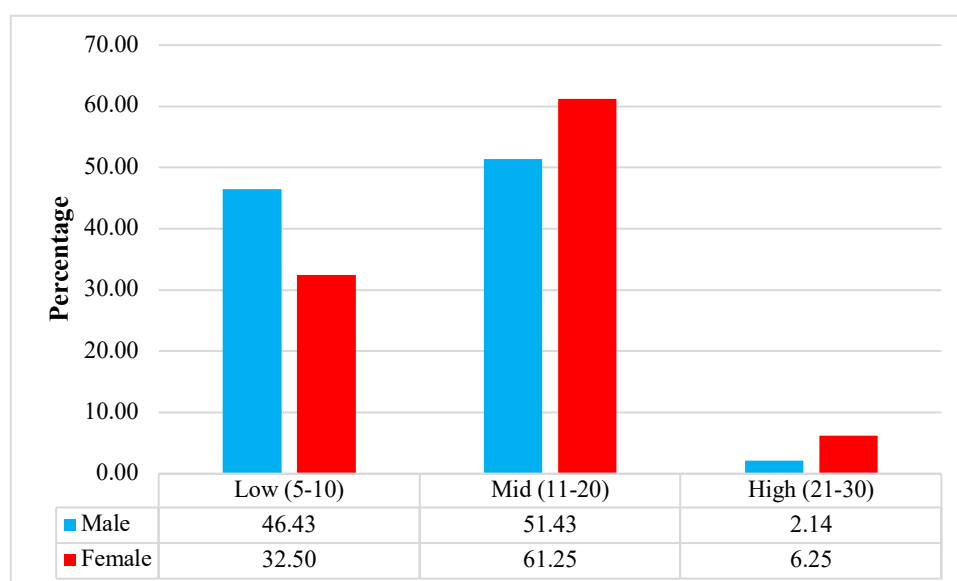


Figure 22. Distribution of technology device interference for male and female respondents

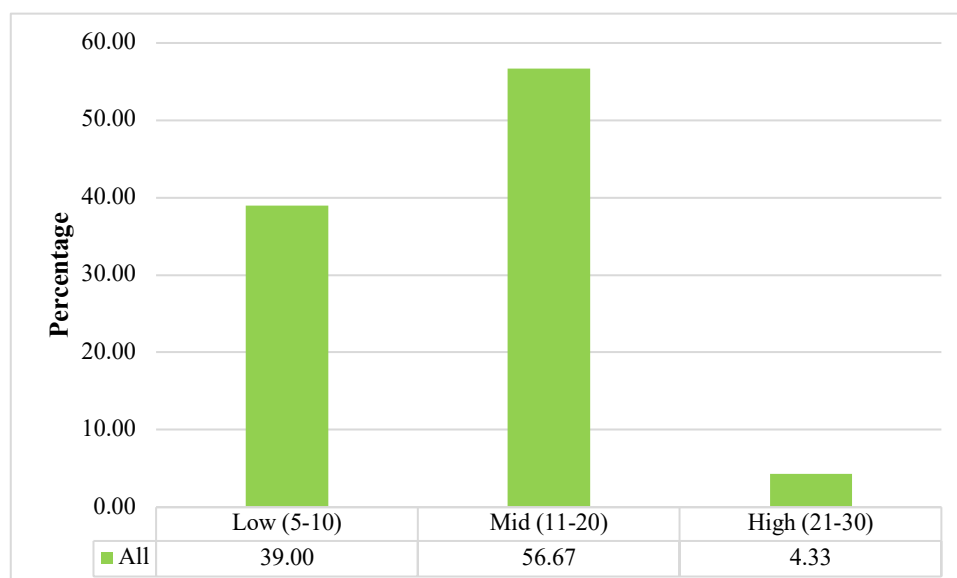


Figure 23. Distribution of technology device interference for all participants

4.4.2 Sexual Behaviors in Marriage

Figures 24 and 25 provide an overview of the sex and intimacy scale. Six intimate behaviors were assessed, with 85.67% of respondents reporting that they touched or held hands with their partners at least 1-2 times a month, which ranked as the most frequent behavior. Additionally, more than 30% of respondents (37%) reported having intercourse at least 1-2 times a month. Most participants (74%) reported a mixed attitude towards their sexual relationships in the past year, while 17% reported being satisfied (including those who answered "satisfied" and "very satisfied").

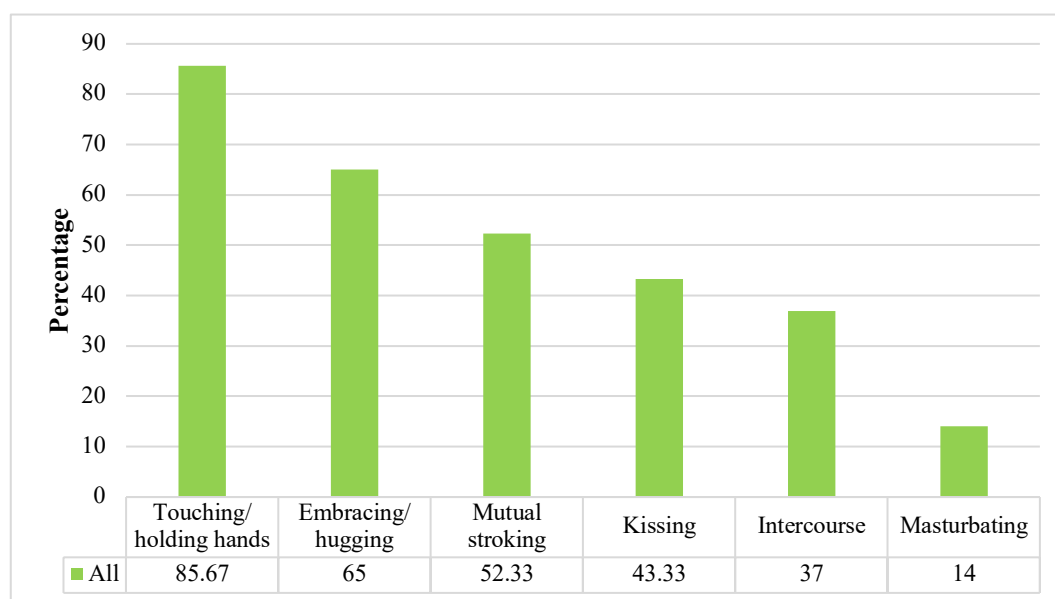


Figure 24. Sexual experience in the past year (≥ 1 -2 times a month) for all participants

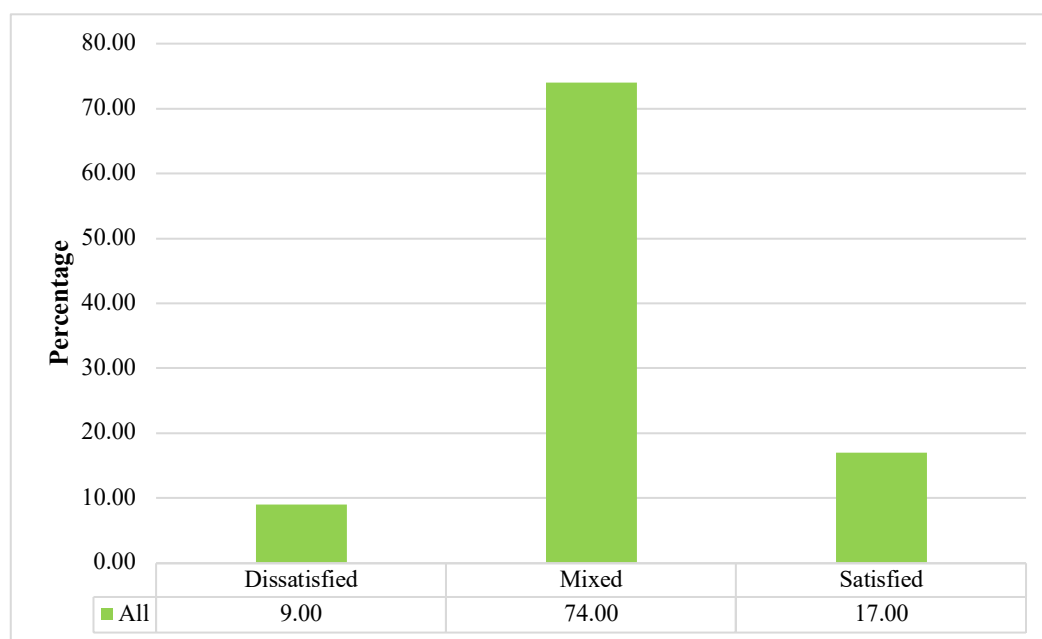


Figure 25. Distribution of satisfaction with sexual relationships for all participants

4.4.3 Silver Couple Activities Profile

Table 7 summarises the results of marital activities, which were divided into seven factors. The majority of respondents (68.34%) reported having regular communication with their partners at least once a week, with most of these interactions lasting less than three hours each time (95.26%). More than half of the respondents (61.00%) reported engaging in home-based or neighborhood-based activities, and around one-third (29%) participated in community-based religious activities with their spouses at least once a week. Most participants reported collaborating on daily housework (86%) and enjoying leisure activities at home (96%) at least once a week. Additionally, 36.67% of respondents reported traveling overseas at least once a year, and 17.55% reported attending to their grandchildren at least once a week.

Table 7. Items on the Marital Activity Profile by Factors and Distribution Results

		\geq at least every week	<1h	1-3h	>3h	Very Satisfied
	Factor 1					
H3	Regular communication	68.34	49.29	45.97	4.74	27.49
H18	Care needs and accept the care from your spouse	26.34	38.46	40.65	20.88	N.A.
H4	Games, crafts, and/or hobbies	25.00	21.82	62.42	15.76	24.24
H5	Knowledge, skills, or interest development courses	17.33	19.58	65.74	14.69	25.87
H11	Community-based sporting activities	13.00	15.53	70.88	13.59	31.07
H7	Support of your spouse's individual activities	12.33	19.64	64.29	16.07	22.02
H10	Spectator activities	9.67	3.47	79.70	16.83	26.24
H12	Community-based special events (e.g., visiting museums)	3.67	2.26	54.29	43.44	22.62
	Factor 2					
H6	Home-based or neighborhood-based activities	61.00	19.70	56.16	24.14	27.09
H13	Outdoor activities (e.g., camping)	12.34	2.11	32.10	65.79	29.47
	Factor 3					
H14	Community-based religious activities	29.00	11.54	77.69	10.77	33.85
H8	Home-based religious/spiritual activities	23.00	50.51	49.49	.	23.23
	Factor 4					
H1	Work activities (e.g., household maintenance)	86.00	37.86	57.14	5.00	33.57
H19	Taking care of your children	68.17	27.42	42.47	30.11	N.A.
H17	Taking care of each other's parents	27.67	9.47	45.56	44.97	N.A.
	Factor 5					
H2	Home-based activities (e.g., watching TV)	96.00	14.63	73.47	11.90	25.51
H9	Community-based social activities (e.g., going to restaurant)	95.00	4.76	73.81	21.43	29.93
	Factor 7					
H20	Taking care of your grandchildren	17.55	9.62	26.93	63.46	N.A.
	Factor 6	\geq at least every year	<1h	1-3h	>3h	Very Satisfied
H15	Overseas tourism activities	36.67	2.70	4.50	92.79	37.84
H16	Outdoor adventure activities	3.33	30.77	30.77	38.46	30.77

4.5 Factors Associated with Marital Satisfaction

4.5.1 *Marital Satisfaction and MAP*

Table 8 presents the correlation between marital satisfaction and marital activities. The results indicate that most marital activities are significantly correlated with marital satisfaction, with home-based activities (such as watching TV) and regular communication having the strongest correlations. To further explore the association between marital satisfaction and marital activities, ordinary least squares (OLS) models were used to predict participants' marital satisfaction. The results showed that, among the 20 activities, home-based activities, regular communication, and taking care of grandchildren were significantly associated with marital satisfaction. While home-based activities and regular communication were positively associated with marital satisfaction, taking care of grandchildren was negatively associated with marital satisfaction. Among the three activities, home-based activities had the strongest association with marital satisfaction ($\beta = 0.287$), followed by regular communication ($\beta = 0.261$), and taking care of grandchildren ($\beta = -0.152$). The regression results are presented in Table 9.

Table 8. Correlation Between Marital Satisfaction and MAP

	Marital Activity Profile	Marital Satisfaction
H1	Work activities (e.g., household maintenance)	0.206***
H2	Home-based activities (e.g., watching TV)	0.365***
H3	Regular communication	0.360***
H4	Games, crafts, and/or hobbies	0.296***
H5	Knowledge, skills, or interest development courses	0.236***
H6	Home-based or neighborhood-based activities	0.188***
H7	Support of your spouse's individual activities	0.159***
H8	Home-based religious/spiritual activities	0.118**
H9	Community-based social activities (e.g., going to restaurant)	0.142**
H10	Spectator activities	0.154***
H11	Community-based sporting activities	0.176***
H12	Community-based special events (e.g., visiting museums)	0.156***
H13	Outdoor activities (e.g., camping)	0.160***
H14	Community-based religious activities	0.123**
H15	Overseas tourism activities	-0.046
H16	Outdoor adventure activities	-0.001
H17	Taking care of each other's parents	0.185***
H18	Care needs and accept the care from your spouse	-0.024
H19	Taking care of your children	0.066
H20	Taking care of your grandchildren	-0.118*

Note. *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$

Table 9. Regression on Marital Satisfaction of the Predictor Variables

Variables	Coefficient	β
Home-based activities (e.g., watching TV)	1.404*** (0.175)	0.287
Regular communication	0.497*** (0.121)	0.261
Taking care of grandchildren	-0.368** (0.138)	-0.152

Note. Standard errors are in parentheses. *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$

4.5.2 Marital Satisfaction and Communication

There are six communication patterns that were assessed in this study: (a) male demand/female withdraw, (b) female demand/male withdraw, (c) original total demand/withdraw, (d) alternate demand/withdraw, (e) criticize/demand, and (f) overall positive interaction. Table 10 presents the correlation between each communication model and marital satisfaction, indicating that all models were correlated with marital satisfaction, but only model (f), overall positive interaction,

was positively correlated with marital satisfaction. To further explore the association between the communication models and marital satisfaction, regression analysis was conducted, and the results are presented in Table 11. The findings suggest that model (f), overall positive interaction, was significantly positively associated with marital satisfaction, while model (e), criticize/demand, was significantly negatively related to marital satisfaction.

Table 10. Correlation Between Marital Satisfaction and Communication

Models	Marital satisfaction
(a) Male demand/female withdraw	-0.095*
(b) Female demand/male withdraw	-0.208***
(c) Original total demand/withdraw	-0.170***
(d) Alternate demand/withdraw	-0.188***
(e) Criticize/demand	-0.152***
(f) Overall positive interaction	0.474***

Note. *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$

Table 11. Regression on Marital Satisfaction of the Predictor Variables

Variables	Coefficient
Male demand/female withdraw	-0.065 (0.039)
Female demand/male withdraw	-0.121 (0.077)
Original total demand/withdraw	0.122 (0.093)
Alternate demand/withdraw	-0.062 (0.067)
Criticize/demand	-0.154* (-0.074)
Overall positive interaction	0.338*** (0.038)

Note. Standard errors are in parentheses. *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$

In the previous section, we presented a proposed theoretical map that categorised all the measurements into four categories: individual characteristics, individual understanding of love, daily behaviours related to an intimate relationship, and satisfaction with marriage and life. Through focus group discussions, we found that communication patterns and marital activities were the most significant factors affecting marriage relationships. Meanwhile, it is more feasible to devise and conduct interventions that directly address communication strategies and marital activity plans. To better understand how these four categories interact and impact 50+

marriage relationships, we conducted a fundamental correlation analysis and focused on analysing communication patterns and marital activities.

4.5.3 *The personal characteristics associated with communication pattern*

Education attainment associated with communication pattern. Table 12 presents the correlation between education level and communication pattern, with a focus on four models: overall positive, female demand/male withdraw, male demand/female withdraw, and total demand/withdraw. The results indicate that education level was significantly and negatively related to male demand/female withdraw and total demand/withdraw patterns (male demand/female withdraw: $\beta = -0.180$; total demand/withdraw: $\beta = -0.099$). To further explore the differences between males and females in these correlations, we conducted two separate correlation analyses, presented in Tables 13 and 14. The findings show that male demand/female withdrawal was significantly and negatively correlated with both male and female educational attainment. Furthermore, the level of education of females was found to be a stronger negative correlation with male demand/female withdrawal ($\beta = -0.212$) than males ($\beta = -0.162$).

Table 12. Correlation Between Education Level and Communication

Models	Education Level
(a) Male demand/female withdraw	-0.180***
(b) Female demand/male withdraw	-0.002
(c) Original total demand/withdraw	-0.099***
(f) Overall positive interaction	0.029

Note. *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$

Table 13. Correlation Between Education Level and Communication by Gender Men

Models	Education Level
(a) Male demand/female withdraw	-0.162*
(b) Female demand/male withdraw	0.008
(c) Original total demand/withdraw	-0.086
(f) Overall positive interaction	0.083

Note. *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$

Table 14. Correlation Between Education Level and Communication by Gender Women

Models	Education Level
(a) Male demand/female withdraw	-0.212***
(b) Female demand/male withdraw	0.009
(c) Original total demand/withdraw	-0.109
(f) Overall positive interaction	-0.035

Note. *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$

Personal social networks associated with communication pattern. We also tested the correlation between personal social networks and communication patterns in marital life, with a focus on gender differences. The results are presented in Tables 15 and 16. The findings suggest that for both genders, social networks were positively associated with overall positive communication patterns. However, for males, social networks were significantly negatively related to alternate demand/withdrawal ($\beta = -0.181$) and male demand/female withdrawal ($\beta = -0.178$), while for females, social networks were significantly negatively related to male demand/female withdrawal ($\beta = -0.148$), criticism/demand ($\beta = -0.145$), total demand/withdrawal ($\beta = -0.144$), and alternate demand /withdrawal ($\beta = -0.138$).

Table 15. Correlation Between Social Network and Communication by Gender Men

Models	Social Network
(a) Male demand/female withdraw	-0.178**
(b) Female demand/male withdraw	-0.041
(c) Original total demand/withdraw	-0.124
(d) Alternate demand/withdraw	-0.181**
(e) Criticize/demand	-0.035
(f) Overall positive interaction	0.167***

Note. *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$

Table 16. Correlation Between Social Network and Communication by Gender Women

Models	Social Network
(a) Male demand/female withdraw	-0.148*
(b) Female demand/male withdraw	-0.119
(c) Original total demand/withdraw	-0.144*
(d) Alternate demand/withdraw	-0.138*
(e) Criticize/demand	-0.145*
(f) Overall positive interaction	0.133*

Note. *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$

4.5.4 The understanding of love associated with communication pattern

The correlation between the individual's understanding of love and communication pattern has also been tested.

Compassionate love associated with the communication pattern. The findings indicated that for both genders, social networks were positively associated with overall positive communication patterns. However, for males, social networks were significantly negatively related to alternate demand/withdrawal ($\beta=-0.181$) and male demand/female withdrawal ($\beta=-0.178$), while for females, social networks were significantly negatively related to male demand/female withdrawal ($\beta=-0.148$), criticism/ demand ($\beta=-0.145$), total demand/withdrawal ($\beta=-0.144$), and alternate demand/withdrawal ($\beta=-0.138$).

Romantic love associated with the communication pattern. The correlation between romantic love and communication patterns is presented in Table 18. Romantic love correlation has a significant correlation with only one communication mode, positively linked to overall positive ($\beta= 0.265$). It has no significant relations with other models.

Sacrifice associated with the communication pattern. The correlation between sacrifice and communication patterns is presented in Table19. Sacrifice correlation has a significantly positive correlation with overall positive communication mode ($\beta =0.247$) and is negatively linked to all other models.

Table 17. Correlation Between Compassionate Love and Communication

Models	Compassionate Love
(a) Male demand/female withdraw	-0.096*
(b) Female demand/male withdraw	-0.128***
(c) Original total demand/withdraw	-0.170***
(d) Alternate demand/withdraw	-0.188***
(e) Criticize/demand	-0.152***
(f) Overall positive interaction	0.474***

Note. *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$

Table 18. Correlation Between Romantic Love and Communication

Models	Compassionate Love
(a) Male demand/female withdraw	-0.017
(b) Female demand/male withdraw	-0.079
(c) Original total demand/withdraw	-0.054
(d) Alternate demand/withdraw	-0.048
(e) Criticize/demand	-0.092
(f) Overall positive interaction	0.265***

Note. *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$

Table 19. Correlation Between Sacrifice and Communication

Models	Sacrifice
(a) Male demand/female withdraw	-0.163***
(b) Female demand/male withdraw	-0.142**
(c) Original total demand/withdraw	-0.170***
(d) Alternate demand/withdraw	-0.201***
(e) Criticize/demand	-0.108*
(f) Overall positive interaction	0.247***

Note. *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$

4.5.5 *The personal characteristics associated with marital activities*

Given some marital activities are contextualised in the community, and social circle, the correlation between the social network and marital activities was examined. Table 17 presents the correlations between compassionate love and communication patterns in married life. The results show that all communication patterns were significantly correlated with compassionate love. Compassionate love was positively correlated with overall positive communication patterns ($\beta = 0.369$) and negatively correlated with alternate request/withdrawal ($\beta = -0.139$), female request/male withdrawal ($\beta = -0.128$), total request/withdrawal ($\beta = -0.125$), criticism/request ($\beta = -0.113$) and male request/female withdrawal ($\beta = -0.096$).

Table 20. Correlation Between Social Network and MAP

	Marital Activity Profile	Social Network
H1	Work activities (e.g., household maintenance)	0.088
H2	Home-based activities (e.g., watching TV)	0.107*
H3	Regular communication	-0.018
H4	Games, crafts, and/or hobbies	0.158***
H5	Knowledge, skills, or interest development courses	0.133**
H6	Home-based or neighborhood-based activities	0.184***
H7	Support of your spouse's individual activities	0.141**
H8	Home-based religious/spiritual activities	0.147**
H9	Community-based social activities (e.g., going to restaurant)	0.106*
H10	Spectator activities	0.087
H11	Community-based sporting activities	0.033
H12	Community-based special events (e.g., visiting museums)	0.091
H13	Outdoor activities (e.g., camping)	0.237***
H14	Community-based religious activities	0.210***
H15	Overseas tourism activities	-0.036
H16	Outdoor adventure activities	-0.096*
H17	Taking care of each other's parents	0.126**
H18	Care needs and accept the care from your spouse	-0.032
H19	Taking care of your children	-0.029
H20	Taking care of your grandchildren	0.044

Note. *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$

4.5.6 Behaviours in different contexts

Technology interference associated with the communication pattern. The correlation between technological interference and communication patterns was investigated. The results in Table 21 show that technological interference was only negatively correlated with the overall positive communication pattern ($\beta = -0.107$), while it was significantly positively correlated with the other five communication patterns.

Table 21. Correlation Between Technology Interference and Communication

Models	Technology Interference
(a) Male demand/female withdraw	0.252***
(b) Female demand/male withdraw	0.321***
(c) Original total demand/withdraw	0.320***
(d) Alternate demand/withdraw	0.258***
(e) Criticize/demand	0.375***
(f) Overall positive interaction	-0.107*

Note. *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$

The communication pattern associated with marital activities. To provide practical insights for intervention and counselling services, we examined the correlations between four communication patterns (overall positive, overall request and withdrawal, male request/female withdrawal, and female request/male withdrawal) and 20 marital activities. The results in Tables 22-25 show that different communication patterns were correlated with different activities. The total positive communication model was most significantly associated with regular communication ($\beta=0.285$), knowledge, skill or interest development sessions ($\beta=0.274$), and games, crafts and/or shared hobbies ($\beta=0.255$). The total need and withdrawal models were significantly and positively associated with spousal care and significantly and negatively associated with family or neighbourhood-based activities. The male demand/female withdrawal model was significantly and negatively associated with family or neighbourhood-based activities ($\beta=-0.117$) and community-based religious activities ($\beta=-0.101$), while it was significantly and positively associated with spousal care ($\beta=0.115$). The female need/male withdrawal model showed significant negative correlations with regular communication ($\beta=-0.166$), family or neighbourhood-based activities ($\beta=-0.142$), family work activities ($\beta=-0.118$) and family-based activities ($\beta=-0.116$). This model showed no significant positive correlations with any type of marital activity.

Table 22. Correlation between Communication (Overall Positive interaction) and MAP

	Marital Activity Profile	Overall Positive
H1	Work activities (e.g., household maintenance)	0.083
H2	Home-based activities (e.g., watching TV)	0.237***
H3	Regular communication	0.285***
H4	Games, crafts, and/or hobbies	0.255***
H5	Knowledge, skills, or interest development courses	0.274***
H6	Home-based or neighborhood-based activities	0.207***
H7	Support of your spouse's individual activities	0.044
H8	Home-based religious/spiritual activities	0.178***
H9	Community-based social activities (e.g., going to restaurant)	0.128**
H10	Spectator activities	0.123**
H11	Community-based sporting activities	0.114**
H12	Community-based special events (e.g., visiting museums)	0.143**
H13	Outdoor activities (e.g., camping)	0.059
H14	Community-based religious activities	0.145**
H15	Overseas tourism activities	-0.037
H16	Outdoor adventure activities	-0.018
H17	Taking care of each other's parents	0.169***
H18	Care needs and accept the care from your spouse	0.001
H19	Taking care of your children	-0.040
H20	Taking care of your grandchildren	-0.006

Note. *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$

Table 23. Correlation between Communication (Female demand/Male withdraw) and MAP

	Marital Activity Profile	Female demand /Male withdraw
H1	Work activities (e.g., household maintenance)	-0.118**
H2	Home-based activities (e.g., watching TV)	-0.116**
H3	Regular communication	-0.166***
H4	Games, crafts, and/or hobbies	-0.010
H5	Knowledge, skills, or interest development courses	-0.001
H6	Home-based or neighborhood-based activities	-0.142**
H7	Support of your spouse's individual activities	-0.036
H8	Home-based religious/spiritual activities	0.024
H9	Community-based social activities (e.g., going to restaurant)	0.005
H10	Spectator activities	0.020
H11	Community-based sporting activities	0.017
H12	Community-based special events (e.g., visiting museums)	-0.033
H13	Outdoor activities (e.g., camping)	-0.052
H14	Community-based religious activities	-0.010
H15	Overseas tourism activities	0.007
H16	Outdoor adventure activities	-0.013
H17	Taking care of each other's parents	0.065
H18	Care needs and accept the care from your spouse	0.090
H19	Taking care of your children	0.005
H20	Taking care of your grandchildren	-0.087

Note. *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$

Table 24. Correlation between Communication (Male demand/Female Withdraw) and MAP

	Marital Activity Profile	Male demand /Female withdraw
H1	Work activities (e.g., household maintenance)	0.060
H2	Home-based activities (e.g., watching TV)	-0.030
H3	Regular communication	0.074
H4	Games, crafts, and/or hobbies	-0.036
H5	Knowledge, skills, or interest development courses	0.062
H6	Home-based or neighborhood-based activities	-0.117**
H7	Support of your spouse's individual activities	-0.019
H8	Home-based religious/spiritual activities	-0.071
H9	Community-based social activities (e.g., going to restaurant)	-0.012
H10	Spectator activities	0.049
H11	Community-based sporting activities	0.002
H12	Community-based special events (e.g., visiting museums)	0.063
H13	Outdoor activities (e.g., camping)	-0.016
H14	Community-based religious activities	-0.101*
H15	Overseas tourism activities	-0.047
H16	Outdoor adventure activities	0.011
H17	Taking care of each other's parents	0.087
H18	Care needs and accept the care from your spouse	0.090
H19	Taking care of your children	0.115**
H20	Taking care of your grandchildren	-0.050

Note. *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$

Table 25. Correlation between Communication (Total demand/withdraw) and MAP

	Marital Activity Profile	Male demand /Female withdraw
H1	Work activities (e.g., household maintenance)	-0.034
H2	Home-based activities (e.g., watching TV)	-0.082
H3	Regular communication	-0.053
H4	Games, crafts, and/or hobbies	-0.025
H5	Knowledge, skills, or interest development courses	0.033
H6	Home-based or neighborhood-based activities	-0.145**
H7	Support of your spouse's individual activities	-0.030
H8	Home-based religious/spiritual activities	-0.025
H9	Community-based social activities (e.g., going to restaurant)	-0.003
H10	Spectator activities	0.038
H11	Community-based sporting activities	0.011
H12	Community-based special events (e.g., visiting museums)	0.016
H13	Outdoor activities (e.g., camping)	-0.038
H14	Community-based religious activities	-0.061
H15	Overseas tourism activities	-0.022
H16	Outdoor adventure activities	-0.001
H17	Taking care of each other's parents	0.085
H18	Care needs and accept the care from your spouse	0.114**
H19	Taking care of your children	0.036
H20	Taking care of your grandchildren	-0.077

Note. *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$

4.6 Marital Needs in Silver Couple Marriage

The statistical results of the study show the relationships among participants' characteristics, values and beliefs, marital behaviours, and satisfaction, indicating the factors that affect marital and life satisfaction. The quantitative findings suggest that both marital behaviours and individuals' values and beliefs about love and their understanding of spouses' sacrifice and contribution influence their marital satisfaction and, consequently, their life satisfaction. In the next explanatory phase, focus group discussions were conducted to explore older adults' reflections on the significant quantitative findings and examine how these factors translate into their marital needs in later-life relationships. Participants were invited to share their understanding of love and relationship defined by the scales and how they related these to their marriage, as well as to elaborate on their subjective feelings and lived experiences of marital behaviours. Analysing their narratives, we identified their real needs in marital relationships in later life (RQ2).

The focus group discussions revealed six overarching themes that generated the most interest and discussions among the participants. These themes were communication patterns and marital activities, *enqing*, the influence of family relationships, technology interference in the couple's daily life, the impact of the social network, and the temporal clue of "in the past/now" defined by retirement. Moreover, a new plot "in the past/now" is identified and this temporal clue is often defined by "retirement". In the following analysis, subthemes under each major topic are elaborated, exploring how they relate to the new plot of "in the past/now" and retirement.

4.6.1 Collaborative Communication Based on Self-reflection, Collaboration, Respect and Proper Skills

The survey conducted in this study focuses on the demand-withdraw communication pattern, which refers to one partner attempting to discuss a problem while the other avoids the issue or ends the discussion (Christensen, 1988). The demand-withdraw pattern scale is always used to study the couple's communication within the context of marital conflict. Previous studies suggest that this pattern can negatively affect marital quality and satisfaction. However, the preliminary quantitative findings reveal that the communication pattern in daily marital life is far more complex than just the binary of "demand" and "withdraw." During the focus group discussions, participants shared their experiences of daily communication, highlighting the importance of both verbal and non-verbal communication. Two major subthemes include:

Verbal communication and non-verbal communication.

The verbal communication subtheme was further divided into three primary divisions regarding the emotions relating to how participants expressed and defined them: positive, negative, and neutral communication. The positive communication category includes negotiation, learning, reflection, respect, timing, understanding, tune-in/phase-in/learning curve (mo4 hap6), and consideration. Participants believed that positive communication requires self-awareness (reflection), respect (consideration and understanding), skills (learning, reflection, timing), and collaboration (tune-in/phase-in/learning curve, negotiation), which are interwoven in their narratives. For example:

“You should observe your spouse’s body language, sometimes, you have to understand what your partner really wants. He/she won’t speak out directly.”

“We have to learn skills to establish better communication between us. In the past, we just withdrew from the problems, after all these years, we started to understand each other. When we had disagreements, we might not talk about it immediately, but to calm down and to find a good time to express our feelings.”

Under the category of negative communication, four subcategories included

- 1) conflicts meaning disagreement, quarrel, and argument (aau3 gaau1), it mainly has two forms: the conflict between the couple, and one is irritated and blames or criticizes the other one
- 2) demand-withdraw mode, including demand, withdraw and mutually withdraw (no communication)
- 3) the cause of the negative communication;
- 4) reasons for the negative communication, including incompatible personality and “unable to communicate”.

For example:

“Maybe it’s about gender differences; we have never thought in the same way.”

“It’s all because he does not know how to communicate!”

“After retirement, she paid more and more attention to the family, and then I became her focus. I am not always very talkative; sometimes, I don’t know how to respond.”

“Cannot stand more. Too many disagreements have been accumulated.”

“She always blamed me, no matter what I had done. She never seemed satisfied.”

In addition to positive and negative communication, neutral communication is also an important aspect of daily marital life. Neutral communication is defined as having no specific emotions and can be flexibly understood according to the context. For example:

“I never argued. I did not speak a word. I’d like to put it aside first when we had unsolved disagreements. People are different, right? I did not respond because I did not want to upgrade the conflicts.”

“When disagreements appeared, he or I would tolerate it.”

“Accommodating could avoid severe conflicts, but I don’t think it is the best solution.”

The demand-withdraw communication pattern scale focuses on verbal communication. While the demand-withdraw communication pattern scale focuses on verbal communication, the focus group discussions revealed the importance of non-verbal communication as a significant way for couples to communicate. This includes communication through texts (such as writing letters or sending messages), body language, and other forms of non-verbal communication. Communication patterns refer not only to verbal communication but also to the way couples get along in their daily lives. For example:

“I tried to use WhatsApp instead of writing messages (by pen and paper). I think it is a good way to express my emotions and feelings to her.”

“Sometimes, I sent her a bunch of flowers.”

4.6.1.1 Social Network: The Spouse is the Most Trustworthy and Reliable

Despite their dissatisfaction with communication in their marital relationships, most participants in the study believe that their spouse is the only person they can depend on. Only one participant reported never asking for her husband's support. For example:

“I think I can only speak my mind in front of my husband. He is my best friend.”

“If we face any difficulties, we two (the couple) will collaborate to fix it, rather than ask for support from family or friends. We seldom engage our friends to help out.”

In summary, the analysis provides a more comprehensive examination of older adults' experiences and feelings about their marital relationships and their needs in later-life marriage (Table 26). The findings highlight several key themes. First, collaborative communication is highly valued in a marital relationship. Second, suitable contexts should be explored to create a better terrain for the relationship. Third, showing admiration and gratitude can strengthen the connection between couples. Fourth, digital technology can be used to improve communication instead of causing a crisis of trust. Fifth, the big family bond can enhance marital satisfaction. Sixth, high dependence on spouses in life is common among older adults. Additionally, attention must be paid to the importance of retirement transition in affecting their needs in marriage and the different gendered expectations of need.

Table 26. Communication Pattern

Sub-themes	Sub-subthemes		
Verbal communication	<i>Positive communication</i>	self-awareness respect skills collaboration	
	<i>Negative communication</i>	conflict and disagreement demand-withdraw mode the cause of the negative communication reasons for the negative communication	the quarrel between the couple one criticizes the other one demand-withdraw mutual withdraw Housework and daily chores Others unable to communicate incompatible personality
	<i>Neutral communication</i>	interaction taking a step back	Talk echo, fu6 wo6 calming down forbearance and concession accommodation/compromise
Non-verbal Communication	<i>Texts</i>	WhatsApp Letters	
	<i>Body language</i> <i>Other forms</i>		

4.6.2 Marital activities: More Diversified, Deeper Connection and the Balance of “Me” Time and “We” Time

The way participants articulate their marital activities and how they divide these activities differs from the story constructed by the scale used in the survey. Participants tend to narrate their marital activities in three ways: the sharing of interests and activities the couple does together, personal hobbies and activities they do individually, and activities they take for companionship purposes. Two fundamental subthemes emerged from the discussions: common activities and individual activities (Table 27). Participants also had a different typology of marital activities, including housework and chores, dining, friend gatherings, common interests/hobbies, religion, in-depth communication, exercise, traveling, and outdoor activities.

Table 27. Marital Activities

Theme	Sub-theme	
Common activities	<i>Sharing interests and the activities they would do together</i>	Community engagements, cultural activities, taking exercise, friend gathering, common interests/hobbies (not specifically identified), religious activities, dining together, sharing housework and chores, outdoor (camping) and travelling In-depth communication: only mentioned when being asked, and most participants said they had no in-depth communication with their partner
	<i>Common activities for the company purpose</i>	
Individual activities	<i>Personal hobbies and activities they took alone</i>	

The study used hierarchical cluster analysis to categorise the marital activities into five types, as shown in Table 28.

1). According to the study's findings, couples' joint activities with the highest level of satisfaction were common community engagements and shared religious activities. For example:

“We joined some couple learning activities organized by the religious community from time to time, I think it was a good opportunity to review our relationship and get some good advice.”

“We had the same faith, so we did voluntary work together.”

2). The study found that joint activities for companionship with a high level of satisfaction included shared cultural leisure activities.

“Though I was not that into those activities, I’d like to join her. That’s another kind of enjoyment. I enjoyed the company.”

“He liked HIFI, music, he bought lots of records, then I felt good with it too.”

3). The study suggests that activities that require a balance between independence and shared quality time, such as social life, common hobbies, and learning courses, are better for maintaining a healthy and fulfilling marital relationship. For example:

“I knew common interests were vital. But it was difficult...we don’t have any similarities.”

“You must nurture your own hobbies. Whatever it is.”

“I think joining friend gatherings with my wife improved our connection. We both enjoyed it. My wife became happier when friends were there. We always had nice chats when we had tea and Dim Sum with friends.”

“You can have your own interest and circle to distract from the pressure of being trapped in a home every day.”

4). According to the study, joint activities that are most likely to trigger conflicts include housework, daily chores, and eating together. For example:

“I told him, he would smash the dishes and bowls for sure!”

“He is very demanding in food, sometimes he suddenly proposed to dine out, and one day he wanted to cook at home...he is very selective, but I am adaptable to what he likes, to sustain a harmonious family.”

5). The study found that joint activities away from daily contexts, particularly travelling, provided ample opportunity for couples to escape from their everyday lives and distract themselves from unresolved conflicts. For those couples who had difficult times in their relationship, travelling provided an "instant pleasure" that boosted their mood and relationship satisfaction. For those couples who had hard times in their relationship, travelling boosted an "instant pleasure".

"We both love overseas travelling. Before the COVID, we travelled a lot every year."

"Travelling. On the aeroplane or bus, we were already exhausted. I was less blamed during the vocations, there were lots of distractions. No more conflicts."

Table 28. Marital Activities – Classifications

Classification	Activities
Joint activities with highest level of satisfaction	<i>Common community engagements and shared religious activities</i>
Joint activities for keeping the company with high level of satisfaction	<i>Shared cultural leisure activities</i>
Activities better to find a balance between independence and shared quality time	<i>Social life, common hobbies, learning courses</i>
Joint activities that trigger most conflicts	<i>Housework, daily chores, dining</i>
Activities out of daily context	<i>Travelling and outdoor adventure</i>

4.6.3 *Enqing and Passion: Connected by Gratitude and Obligations*

While admiration and gratitude are two significant subthemes under the category of marital activities, four additional subthemes were identified that relate to rearing children, loyalty, obligation, and contribution (with an emphasis on economic support) (Table 29). These subthemes are distinct from admiration and gratitude but are still important for understanding older adults' experiences and feelings about their marital relationships. The research findings of *Enqing* and *Passion* are presented in comparison in the appendix, revealing how participants articulate their marital relationship with intertwined plots. For example:

"Actually, I'm so grateful to my spouse for all that she has contributed to the family. I think she made a greater contribution than me."

"I admire his responsibility to the family and our children, and his contribution in financial support."

“She devoted all her life to the family; I won’t dump her.”

Within the subtheme of passion, participants mainly discussed sexual activities and intimacy, with blurred definitions of these two terms in their descriptions of passion in later life. For example:

“I don’t have any more passions now. Maybe we had passions when we just fell in love. With so many years we have focused on our own career, sustaining our family, rearing children and all other pressures from daily life, our relationship has become very flat.”

“Given my health condition, we have other forms to substitute the sexual intimacy. Such as, we did massage for each other, we showed care in the process.”

Table 29. *Enqing* and Passion

Subtheme	Sub-subtheme	
<i>Enqing</i>	Admiration	The attributes of your partner you find attractive and respect
	Gratitude	The quality of your partners you feel grateful
	Contribution	Economic support
		Not specifically identified
	Obligation	Responsibilities
	Loyalty	Loyal and faithful to the partner
	Offspring	
Passion	No appreciation	
	Intimacy	
	Sexual behaviors	Sexual activities or alternative activities implying sexuality

4.6.4 Contextual Needs

4.6.4.1 Two sides of technology

The study used two scales of technology interference to examine the frequency of technofence in marital relationships. After presenting the results to participants, three major subthemes were identified. The first subtheme was that technology did not interfere with the couples' communication. The second subtheme was that partners were sometimes distracted by technology, which affected their communication. Additionally, two new subthemes emerged

that went beyond the scope of the original questions. The first new subtheme was that social networking sites, especially WhatsApp, provided an alternative to verbal communication. The second new subtheme was that there were invasions of privacy in the marital relationship related to technology use. For example:

“He was addicted to his computer game, never did any housework.”

“I knew she checked my mobile phone... and Facebook account.”

“She always replied to the messages in her WhatsApp group, sometimes, it disturbed our schedule.”

One participant mentioned using a mobile application to plan his wife's social life at one point.

4.6.4.2 Extended family

Three main subthemes emerged when discussing how family relationships affect the marital relationship. These subthemes include parent-child relationships, taking care of aged parents, and the original family. The negative influence of the original family was found to leave trauma in handling current relationships. However, taking care of aged parents was found to boost couples' marital satisfaction. For example:

“The original family more or less affects how you perceive and handle your current relationship.”

“My parents never communicated. Maybe that’s why I did not want to say anything when we had disagreements.”

“I think our son made our marital relationship better. He organized the regular family gathering, which made us feel closer.”

“I want to highlight the importance of caring for our aged parents. I appreciate all my wife's contributions in taking care of my dementia mother.”

“I think caring for parents has made me more reliant on my husband; he’s more experienced in how to take care of elderly with long-term illness. I feel grateful he supported me all the time.”

4.6.4.3 Retirement as life transition

The study identified retirement as a common plot throughout all the narratives discussing the main themes above. Qualitative data suggests that retirement is a hidden plot throughout the participants' narratives. To further examine how retirement is correlated with different aspects of marital relationships, a Pearson correlation coefficient was computed. The analysis found that retirement is highly correlated with all aspects of marital relationships, with the highest correlation coefficient observed for negative communication. For example:

“I never change, but she paid more attention to me after retirement. She became less tolerant of me.”

“She became demanding after retirement; I could not meet her expectations.”

“We liked hiking together before, but now due to his leg issues, we seldom did it.”

“We have been fully occupied and busy every day before retirement.”

4.6.4.4 Gendered perspective

A coded comparison diagram is generated by NVivo11 plus to compare the different dynamic results between men's group and women's group in discussing marital relationships in later life regarding communication patterns, marital activities, *Enqing* and intimacy, family relationship and social connections. In narrating their communication pattern, women use “unable to communicate” and “no communication” that men have never used to describe their negative communication. In contrast, men apply “blame (being blamed)”, “concern” (caring) and “consideration (showing considerate attitudes) which women have never used in their narratives. For example:

“He does not know how to communicate.”

“He is unable to communicate.”

“It's extremely difficult to communicate with him.”

“She always blamed me; I did everything wrong.”

“I tolerate and forgive, just let it go.”

The coded comparison diagram generated using NVivo11 Plus revealed gender differences in the way men and women discussed marital activities, *Enqing* and intimacy, family relationships, and technology interference. Women mentioned travelling, while men never talked about it. Men discussed in-depth communication, which was never mentioned in the women's group. In regards to *Enqing*, men showed gratitude which women never mentioned, while only one female participant expressed no appreciation for her husband. Women specified economic support, loyalty, and obligations, which men had not discussed. When discussing technology interference, men had two points that women had not mentioned. First, men believed their wives were more affected by technology. Second, one man pointed out that he and his wife used mobile applications to schedule their social and leisure life. Women admitted to checking their husband's mobile phones several times, but men never mentioned their privacy concerns. For example:

“I feel very grateful for my wife’s contribution to the family and children.”

“I admired him to give us sufficient financial support.”

5. Discussion and Recommendations

In the proposal, we assumed that the conceptual route to access marital satisfaction and subjective well-being is established through the associations among socio-economic backgrounds and other characteristics of individuals, their beliefs and attitudes, and their marital behaviours in later life (Figure 26). By combining quantitative and qualitative data, we developed a more explicit framework based on Huston's work (2000) by reorganising all variables according to their relations in an ecological system (see Figure 26). Understanding this conceptual map allows us to suggest intervention recommendations for service providers.

Microbehavioral patterns in face-to-face interactions and verbal communications have traditionally been studied in isolated clinical settings and discussed within a micro-psychological terrain. However, this study proposes a three-level system of marital behavior in later life that includes the macro-context, which is characterised by macro-societal forces and sociocultural contexts within which marital relationships function. In this study, the demographic backgrounds of participants, including their gender, socio-economic status, age cohort, and education level, are examined as indicators of role expectations. Additionally, the individuals' psychological attributes, such as their attitudes and beliefs about love, marriage, and relationships, are investigated using concepts like *Enqing*, sacrifice and contribution, romantic love, and compassionate love. By expanding on the third level of Huston's framework of the ecological niche, this study shows that the larger network or context in which close relationships and microbehavioral patterns are embedded plays a pivotal role in how micro-behavioral marital behaviors are carried out. Using explanatory mixed methods, the research team identifies how different activity types affect couples' interaction details and how these specifics of marital interaction can influence other terrains in the conceptual map that individuals travel, ultimately impacting marital satisfaction and subjective well-being in later life.

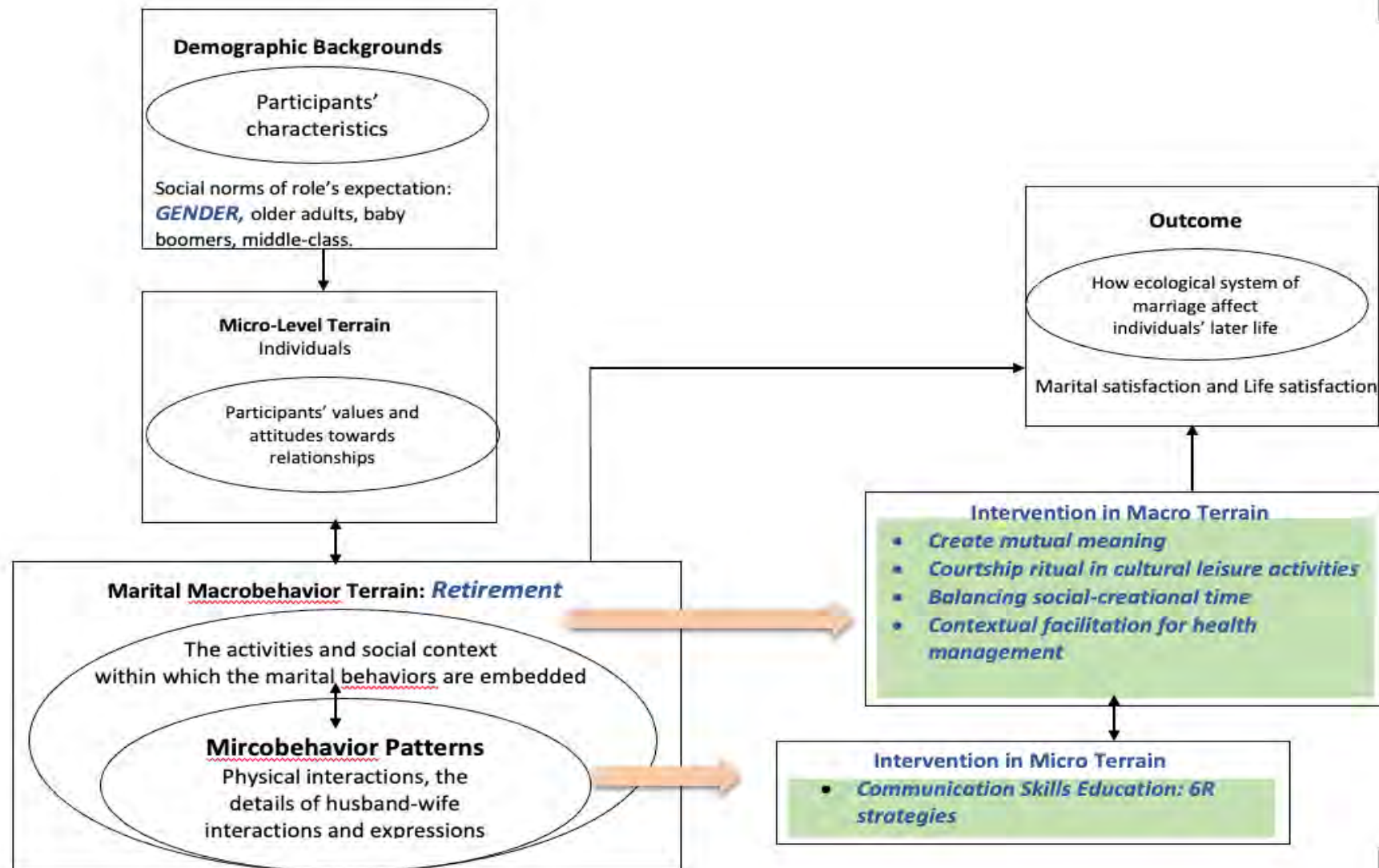


Figure 26. Conceptual route map

Our study proposes an ecological model for understanding marital satisfaction in later life by combining quantitative and qualitative data. To determine the most effective intervention strategies for this population group, we first describe the participants as well-educated, financially stable, and accepting of new technology without significant health issues, aged between 50 and 75 years old. While most older adults live in nuclear families, over 40% of them experience social isolation, and interpersonal relationships can be challenging for this group. Second, we examine their psychological makeup to understand their attitudes and beliefs about love and marital relationships. We then situate their demographic characteristics and psychological makeup within their real marital lives by examining their communication patterns and marital activities in daily life contexts, rather than in clinical settings. We define their activities profile as a macrobehaviour terrain, where spouses' marital behavior, mainly communication, influences each other continuously over time. Our findings suggest that it is not only the communication pattern or how the couples get along with each other that affects marital and life satisfaction but also their dynamic interplay. The quality of the marital relationship and the couples' satisfaction are influenced by this interaction. This model highlights the importance of communication skills, contextual needs, daily life settings, and the dynamic interplay of these factors in designing and implementing effective interventions for this population.

5.1 Intervention Recommendations to Create Better Microbehavior Patterns

5.1.1 *Communication Skills Education*

The quantitative findings suggest that educational attainment, regardless of gender, does not necessarily correlate with overall positive communication in silver couples. This implies that having a decent educational background does not necessarily result in good communication with one's spouse. However, it is worth noting that a higher level of educational attainment can have a significant negative correlation with male demand/female withdraw and total demand/withdraw, which may help prevent potential domestic abuse in the marital relationship.

Personal social networks play a crucial role in helping older adults of both genders manage their communication in marital relationships. Older adults with sufficient support from friends and family tend to have overall positive communication with their spouses. In particular, social networks are more critical for women in avoiding conflictual communication models in their marital relationships. When women receive more support from their social networks, communication models such as criticise/demand, total demand/withdraw, and alternate

demand/withdraw can be reduced. However, it is important to note that older adults' social networks cannot change the female demand/male withdrawal situation.

Furthermore, better communication is positively linked to a higher level of marital satisfaction. It is also found that communication models between spouses often lead to more conflicts and struggles than other aspects of their marriage.

The research design hypothesised that individuals' understanding of love would influence the couple's behaviours, such as communication and marital activities. The results suggest that compassionate and romantic love positively correlates with overall positive communication, although they have different associations with negative communication behaviours. Romantic love, which emphasises dependence, affiliation, and exclusivity, has no significant relation with the other five negative models. In contrast, compassionate love, which requires mutual understanding, respect, and trust, has significant negative associations with the five negative communication models, including alternate demand/withdraw, female demand/men withdraw, total demand/withdraw, criticise/demand, and men demand/women withdraw. Similarly, the spouses' willingness to sacrifice significantly negatively affects the other five negative communication models. The results suggest that a vital connection and passion between spouses do not necessarily improve the demand/withdraw situation in daily communication, highlighting the need for a deeper spousal relationship.

The findings from the study suggest that service providers should develop more effective interventions to promote compassionate love among older couples, given the challenges associated with ageing. These interventions should aim to increase awareness among couples about the changing needs of different life stages, particularly during retirement, and encourage them to adapt to these changes while considering their partner's preferences when expressing compassionate love. The strategies should also focus on enhancing communication and emotional connection between couples to foster a deeper understanding of each other's needs and desires. For those couples trapped in the deadlock situation of demand/withdraw, they are suggested to learn:

- 1) How to reduce stress caused by life transitions or other aspects of life attachment security (Oman, Thoresen, & Hedberg, 2010);
- 2) How to be a good listener;
- 3) How to understand and respect the spouse in daily communication;

- 4) How to accept and live with the spouses' flaws and be ready to contribute to the relationship for the long-term good.

Education and training in communication skills that address specific dimensions can help couples overcome deficiencies in their conflict-resolution abilities. Building a relationship based on respect, commitment, and positive emotions is crucial in creating an environment where couples feel valued and respected during communication. Positive communication involves self-awareness, showing respect to one's partner, using appropriate communication skills, and fostering collaboration between partners. On the other hand, negative communication may arise from a fundamental lack of communication skills, such as the ability to understand, appreciate, and respond appropriately to one's partner's point of view. In such cases, traditional clinic therapies need to be restructured to increase mutual understanding, create a more inclusive emotional climate in the marriage, and promote long-term outcomes by emphasising or de-emphasising specific problems over time. The study findings suggest a more detailed step-by-step restructuring of Emotionally Focused Therapy (EFT, Wiebe & Johnson, 2016) to achieve these goals. Service providers could adopt the 6-R strategies to help couples resolve conflicts and improve their relationships. These strategies include:

- ***Recording:*** Couples can keep a diary or log to monitor their disagreements and conflicts daily, which can provide valuable insights into their relationship dynamics.
- ***Reflection:*** Couples can describe the issues related to the conflict and identify negative interaction cycles that cause distress in the relationship.
- ***Re-examination of selfhood:*** Couples can explore unexplored emotions that are based on interactive conditions and formulate the problem based on emotion.
- ***Rearticulation of negative communication:*** Couples can create new ways of articulating their stories by using narrative therapy skills.
- ***Reconsideration:*** Couples can express their emotional needs and demands based on the four steps above.
- ***Revitalisation:*** Couples can increase their efforts to engage in behaviours that please and attract their partner, which can help improve the overall quality of the relationship.

In addition to the 6-R strategies, marriage checkups can also be helpful in maintaining a healthy relationship. These checkups can be conducted by counsellors or service providers and involve

a detailed assessment of the couple's strengths, highlighting areas of affection and compatibility, and identifying communication skills that predict relationship stability.

5.2 Intervention Recommendations to Build up an Improved Marital Macrobehavior

Terrain

The current study sheds new light on practical intervention advice for improving older adults' marital behaviours in their daily-life context. The findings highlight the importance of encouraging older adults to build and sustain their social networks as a means of obtaining more support and engaging in outdoor and community-based activities. Service providers and counselling professionals can consider designing intervention programs that group couples in specific activities, such as religious activities, hiking and camping, and exercise, as these joint activities have been shown to significantly improve communication. The intervention program can also focus on improving regular communication, encouraging couples to join knowledge, skills, or interest development courses, and nurturing more shared hobbies. It is worth noting that the female demand/male withdraw pattern often occurs in older adults' marital relationships. To reduce the likelihood of this situation, service providers can design programs that provide opportunities for sharing household work and home-based activities.

The current study's contribution goes beyond examining the trajectory of global marital satisfaction to also include temporal changes in the status of specific marital disagreements. Previous studies have not explored the situational and environmental factors that trigger marital conflict or the context that facilitates effective communication and collaboration between couples. To address this gap, this study adopted the Marital Activities Profile scale to collect quantitative descriptions of couples' shared activities. In the follow-up focus group discussions, participants were invited to provide subjective feedback on their experiences and feelings while engaging in these activities with their partners. The findings indicated that shared religious beliefs and activities, as well as community engagement such as volunteering, can benefit marital relationships. Service providers can help couples discover and build upon their shared values and beliefs, which can serve as the foundation for a fulfilling long-term marital relationship.

5.2.1 Create Mutual Meaning

Creating mutual meanings can foster a culture of symbols and rituals that cultivate a sense of teamwork between spouses. The study findings indicated that shared religious beliefs can motivate couples to seek solutions to improve communication. For couples who do not share specific religious beliefs, service providers can help them create shared meanings by learning

and sharing their understanding of supernatural issues, moral values, life after death, beliefs, and experiences about the universe. By doing so, couples can develop a deep-rooted connection and a shared sense of life goals, even if they do not share the same religious beliefs.

Additionally, our research findings suggested that shared religious beliefs and activities are positively associated with community engagement, such as volunteering. Service providers can design programs to motivate couples to participate in community activities and pursue social goods as a means of building a deeper understanding of each other's inner world through physical practice and actualising shared meanings.

5.2.2 Encourage Courtship Ritual in Cultural Leisure Activities

The qualitative and quantitative findings indicated that shared cultural activities were positively correlated with marital satisfaction and better relationships. The qualitative data also suggested that participants are willing to accompany their partners to cultural activities, even if they have no initial interest in them. Couples reported that they experience better communication and enjoy starting conversations when sharing interests or engaging in cultural activities together. These findings inspire service providers to intervene with more cultural activities among couples, such as opera, reading, music, movies, and other similar leisure activities. In academia, scholars proposed using movies in family therapy, and therapists have implemented specific movies as interventions. This study expanded upon this framework to include different kinds of cultural activities. Participants mentioned Cantonese opera, music, and TV dramas, in addition to movies, as positively correlated with better communication and marital relationships. When conducting interventions in couple counselling services through cultural leisure activities, service providers can consider two directions:

- Structuring a new topography for interactions:
 - Help couples find acceptable cultural leisure activities.
 - Encourage couples to enjoy cultural activities together.
 - Help couples gain enough distance from their problems to see their contributions to their own role within the system.

By expanding the theoretical framework of cinematherapy, service providers can enhance interventions in a more clinical setting. Therapists can use cultural activities to facilitate

collaborative and in-depth communication between couples. Through this intervention, couples can learn how to establish happy and fulfilling communication in a specific context. The use of cultural activities can complement traditional therapeutic approaches and provide a unique and engaging way for couples to connect and communicate.

- Identify a cultural activity that could be accepted and shared by the couple.
- Cultural capital checklist: Assess strengths of the marital relationship (Interests, hobbies and activities)
- The therapist/interventionist should always understand the contents of the assigned cultural activities.
- Discuss clients' overall impression of joining cultural activities: related to their emotions engaged, and how these emotions are shared with their partners.
- Process perceptions and thoughts about how the cultural activities may or may not relate to clients' issues.
- Explore the possibility of creating a metaphor based on the cultural scripts.
- Generate ideas with clients about how information gained from the cultural activities may help them think, feel, or behave differently.

5.2.3 Enhance the Quality of Social-creational Activities: Balancing the Independence and the Joint Time

Combining statistical and qualitative findings, we found that over 40% of participants face a risk of social isolation and rely heavily on their spouses, which can lead to increased expectations and focus on their partners. Therefore, it is essential to balance a personal social life with quality time spent with spouses. Our research also found that joint leisure activities, shared hobbies, and courses for developing leisure interests that couples can do together are strongly associated with marital satisfaction. In addition to the Marital Activities Profile scale, our findings revealed that balancing joint social and leisure activities with individual leisure time and social life can positively impact the quality of shared leisure time and marital satisfaction. When designing social and leisure activities in the community, service providers should consider two dimensions: encouraging older adults to establish their social circle after retirement while creating more opportunities for couples to enjoy quality time together. Rather than focusing solely on the amount of time spent together, service providers should prioritise creating activities that guarantee quality time among couples.

5.2.4 *Improve Contextual Facilitation for Health Management*

For most older adults, good health is essential for maintaining independence, security, and productivity as they age. Health management thus becomes a prioritised issue after retirement. Our quantitative findings indicated a negative correlation between the frequency and intensity of exercising together and total demand-withdraw scores. The qualitative findings explained that people express happiness and satisfaction with their spouses' companionship in taking exercise and are more likely to encourage their partners to exercise together. The demanding behaviour may arise from concerns about their partners' health and the possibility of caregiving burdens. To address this issue, service providers can consider designing fitness activities and exercise therapies for couples. However, instead of focusing on specific activities, service providers should first educate couples on the importance of lifelong exercise habits for health management in later life, assist them in building exercise knowledge and confidence, and provide small group sessions. Second, it is necessary for interventionists to help spouses understand the barriers that prevent them from exercising. Third, service providers should design programs to encourage spouses to support each other in pursuing their preferred forms of physical activity. Simple exercises, such as walking together, can be a good start, as our study showed that couples enjoy this activity and it can facilitate better communication patterns.

5.3 Timeline to Conduct Interventions: Retirement as a Trigger

Our study findings highlighted the significant impact of retirement on couples' communication, marital relationships, and overall satisfaction. This underscores the importance of service providers implementing effective interventions that take retirement into account. By targeting pre-retired or semi-retired couples, service providers can reach a larger number of individuals and conduct interventions before post-retirement marital distress affects their well-being in later life. Planning for such interventions can have a positive impact on couples' relationships and overall quality of life in retirement.

5.4 Program Design Should Consider Gender Difference

Despite the remarkable economic and ideological developments in Hong Kong, gender role expectations for baby boomers remain binary. Men are expected to be strong, dominant, and autonomous, while women are stereotyped as tender, devoted, and dependent on taking care of the family. These internalised gendered roles can affect how spouses perform in marital activities. To address this issue, service providers should consider gender differences when designing intervention programs for couples, particularly for the baby boomer generation. For

women, services can provide more education on managing expectations, while for men, services can focus on how to express their feelings. By addressing these gender differences, service providers can help couples overcome gendered role expectations and build more fulfilling and equitable marital relationships.

6. Conclusion

Previous studies on marital relationships have primarily focused on causal links within the system, while this study explored the interplay of factors that contribute to marital satisfaction outcomes. Our proposed marital ecological model in later life considered the socio-cultural forces that influence daily marital activities and expand the macro-behavioral frames that shape the context within which the marital relationship is embedded. Additionally, we highlighted the pivotal importance of life course, specifically retirement in this study, in affecting marital relationships. In contrast to micro-level communication skills education, which has been extensively studied, our conceptual model suggested that it is more practical and effective to intervene in the macro-behavioral context. This context is not only influenced by collaborative decisions that married couples make but also by how the marital relationship is shaped. As couples age, the qualities that initially attracted them to each other may diminish, and disagreements that were previously obscured by the demands of raising a family and achieving financial independence may become more prominent. Without proper interventions, these negative characteristics can contribute to marital deterioration in later life. By combining qualitative and quantitative findings, our research team has developed intervention recommendations that can facilitate the development of durable and reasonably fulfilling marriages in later life.

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8. Appendices

8.1 Appendix 1

**The University of Hong Kong
Sau Po Centre on Ageing
Jockey Club Refocusing Love 50+
Focus Group
Informed Consent Form**

Dear Sir/Madam:

The Hong Kong Catholic Marriage Advisory Council is collaborating with Dr. LOU, Vivian W.Q., the director of Sau Po Centre on Ageing, the University of Hong Kong to launch a research project “Jockey Club Refocusing Love 50+”. It aims to identify the factors affecting marital relationship of silver-aged couples 50–70 years old; and explore the marital needs of these silver-aged couples.

You’re invited to participate in the focus group, the duration of discussion will be last 60 to 90 minutes. Discussions will be audio-recorded for the data transcription. The recording will be conducted after the permission of the participants, and you have the right to review and erase the audio recordings. All data containing personal identifier will be kept strictly confidential, and will be kept in a computer locked by password which only researchers could access. At the analyses phase, your name will be replaced with code and the code will only be known by researchers. You will decide whether your name and identity is disclosed in the publications. The audio-recordings will be destroyed after data transcription. Personal data will be discarded after 10 years since first paper arising from the research project has been published. Participation is entirely voluntary. This means that you can choose to stop at any time without negative consequences. If you have any questions about the research, please feel free to contact Dr. Lou, Vivian Weiqun, 2831-5334. If you want to know more about the rights as a research participant, please contact the Human Research Ethics Committee, the University of Hong Kong (2241-5267).

If you understand the contents above and agree to participate in research, please sign below. Your help is very much appreciated.

Yours sincerely,
Dr. Lou, Vivian W. Q.
Sau Po Centre on Aging
The University of Hong Kong

Reply Slip

I ** will / will not participate in the research.

I ** agree / do not agree to the audio-recording during the procedure.

(** Please delete as appropriate.)

Participant Name: _____ Date: _____

Participant Signature: _____

秀圃老年研究中心
香港大學
賽馬會 50+銀齡婚姻狀況調查
聚焦小組
同意書

敬啟者：

您好！您現被邀請參與一項由香港公教婚姻輔導會和香港大學秀圃老年研究中心樓瑋群博士合作展開的賽馬會 50+銀齡婚姻狀況調查。本次研究的目的是重新瞭解與探索影響 50-70 歲的婚姻的因素，更深一步理解 50-70 歲的人人群對婚姻的需求，從而為婚姻與家庭輔導提供更專業與科學的意見。

您獲邀參與是次聚焦小組，討論時間將持續約 90 分鐘。在您允許的情況下，討論的過程會被錄音。你有權利檢視及刪除錄音。所有的錄音將會被轉錄以做數據分析之用，並且會在做完轉錄之後立刻銷毀。而含有個人識別的資料會存放在密碼鎖定的電腦中，只有研究人員能夠取用。在資料分析時，你的姓名會以編號替代，編號只有研究人員能知悉。在研究中是否採用本人的真實姓名由參與者自己決定。所採錄的數據會在第一份文獻出版後保留十年，之後便從長期保留的研究數據中移除。是次參與純屬自願性質，您可隨時終止參與是項行動，有關決定將不會引致任何不良後果。所收集的資料只作研究用途，個人資料將絕對保密。如您對是項研究有任何問題，請現在提出。

如日後你對是項研究有任何查詢，請與研究員樓瑋群博士聯絡 (2831-5334)。如你想知道更多有關研究參與者的權益，請聯絡香港大學研究操守委員會 (2241-5267)。

如你明白以上內容，並願意參與是項研究，請在下方簽署。

樓瑋群博士
香港大學秀圃老年研究中心

同意書

如您明白以上內容，並同意參加是項研究，請在下方簽署。非常感謝您的幫助。

- ☐ 我 **同意/不同意參加是項研究。
- ☐ 我 **同意/不同意在過程中被錄音。

(**請刪去不適用者)

參加者姓名：

日期：

參加者簽署：

8.2 Appendix 2

**香港大學
秀圃老年研究中心
賽馬會 50+銀齡婚姻狀況調查**

香港公教婚姻輔導會現進行一項對 50+銀齡婚姻狀況調查項目。為了深入、全面了解香港社會 50-70 歲的婚姻狀況，香港大學秀圃老年研究中心將會對投資者教育中心所收集到的數據進行分析，並作進一步研究。

研究目的

此項研究主要有兩個目標，首先，本次研究的目的是重新瞭解與探索影響 50-70 婚姻的因素；其次，更深一步理解 50-70 歲的人人群對婚姻的需求。從而為婚姻與家庭輔導提供更專業與科學的意見。

研究過程

為了全面了解更多不同背景在香港 50-70 歲人群的婚姻現狀，香港公教婚姻輔導會將要向香港大學秀圃老年研究中心提供通過調查問卷採集到的所有數據。

個人隱私

香港公教婚姻輔導會所提供的所有資料和數據，研究人員只會作為研究分析用途。所有資料會絕對保密，資料會存放在密碼鎖定的電腦中，只有研究人員能取用。在資料分析時，但凡涉及到參與者姓名，研究者會以編號替代，而編號只有研究人員能知悉。由香港公教婚姻輔導會來決定是否暴露真實姓名和身份。

數據保留

所採錄的數據會在第一份文獻出版後保留十年，之後便從長期保留的研究數據中移除。

參加這項研究完全自願的。你可以在任何時間自由退出這項研究。所有資料將絕對保密。

如日後你對是項研究有任何查詢，請與研究員樓瑋群博士聯絡 (3917-4835)。如你想知道更多有關研究參與者的權益，請聯絡香港大學研究操守委員會 (2241-5267)。

如你明白以上內容，並願意參與是項研究，請在下方簽署。

多謝你對這項研究的支持和參與。

樓瑋群博士

首席研究員

香港大學秀圃老年研究中心總監

社會工作及社會行政學系副教授

2017 年 7 月

如對這項研究有任何疑問，請聯絡樓瑋群博士 (電話: 3917-4835)。

參與研究同意書

本人_____ (姓名) 同意參與由香港大學開展的上述研究。

我_____ (姓名) 願意向香港大學秀圃老年研究中心提供投資者教育中心整個項目實施過程中涉及到的與研究有關的數據和資料。

本人知悉此研究所得的資料可能被用作日後的研究及發表，研究人員已向本人清楚解釋列在所附「參加研究者備忘」上的研究程序，本人明瞭當中涉及的利益及風險；本人自願參與研究項目。

本人知悉本人有權就程序的任何部分提出疑問，並有權隨時退出而不受任何懲處。

參與者姓名：

參與者簽署：

研究人員姓名：

研究人員簽署：

日期：_____

8.3 Appendix 3

Informed Consent Form For Secondary Data Jockey Club Refocusing Love 50+

You are invited to participate in a research study conducted by *Dr. Vivian Lou Weiqun*, Director in *Sau Po Centre on Ageing* at the University of Hong Kong.

PURPOSE OF THE STUDY

This study has two principal aims: firstly, it aims to identify the factors affecting marital relationship of silver-aged couples 50–70 years old; then to explore the marital needs of these silver-aged couples.

PROCEDURES

The Hong Kong Catholic Marriage Advisory Council's data including questionnaire and survey data will be used by Centre on Ageing, the University of Hong Kong for research purpose.

CONFIDENTIALITY

Any information and data obtained in this study will remain very strictly confidential, will be known to no-one, and will be used for research purposes only. Codes, not names, are used on all test instruments to protect confidentiality. The Hong Kong Catholic Marriage Advisory Council will decide whether their names and identities are disclosed in the publications.

DATA RETENTION

Data containing personal identifiers will be discarded after 10 years since first paper arising from the research project has been published.

PARTICIPATION AND WITHDRAWAL

Your participation is voluntary. This means that you can choose to stop at any time without negative consequences.

QUESTIONS AND CONCERNS

If you have any questions about the research, please feel free to contact **Dr. Lou, Vivian Weiqun, 3917-4835**. If you have questions about your rights as a research participant, contact the Human Research Ethics Committee, HKU (2241-5267).

SIGNATURE

I _____ (Name of Participant)

understand the procedures described above and agree to participate in this study.

I ** agree / do not agree to provide all the data required by CoA, HKU for research purpose.

Signature of Participant Date

Date of Preparation: [Date]

HREC Approval Expiration date:

HREC Reference Number: [The reference number is indicated in the letter of approval for ethical clearance issued by the Human Research Ethics Committee (HREC).]

8.4 Appendix 4

香港大學秀圃老年研究中心
賽馬會「恩愛 50+」銀齡婚姻同行服務
「恩愛 50+」銀齡婚姻調查

焦點小組個人背景資料搜集

1. 您的性別
 - ☐ 男
 - ☐ 女
2. 您的出生年份_____
3. 您的最高學歷
 - ☐ 未受教育/學前教育
 - ☐ 小學
 - ☐ 中學/預科
 - ☐ 專上教育
4. 您的工作狀況
 - ☐ 全職工作
 - ☐ 半退休
 - ☐ 已退休
5. 如您還未退休，您的職業是：
 - ☐ 經理以及行政人員（例如：董事、經理、高級官員）
 - ☐ 專業人員（例如：括合資格的專業科學家、醫生、牙醫及其他醫療專業人員；建築師；測量師及工程師；時裝設計家、珠寶設計家、大學及專上學院的校長、院長、教職員及行政人員；中學校長及教師；統計師；數學家；電腦系統分析員及程序編寫員；律師及法官；會計師；商界顧問及分析員；社會工作者；社會工作助理；翻譯員及傳譯員；新聞編輯及新聞記者；作家；圖書館管理員及宗教活動專業人員。）
 - ☐ 輔助專業人員（例如：科學技術員、護士及助產士、牙科助理及其他保健輔助專業人員；建築、測量及工程技術員；光學及電子儀器控制員；船隻領航員及空中交通指揮員；小學及幼稚園／幼兒院校長及教師；統計助理；電腦操作員；法律文員；會計督導員；公共關係主任；營業代表；室內設計家；屋邨經理；警隊及其他紀律部隊的警司、督察及主任；藝人及運動員。）
 - ☐ 文員（例如：客戶服務、文書、秘書）
 - ☐ 服務工作及商店銷售人員（例如：髮型師、收銀員、侍應等等）
 - ☐ 工藝及有關人員（例如：漆工、設備安裝和維修、食品加工）
 - ☐ 機台及機器操作員及裝配員（例如：司機、組裝工）
 - ☐ 非技術工人（例如：礦業、清潔工）
 - ☐ 其他，請註明_____
6. 您目前的經濟狀況

- ☐ 極為緊張
 - ☐ 不太能應付，相當吃力
 - ☐ 還可以應付
 - ☐ 足夠有餘
7. 這是您第幾次婚姻
- ☐ 一
 - ☐ 二
 - ☐ 三
 - ☐ 四或以上
8. 您和現任丈夫/妻子的結婚年份：_____
9. 您有子女嗎？
- ☐ 有
 - ☐ 沒有
10. 您與何人同住？（可選多項）
- ☐ 獨居
 - ☐ 配偶
 - ☐ 子女
 - ☐ 兒媳/女婿
 - ☐ 孫子女/外孫子女
 - ☐ 親戚
 - ☐ 朋友
 - ☐ 家庭傭工
 - ☐ 其他，請註明_____

8.5 Appendix 5

香港大學 秀圃老年研究中心 賽馬會 50+銀齡婚姻狀況第一輪聚焦小組討論 問題題綱

香港大學秀圃老年研究中心與香港公教婚姻輔導會合作，現進行一項對 50+銀齡婚姻狀況調查項目。本項目是為了深入、全面了解香港社會 50-70 歲人士的婚姻狀況，探討 50-70 人士幸福婚姻的影響因素，為未來發展適切的政策和服務提供依據。因此誠邀您參加此次聚焦小組討論，時長為 60-90 分鐘，所有對話將會被錄音。討論題綱如下：

- 試描述你和你伴侶現在的關係
- 對於你現在的婚姻生活，你的態度感受如何
- 描述當下你和你伴侶二人世界的有代表性的一天
- 你對婚姻生活的期待
- 在當下人生階段，你對婚姻的理解
- 在當下人生階段，你對夫妻（男女）之間的愛的理解
- 你覺得婚姻同你個人的社交生活有點樣的關係？
- 現在的婚姻和愛情與十年前有什麼不同？
- 當你和伴侶之間出現衝突或者問題，你會如何應對？

**The University of Hong Kong
Sau Po Centre on Ageing
Jockey Club Refocusing Love 50+
Focus Group
Discussion Guideline**

The Hong Kong Catholic Marriage Advisory Council is collaborating with Dr. LOU, Vivian W.Q., the director of Sau Po Centre on Ageing, the University of Hong Kong to launch a research project “Jockey Club Refocusing Love 50+”. It aims to identify the factors affecting marital relationship of silver-aged couples 50–70 years old; and explore the marital needs of these silver-aged couples. You’re invited to participate in the focus group, the duration of discussion will be last 60 to 90 minutes. Discussions will be audio-recorded for the data transcription. The discussion guideline is listed below:

- describe their relationship with their spouse
- your attitudes, experience, feelings and daily lives related to their current marital life
- describe a typical day to represent your marital life
- your expectations of marital life
- your understanding of marriage at this life stage
- your understanding of love at this life stage
- their perception of differences or similarities in marriage compared with ten years before

QUESTIONNAIRE

賽馬會「恩愛50+」銀齡婚姻同行服務

50+銀齡婚姻狀況問卷調查

以下所有問題也是必答題。除非另有說明，否則請僅選擇一個答案。

答案無關對與錯，所有填答資料純供學術研究之用，內容絕對保密。謝謝。

A. 基本資訊

A1.1 您的出生年份：_____

A1.2 配偶的出生年份：_____

A2. 結婚年份（目前婚姻）：_____

A3. 您的性別：

☐ 男 ☐ 女

A4.1 這是您第一次婚姻嗎？

☐ 是 ☐ 不是

A4.2 這是配偶的第一次婚姻嗎？

☐ 是 ☐ 不是

A5. 您有沒有子女：

☐ 有 ☐ 沒有

A5.1. 在港子女（非目前婚姻）：_____個

A5.2. 外地子女（非目前婚姻）：_____個

A5.3. 在港子女（目前婚姻）：_____個

A5.4 外地子女（目前婚姻）：_____個

A6. 您的居所性質：

☐ 公共房屋 ☐ 自置私人房屋

☐ 租住房屋（分組單位，如板間房、床位）

☐ 資助自置房屋（居屋） ☐ 租住房屋（全單位）
☐ 長者屋

☐ 其他，請註明：_____

A7. 您與何人同住（可選多項）：

☐ 獨居 ☐ 父母 ☐ 配偶
☐ 子女 ☐ 兒媳/女婿 ☐ 孫子女/外孫子女
☐ 親戚 ☐ 朋友 ☐ 家庭保姆
☐ 其他，請註明：_____

A8. 您有養寵物嗎？

☐ 有 ☐ 沒有

A9.1. 您的就業狀況：

☐ 在職 ☐ 失業 ☐ 已退休 ☐ 家庭照顧

A9.2. 配偶就業狀況：

☐ 在職 ☐ 失業 ☐ 已退休 ☐ 家庭照顧

A10.1. 請形容一下您目前的經濟狀況：

☐ 極為緊張
☐ 不太能應付，相當吃力
☐ 還可以應付
☐ 足夠有餘

A10.2. 您和配偶的聯合財產是怎樣分配的？

☐ 全是丈夫的儲蓄
☐ 丈夫的儲蓄佔多、妻子的佔少
☐ 全是妻子的儲蓄
☐ 妻子的儲蓄佔多、丈夫的佔少

☐ 兩方的儲蓄各佔一半

A10.3. 誰主要掌管您們的聯合財產？

☐ 丈夫

☐ 妻子

☐ 沒有特定

A11.1. 您的最高學歷：

☐ 未受教育 / 學前教育

☐ 小學

☐ 初中 (中一至中三)

☐ 高中 (中四至中七)

☐ 專上教育 (文憑/副學士/學士)

A11.2. 配偶最高學歷：

☐ 未受教育 / 學前教育

☐ 小學

☐ 初中 (中一至中三)

☐ 高中 (中四至中七)

☐ 專上教育 (文憑/副學士/學士)

A12.1 您認為您目前的總體健康如何？

☐ 非常差

☐ 差

☐ 一般

☐ 好

☐ 非常好

A12.2 您認為配偶目前的總體健康如何？

☐ 非常差

☐ 差

☐ 一般

☐ 好

☐ 非常好

B. 社交關係

以下問題將會問及您與親戚、朋友或鄰居的關係。請您根據一般的實際情況作答。

B1	您每個月至少見一次面或能聯繫的親屬有幾位	<input type="checkbox"/> 沒有	<input type="checkbox"/> 3 或 4 位
		<input type="checkbox"/> 1 位	<input type="checkbox"/> 5 至 8 位

		<input type="checkbox"/> 2 位	<input type="checkbox"/> 9 位或以上
B2	您需要時能幫上忙的親屬有幾位	<input type="checkbox"/> 沒有 <input type="checkbox"/> 1 位 <input type="checkbox"/> 2 位	<input type="checkbox"/> 3 或 4 位 <input type="checkbox"/> 5 至 8 位 <input type="checkbox"/> 9 位或以上
B3	您能放心地與其談論心裡話的親屬有幾位	<input type="checkbox"/> 沒有 <input type="checkbox"/> 1 位 <input type="checkbox"/> 2 位	<input type="checkbox"/> 3 或 4 位 <input type="checkbox"/> 5 至 8 位 <input type="checkbox"/> 9 位或以上
B4	您每個月至少見一次面或能聯繫的朋友有幾位	<input type="checkbox"/> 沒有 <input type="checkbox"/> 1 位 <input type="checkbox"/> 2 位	<input type="checkbox"/> 3 或 4 位 <input type="checkbox"/> 5 至 8 位 <input type="checkbox"/> 9 位或以上
B5	您需要時能幫上忙的朋友有幾位	<input type="checkbox"/> 沒有 <input type="checkbox"/> 1 位 <input type="checkbox"/> 2 位	<input type="checkbox"/> 3 或 4 位 <input type="checkbox"/> 5 至 8 位 <input type="checkbox"/> 9 位或以上
B6	您能放心地與其談論心裡話的朋友有幾位	<input type="checkbox"/> 沒有 <input type="checkbox"/> 1 位 <input type="checkbox"/> 2 位	<input type="checkbox"/> 3 或 4 位 <input type="checkbox"/> 5 至 8 位 <input type="checkbox"/> 9 位或以上

C. 友伴式的愛量表

請回答以下問題，選擇與您當下情況一致的程度。

		完全 不符 合	基 本 不 符 合	有 點 不 符 合	不 確 定	有 點 符 合	基 本 符 合	非常 符 合
C1	當我看到配偶傷心難過時，總會想要關心或者幫助他/她	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C2	我會花很多時間關心配偶的幸福生活	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C3	當聽說配偶遭遇困難時，我會非常同情他/她	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C4	我總能對配偶的痛苦或喜悅感同身受	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C5	當配偶需要幫助時，我會盡我所有去幫助他/她	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C6	我對我的配偶充滿愛與關懷	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

C7	我寧願自己承受痛苦也不願看到配偶遭受苦難	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C8	如果有機會，我願意為了配偶實現目標而有所犧牲	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C9	我常會同情配偶	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C10	生活中讓我覺得最有意義的事情之一就是在配偶有需要時幫助他/她	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C11	與忙於自己的事情相比，我更願意投身幫助配偶的活動當中	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C12	當配偶有需要的時候，我常會變得更加溫柔	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C13	我對於配偶懷有一種無私的關懷	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C14	我總能接納配偶，即使對方做出我不認同的事	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C15	如果配偶遭遇不幸或感到煩惱，我常會感到非常同情與關切	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C16	對於配偶我總是試圖理解而非評判	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C17	當配偶遭遇困境或感到困擾時，我會站在他/她的角度思考問題	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C18	當看到配偶開心時，我也會由衷地感到高興	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C19	配偶會覺得，當他/她有需要我時我總會支持他/她	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C20	我願意與配偶共度時光，藉此豐富他/她的生活	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C21	我非常希望能夠友善地對待配偶	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

D. 浪漫的愛量表

平均來講，請選擇符合您的情況。

		完全 不 符 合	基 本 不 符 合	有 點 不 符 合	不 確 定	有 點 符 合	基 本 符 合	非常 符 合

D1	配偶情緒低落時，我覺得重要的職責就是讓對方快樂起來	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D2	所有的事件我都可以信賴配偶	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D3	我覺得要忽略配偶的過失是件很容易的事	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D4	我願意為配偶做所有的事情	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D5	對配偶，我有一點佔有欲	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D6	若不能跟配偶在一起，我覺得非常的不幸	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D7	我孤寂時，首先想到的就是要去找配偶	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D8	配偶幸福與否是我很關心的事	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D9	我願意寬恕配偶所做的任何事	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D10	我覺得配偶得到幸福是我的責任	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D11	當和配偶在一起時，我發現我什麼事都不做，只是用眼睛看著他	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D12	若我也能讓配偶百分之百的信賴，我覺得十分快樂	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D13	沒有配偶，我覺得難以生活下去	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

E. 溝通模式

每個人在婚姻生活中都會碰到一些問題。下面列出了在夫妻遇到某些問題的時候可能採取的解決方式。請根據您和您配偶在遇到問題採取所描述的各種解決方法的可能性，選擇適合的程度：程度從1-9逐次攀升，1表示極不可能，9表示極可能。

當您和配偶的關係出現某些問題時...

		1	2	3	4	5	6	7	8	9
E1	雙方都避免討論這個問題	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E2	雙方都試著去討論這個問題	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E3	丈夫試圖主動開始討論，而妻子卻試圖迴避討論	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E4	妻子試圖主動開始討論，而丈夫卻試圖迴避討論	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

在討論問題的過程中...

		1	2	3	4	5	6	7	8	9

E 5	雙方都互相責備，指責、批評對方	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E 6	雙方都向對方互相表達自己的感受	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E 7	雙方都用消極的後果來威脅對方	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E 8	雙方都提出可能的解決方法和妥協方法	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E 9	丈夫不斷地嘮叨、提出要求，而妻子卻退縮、保持沉默或拒絕進一步討論問題	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E 10	妻子不斷地嘮叨、提出要求，而丈夫卻退縮、保持沉默或拒絕進一步討論問題	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E 11	丈夫批評妻子，而妻子為自己辯護	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E 12	妻子批評丈夫，而丈夫為自己辯護	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

F. 科技

F1. 平均來講，請選擇符合你的情況。

		從 不	很 少	偶 而	時 常	經 常	總 是
F1.1	在我們一起用餐時，配偶玩手機	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
F1.2	我和配偶面對面交談時，對方會回其他信息和郵件	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
F1.3	即便我和配偶正在談話，手機響起，對方還是會接	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
F1.4	我和配偶一起享受休閒時光，對方一定會拿出手機、平板電腦或其他電子產品	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
F1.5	配偶在和我對話時被電視吸引注意力	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

F2. 平均來講，你和配偶的交流多常被以下電子產品打斷？

		從不	很少	偶而	時常	經常	總是
F2.1	手機	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
F2.2	電視	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
F2.3	電腦	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
F2.4	平板電腦（例如：iPad）	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

F2.5	其他科技產品	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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G. 性生活與親密關係

以下問題將涉及您與配偶的性生活及親密關係，請根據您過去一年的情況作答。

		從不	每月 少於 一次	每月 一至 兩次	每週 一次	每天
G1	觸摸和手牽手	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G2	擁抱	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G3	接吻	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G4	相互撫摸	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G5	自慰	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G6	性交和性行為	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

以下問題將涉及您與配偶的性生活及親密關係，請根據您過去一年的情況作答。

		非常 不同 意	不 同 意	既不同意 也不 反對	同 意	非常 同 意
G7	我和我的配偶對性生活有同樣的興趣	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G8	我和我的配偶有著一致的性生活喜好	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G9	我的配偶在過去一年中有過性生活方面的困難	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G10	我對我的性生活滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G11	我對我的性生活感到苦惱或擔憂	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G12	我避免性生活，因為我自己或配偶有性生活困難	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

H. 夫妻活動量度

以下這些問題將會就您和您配偶的活動進行提問。請您以過去大約一年的時間作為參照。這些問題詢問的是您們一起參加的活動，因此請以你和你配偶共同（而非只是某一位）參加過的活動為準。

H1.1.

你有和配偶一起參與過維持日常生活的家務活動（例如家居維修、洗碗、洗衫、煮飯、或者打掃、吸塵）嗎？

☐ 有

☐ 沒有（請跳至題 H1.4）

H1.2. 如果有，多久會做一次？

☐ 至少每日

☐ 至少每周

☐ 至少每月

☐ 至少每年

H1.3. 每次平均持續時間有多久？

<input type="checkbox"/> <1 小時	<input type="checkbox"/> 1-2 小時	<input type="checkbox"/> 2-3 小時
<input type="checkbox"/> 3-4 小時	<input type="checkbox"/> 4-5 小時	<input type="checkbox"/> 5-6 小時

H1.4.1 你對於你和配偶參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿 意

H1.4.2 你對於你和配偶沒有參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/> 非常滿意	非常滿 意

H2.1.

你有和配偶有在家中做這些文娛類休閒活動嗎（例如看電視/視頻，聽音樂，閱讀，唱歌）？

☐ 有

☐ 沒有（請跳至題 H2.4）

H2.2. 如果有，多久會做一次？

- ☐ 至少每日
- ☐ 至少每周
- ☐ 至少每月
- ☐ 至少每年

H2.3. 每次平均持續時間有多久？

<input type="checkbox"/> <1 小時	<input type="checkbox"/> 1-2 小時	<input type="checkbox"/> 2-3 小時
<input type="checkbox"/> 3-4 小時	<input type="checkbox"/> 4-5 小時	<input type="checkbox"/> 5-6 小時
<input type="checkbox"/> 6-7 小時	<input type="checkbox"/> 7-8 小時	<input type="checkbox"/> 8-9 小時
<input type="checkbox"/> 9-10 小時	<input type="checkbox"/> >10 小時	<input type="checkbox"/> >1 日

H2.4.1 你對於你和配偶參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿 意

H2.4.1 你對於你和配偶沒有參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿 意

H3.1.

你有和配偶規律地進行交流嗎（例如專門時間傾談、進餐聊天時間延長、或者是臨睡之前）？

- ☐ 有
- ☐ 沒有 (請跳至題 H3.4)

H3.2. 如果有，多久會做一次？

- ☐ 至少每日
- ☐ 至少每周
- ☐ 至少每月
- ☐ 至少每年

H3.3. 每次平均持續時間有多久？

<input type="checkbox"/> <1 小時	<input type="checkbox"/> 1-2 小時	<input type="checkbox"/> 2-3 小時
<input type="checkbox"/> 3-4 小時	<input type="checkbox"/> 4-5 小時	<input type="checkbox"/> 5-6 小時

<input type="checkbox"/> 6-7 小時	<input type="checkbox"/> 7-8 小時	<input type="checkbox"/> 8-9 小時
<input type="checkbox"/> 9-10 小時	<input type="checkbox"/> >10 小時	<input type="checkbox"/> >1 日

H3.4.1 你對於你和配偶參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿 意

H3.4.2 你對於你和配偶沒有參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿 意

H4.1.

你有和配偶一起參與遊戲、手工或其他興趣愛好活動嗎（例如打牌、棋類遊戲、繪畫、書法、視頻遊戲、剪貼、縫紉、陶藝、裝飾家居）？

☐ 有

☐ 沒有（請跳至題 H4.4）

H4.2. 如果有，多久會做一次？

☐ 至少每日

☐ 至少每周

☐ 至少每月

☐ 至少每年

H4.3. 每次平均持續時間有多久？

<input type="checkbox"/> <1 小時	<input type="checkbox"/> 1-2 小時	<input type="checkbox"/> 2-3 小時
<input type="checkbox"/> 3-4 小時	<input type="checkbox"/> 4-5 小時	<input type="checkbox"/> 5-6 小時
<input type="checkbox"/> 6-7 小時	<input type="checkbox"/> 7-8 小時	<input type="checkbox"/> 8-9 小時
<input type="checkbox"/> 9-10 小時	<input type="checkbox"/> >10 小時	<input type="checkbox"/> >1 日

H4.4.1 你對於你和配偶參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿 意

H4.4.2你對於你和配偶沒有參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿 意

H5.1. 你有和配偶一起參與增進知識、技能或興趣培養的相關課程嗎？

☐ 有

☐ 沒有（請跳至題 H5.4）

H5.2. 如果有，多久會做一次？

☐ 至少每日

☐ 至少每周

☐ 至少每月

☐ 至少每年

H5.3. 每次平均持續時間有多久？

<input type="checkbox"/> <1 小時	<input type="checkbox"/> 1-2 小時	<input type="checkbox"/> 2-3 小時
<input type="checkbox"/> 3-4 小時	<input type="checkbox"/> 4-5 小時	<input type="checkbox"/> 5-6 小時
<input type="checkbox"/> 6-7 小時	<input type="checkbox"/> 8-9 小時	<input type="checkbox"/> 9-10 小時
<input type="checkbox"/> >10 小時	<input type="checkbox"/> >1 日	

H5.4. 1你對於你和配偶參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿 意

H5.4. 2你對於你和配偶沒有參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿 意

H6.1. 你有和你的配偶一起參與以下日常的戶外活動嗎（例如觀星、園藝、球類（籃球、網球等等）、踩單車、身體鍛煉以及其他戶外運動）？

☐ 有

☐ 沒有（請跳至題 H6.4）

H6.2. 如果有，多久會做一次？

- ☐ 至少每日
☐ 至少每周
☐ 至少每月
☐ 至少每年

H6.3. 每次平均持續時間有多久？

<input type="checkbox"/> <1 小時	<input type="checkbox"/> 1-2 小時	<input type="checkbox"/> 2-3 小時
<input type="checkbox"/> 3-4 小時	<input type="checkbox"/> 4-5 小時	<input type="checkbox"/> 5-6 小時
<input type="checkbox"/> 6-7 小時	<input type="checkbox"/> 7-8 小時	<input type="checkbox"/> 8-9 小時
<input type="checkbox"/> 9-10 小時	<input type="checkbox"/> >10 小時	<input type="checkbox"/> >1 日

H6.4. 1你對於你和配偶參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿 意

H6.4. 2你對於你和配偶沒有參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿 意

H7.1.

你有參與過或支持你配偶的個人活動嗎（例如到對方喜歡的體育賽事、音樂表演、學校或者工作上的活動項目或者演講打氣，等等）？

- ☐ 有
☐ 沒有（請跳至題 H7.4）

H7.2. 如果有，多久會做一次？

- ☐ 至少每日
☐ 至少每周
☐ 至少每月
☐ 至少每年

H7.3. 每次平均持續時間有多久？

<input type="checkbox"/> <1 小時	<input type="checkbox"/> 1-2 小時	<input type="checkbox"/> 2-3 小時
--------------------------------	---------------------------------	---------------------------------

<input type="checkbox"/> 3-4 小時	<input type="checkbox"/> 4-5 小時	<input type="checkbox"/> 5-6 小時
<input type="checkbox"/> 6-7 小時	<input type="checkbox"/> 7-8 小時	<input type="checkbox"/> 8-9 小時
<input type="checkbox"/> 9-10 小時	<input type="checkbox"/> >10 小時	<input type="checkbox"/> >1 日

H7.4.1 你對於你和配偶參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿 意

H7.4.2 你對於你和配偶沒有參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿 意

H8.1.

你有和你的配偶在家一起做一些宗教或者靈修活動嗎？（例如閱讀經文、夫妻一起祈禱、福音討論，等等）？

☐ 有

☐ 沒有（請跳至題 H8.4）

H8.2. 如果有，多久會做一次？

☐ 至少每日

☐ 至少每周

☐ 至少每月

☐ 至少每年

H8.3. 每次平均持續時間有多久？

<input type="checkbox"/> <1 小時	<input type="checkbox"/> 1-2 小時	<input type="checkbox"/> 2-3 小時
<input type="checkbox"/> 3-4 小時	<input type="checkbox"/> 4-5 小時	<input type="checkbox"/> 5-6 小時
<input type="checkbox"/> 6-7 小時	<input type="checkbox"/> 7-8 小時	<input type="checkbox"/> 8-9 小時
<input type="checkbox"/> 9-10 小時	<input type="checkbox"/> >10 小時	<input type="checkbox"/> >1 日

H8.4.1 你對於你和配偶參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
--	---	---	---	---	---	--

非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿意
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H8.4.2 你對於你和配偶沒有參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿意

H9.1.

你有和你的配偶一起出席或參與過以下社交娛樂活動嗎（例如出街吃飯、聚會派對、行街購物、野餐，等等）？

☐ 有

☐ 沒有（請跳至題 H9.4）

H9.2. 如果有，多久會做一次？

☐ 至少每日

☐ 至少每周

☐ 至少每月

☐ 至少每年

H9.3. 每次平均持續時間有多久？

<input type="checkbox"/> <1 小時	<input type="checkbox"/> 1-2 小時	<input type="checkbox"/> 2-3 小時
<input type="checkbox"/> 3-4 小時	<input type="checkbox"/> 4-5 小時	<input type="checkbox"/> 5-6 小時
<input type="checkbox"/> 6-7 小時	<input type="checkbox"/> 7-8 小時	<input type="checkbox"/> 8-9 小時
<input type="checkbox"/> 9-10 小時	<input type="checkbox"/> >10 小時	<input type="checkbox"/> >1 日

H9.4.1 你對於你和配偶參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿意

H9.4.2 你對於你和配偶沒有參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿意

H10.1.

你有和配偶一起觀賞文娛活動嗎（例如戲院看電影、看運動比賽、音樂會、戲曲、話劇或者其他舞台劇表演，等等）？

☐ 有

☐ 沒有（請跳至題 H10.4）

H10.2. 如果有，多久會做一次？

☐ 至少每日

☐ 至少每周

☐ 至少每月

☐ 至少每年

H10.3. 每次平均持續時間有多久？

<input type="checkbox"/> <1 小時	<input type="checkbox"/> 1-2 小時	<input type="checkbox"/> 2-3 小時
<input type="checkbox"/> 3-4 小時	<input type="checkbox"/> 4-5 小時	<input type="checkbox"/> 5-6 小時
<input type="checkbox"/> 6-7 小時	<input type="checkbox"/> 7-8 小時	<input type="checkbox"/> 8-9 小時
<input type="checkbox"/> 9-10 小時	<input type="checkbox"/> >10 小時	<input type="checkbox"/> >1 日

H10.4.1 你對於你和配偶參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿 意

H10.4.2 你對於你和配偶沒有參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿 意

H11.1.

你有和配偶一起在社區參加專項運動嗎（例如，打保齡、高爾夫、游泳、溜冰、去健身房做運動）？

☐ 有

☐ 沒有（請跳至題 H11.4）

H11.2. 如果有，多久會做一次？

☐ 至少每日

☐ 至少每周

- ☐ 至少每月
- ☐ 至少每年

H11.3. 每次平均持續時間有多久？

<input type="checkbox"/> <1 小時	<input type="checkbox"/> 1-2 小時	<input type="checkbox"/> 2-3 小時
<input type="checkbox"/> 3-4 小時	<input type="checkbox"/> 4-5 小時	<input type="checkbox"/> 5-6 小時
<input type="checkbox"/> 6-7 小時	<input type="checkbox"/> 7-8 小時	<input type="checkbox"/> 8-9 小時
<input type="checkbox"/> 9-10 小時	<input type="checkbox"/> >10 小時	<input type="checkbox"/> >1 日

H11.4.1 你對於你和配偶參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿 意

H11.4.2 你對於你和配偶沒有參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿 意

H12.1.

你有和配偶一起參加過社區裡的文娛活動嗎（例如參觀博物館、動物園、主題公園、展覽會等等）？

- ☐ 有
- ☐ 沒有（請跳至題 H12.4）

H12.2. 如果有，多久會做一次？

- ☐ 至少每日
- ☐ 至少每周
- ☐ 至少每月
- ☐ 至少每年

H12.3. 每次平均持續時間有多久？

<input type="checkbox"/> <1 小時	<input type="checkbox"/> 1-2 小時	<input type="checkbox"/> 2-3 小時
<input type="checkbox"/> 3-4 小時	<input type="checkbox"/> 4-5 小時	<input type="checkbox"/> 5-6 小時
<input type="checkbox"/> 6-7 小時	<input type="checkbox"/> 7-8 小時	<input type="checkbox"/> 8-9 小時
<input type="checkbox"/> 9-10 小時	<input type="checkbox"/> >10 小時	<input type="checkbox"/> >1 日

H12.4.1 你對於你和配偶參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿意

H12.4.2 你對於你和配偶沒有參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿意

H13.1.

你有和配偶一起參加以下這些戶外休閒活動嗎（例如露營、行山、打獵、釣魚、滑雪）？

- ☐ 有
☐ 沒有（請跳至題 H13.4）

H13.2. 如果有，多久會做一次？

- ☐ 至少每日
☐ 至少每周
☐ 至少每月
☐ 至少每年

H13.3. 每次平均持續時間有多久？

<input type="checkbox"/> <1 小時	<input type="checkbox"/> 1-2 小時	<input type="checkbox"/> 2-3 小時
<input type="checkbox"/> 3-4 小時	<input type="checkbox"/> 4-5 小時	<input type="checkbox"/> 5-6 小時
<input type="checkbox"/> 6-7 小時	<input type="checkbox"/> 7-8 小時	<input type="checkbox"/> 8-9 小時
<input type="checkbox"/> 9-10 小時	<input type="checkbox"/> >10 小時	<input type="checkbox"/> >1 日

H13.4.1 你對於你和配偶參加這一項活動的程度（或沒有參加這一項活動）感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿意

H13.4.2 你對於你和配偶沒有參加這一項活動的程度（或沒有參加這一項活動）感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿意

H14.1.

你有和配偶一起參加社區裡的宗教活動嗎（例如去寺廟、週日崇拜(望彌撒)、返教會聚會等等）？

☐ 有

☐ 沒有（請跳至題 H14.4）

H14.2. 如果有，多久會做一次？

☐ 至少每日

☐ 至少每周

☐ 至少每月

☐ 至少每年

H14.3. 每次平均持續時間有多久？

<input type="checkbox"/> <1 小時	<input type="checkbox"/> 1-2 小時	<input type="checkbox"/> 2-3 小時
<input type="checkbox"/> 3-4 小時	<input type="checkbox"/> 4-5 小時	<input type="checkbox"/> 5-6 小時
<input type="checkbox"/> 6-7 小時	<input type="checkbox"/> 7-8 小時	<input type="checkbox"/> 8-9 小時
<input type="checkbox"/> 9-10 小時	<input type="checkbox"/> >10 小時	<input type="checkbox"/> >1 日

H14.4.1 你對於你和配偶參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿意

H14.4.2 你對於你和配偶沒有參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿意

H15.1. 你有和配偶一起參加戶外冒險活動嗎（例如攀岩、漂流、越野、潛水）？

☐ 有

☐ 沒有（請跳至題 H15.4）

H15.2. 如果有，多久會做一次？

- ☐ 至少每日
- ☐ 至少每周
- ☐ 至少每月
- ☐ 至少每年

H15.3. 每次平均持續時間有多久？

<input type="checkbox"/> <1 小時	<input type="checkbox"/> 1-2 小時	<input type="checkbox"/> 2-3 小時
<input type="checkbox"/> 3-4 小時	<input type="checkbox"/> 4-5 小時	<input type="checkbox"/> 5-6 小時
<input type="checkbox"/> 6-7 小時	<input type="checkbox"/> 7-8 小時	<input type="checkbox"/> 8-9 小時
<input type="checkbox"/> 9-10 小時	<input type="checkbox"/> >10 小時	<input type="checkbox"/> >1 日

H15.4.1 你對於你和配偶參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿 意

H15.4.2 你對於你和配偶沒有參加這一項活動的程度？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿 意

H16.1. 你有和配偶一起海外旅行嗎？

- ☐ 有
- ☐ 沒有（請跳至題 H16.4）

H16.2. 如果有，多久會做一次？

- ☐ 至少每日
- ☐ 至少每周
- ☐ 至少每月
- ☐ 至少每年

H16.3. 每次平均持續時間有多久？

<input type="checkbox"/> <1 小時	<input type="checkbox"/> 1-2 小時	<input type="checkbox"/> 2-3 小時
<input type="checkbox"/> 3-4 小時	<input type="checkbox"/> 4-5 小時	<input type="checkbox"/> 5-6 小時
<input type="checkbox"/> 6-7 小時	<input type="checkbox"/> 7-8 小時	<input type="checkbox"/> 8-9 小時

<input type="checkbox"/> 9-10 小時	<input type="checkbox"/> >10 小時	<input type="checkbox"/> >1 日
<input type="checkbox"/> >5 日	<input type="checkbox"/> >2 週	

H16.4.1 你對於你和配偶參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿 意

H16.4.2 你對於你和配偶沒有參加這一項活動的程度感到有幾滿意？

	1	2	3	4	5	
非常 不滿意	<input type="checkbox"/> 非常不滿意	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 非常滿意	非常滿 意

H17.1. 你有和配偶共同照顧彼此的父母嗎？

- ☐ 有
☐ 沒有（請跳至題 H17.4）

H17.2. 如果有，多久會做一次？

- ☐ 至少每日
☐ 至少每周
☐ 至少每月
☐ 至少每年

H17.3. 每次平均持續時間有多久？

<input type="checkbox"/> <1 小時	<input type="checkbox"/> 1-2 小時	<input type="checkbox"/> 2-3 小時
<input type="checkbox"/> 3-4 小時	<input type="checkbox"/> 4-5 小時	<input type="checkbox"/> 5-6 小時
<input type="checkbox"/> 6-7 小時	<input type="checkbox"/> 8-9 小時	<input type="checkbox"/> 9-10 小時
<input type="checkbox"/> >10 小時	<input type="checkbox"/> >1 日	

H18.1.

你是否有照顧需求並接受配偶的照顧，抑或你的配偶有照顧需求，你正照顧配偶嗎？

- ☐ 有
☐ 沒有（請跳至題 H18.4）

H18.2. 如果有，多久會做一次？

- ☐ 至少每日
☐ 至少每周

- ☐ 至少每月
- ☐ 至少每年

H18.3. 每次平均持續時間有多久？

<input type="checkbox"/> <1 小時	<input type="checkbox"/> 1-2 小時	<input type="checkbox"/> 2-3 小時
<input type="checkbox"/> 3-4 小時	<input type="checkbox"/> 4-5 小時	<input type="checkbox"/> 5-6 小時
<input type="checkbox"/> 6-7 小時	<input type="checkbox"/> 7-8 小時	<input type="checkbox"/> 8-9 小時
<input type="checkbox"/> 9-10 小時	<input type="checkbox"/> >10 小時	<input type="checkbox"/> >1 日

H19.1. 你有和配偶共同照顧子女嗎？

- ☐ 有
- ☐ 沒有 （請跳至題 H19.4）

H19.2. 如果有，多久會做一次？

- ☐ 至少每日
- ☐ 至少每周
- ☐ 至少每月
- ☐ 至少每年

H19.3. 每次平均持續時間有多久？

<input type="checkbox"/> <1 小時	<input type="checkbox"/> 1-2 小時	<input type="checkbox"/> 2-3 小時
<input type="checkbox"/> 3-4 小時	<input type="checkbox"/> 4-5 小時	<input type="checkbox"/> 5-6 小時
<input type="checkbox"/> 6-7 小時	<input type="checkbox"/> 7-8 小時	<input type="checkbox"/> 8-9 小時
<input type="checkbox"/> 9-10 小時	<input type="checkbox"/> >10 小時	<input type="checkbox"/> >1 日

H20.1. 你有和配偶共同照顧孫子女嗎？

- ☐ 有
- ☐ 沒有 （請跳至題 H20.4）

H20.2. 如果有，多久會做一次？

- ☐ 至少每日
- ☐ 至少每周
- ☐ 至少每月
- ☐ 至少每年

H20.3. 每次平均持續時間有多久？

<input type="checkbox"/> <1 小時	<input type="checkbox"/> 1-2 小時	<input type="checkbox"/> 2-3 小時
--------------------------------	---------------------------------	---------------------------------

3-4 小時	4-5 小時	5-6 小時
6-7 小時	7-8 小時	8-9 小時
9-10 小時	>10 小時	>1 日

I. 夫妻之間的恩情量表

請根據您對以下陳述句的同意程度，選擇適合的答案：1表示極度不同意，6表示極度同意。

		1	2	3	4	5	6
I1.	我覺得配偶對這個家的付出超過了他/她所得到的回報	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I2.	配偶為我承擔了許多別人不會願意承擔的責任	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I3.	配偶處處替家庭著想，把自己的需要放一邊	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I4.	我如果不能好好對待配偶，會覺得有愧於心	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I5.	這個家能有今天，配偶的付出絕對是最重要的因素	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I6.	配偶對這個家的付出，讓我有難以回報的感覺	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I7.	只要有能力，我一定不計代價地回報配偶對這個家的付出	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I8.	我很感激配偶為我承擔了本應屬於我的責任	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I9.	我知道我的配偶有獨一無二的優秀品質	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I10.	我以作為我配偶的伴侶感到驕傲	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I11.	配偶在許多方面的成績都讓我為他/她感到高興	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I12.	我非常佩服配偶可以把事情處理得這麼好	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I13.	在我眼裡，配偶的能力高於平均水平	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
J14.	在很多方面我都以配偶為偶像	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
J15.	配偶的某些特質總是帶給我極大的啟發	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
J16.	我很欣賞配偶作為丈夫/妻子這一角色	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

J. 婚姻中的付出與犧牲

請根據您對以下陳述句的同意程度，選擇適合的答案：1表示極度不同意，7表示極度同意。

		1	2	3	4	5	6	7
J1	為配偶有所放棄都可以充實到自己	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

J 2	我不會因為為配偶犧牲而感覺充實	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
J 3	我會因為為配偶做事而感到滿足，即使這意味著我錯過了自己想要的東西	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
J 4	我不是那種為了與配偶的關係而將自己的愛好放在一邊又感到滿意的人	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
J 5	為配偶犧牲讓我感覺良好	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
J 6	為配偶放棄一些東西通常是不值得的	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

K. 婚姻滿意度

選擇適合的程度：程度從1-7逐次攀升，1表示極不滿意，7表示極滿意。

		1	2	3	4	5	6	7
K1	您對您的婚姻滿意程度有多少	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
K2	您的丈夫/妻子作為一個配偶，您對她/他的滿意程度有多少	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
K3	您對你們夫妻之間關係的滿意程度有多少	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

請根據最符合您實際的情況回答以下關於整體生活滿意程度的問題。

		非常不滿意	不滿意	一半一半	滿意	非常滿意	不適用
K4	與家人聯絡的方式和次數（家庭關係）	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
K5	與子女 / 孫子女的溝通方式	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
K6	與朋友聯絡的方式和次數（友誼）	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
K7	做家務（家庭責任）	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
K8	精神生活	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
K9	生活伴侶	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
K10	您的自我感（自尊）	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
K11	娛樂活動	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

K1 2	每天的飲食	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
K1 3	收入和財產（經濟狀況）	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
K1 4	一般的健康狀況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
K1 5	住房的類型、狀況和環境（ 居住條件）	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
K1 6	公共和個人的交通工具	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
K1 7	有收入的工作	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

8.7 Appendix 7

第二輪聚焦小組討論 問題題綱



研究目標



了解香港50-75歲嬰兒潮世代
當下婚姻生活的狀況



分析幸福婚姻關係對晚年生活以及主觀幸福觀的影響



找出阻礙良好婚姻關係的癥結
探索幸福婚姻的秘訣



為關於晚年幸福婚姻生活的
諮詢和治療工作提出建議



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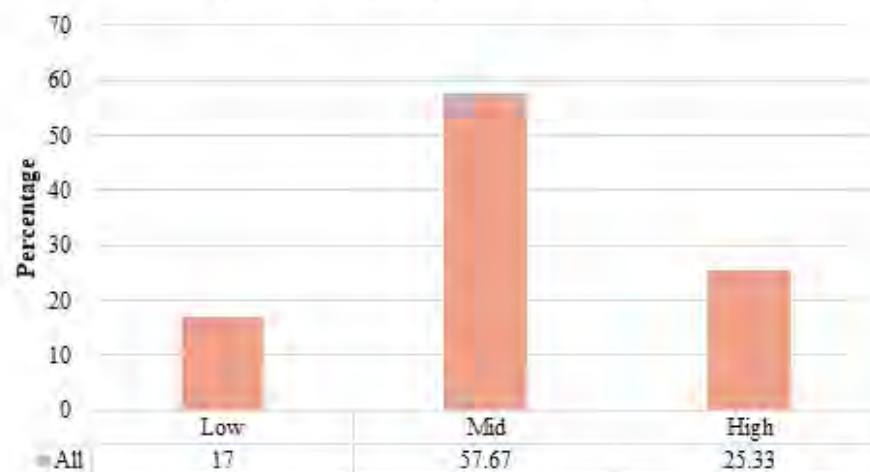
05.

電子時代的感情

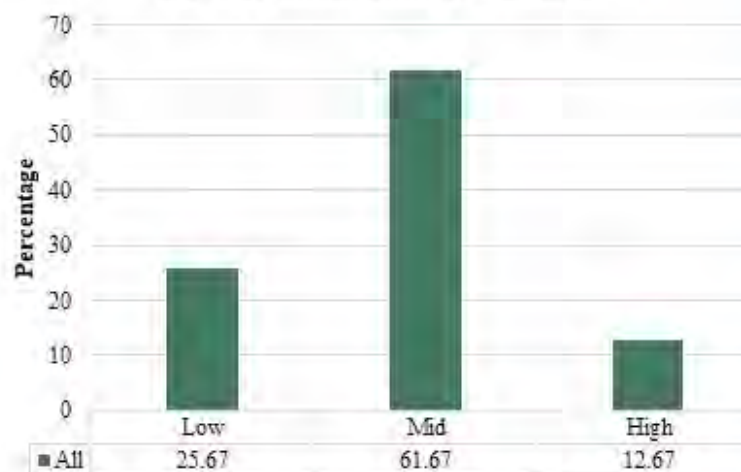


苛索 - 迴避

Female demand/male withdraw



Male demand/female withdraw



If you want to modify this graph, click on it.
Follow the link, change the data and replace it.

溝通方式

太太要求/先生迴避

- 太太的要求是什麼？
- 什麼樣的要求引起迴避？
- 先生迴避的原因？

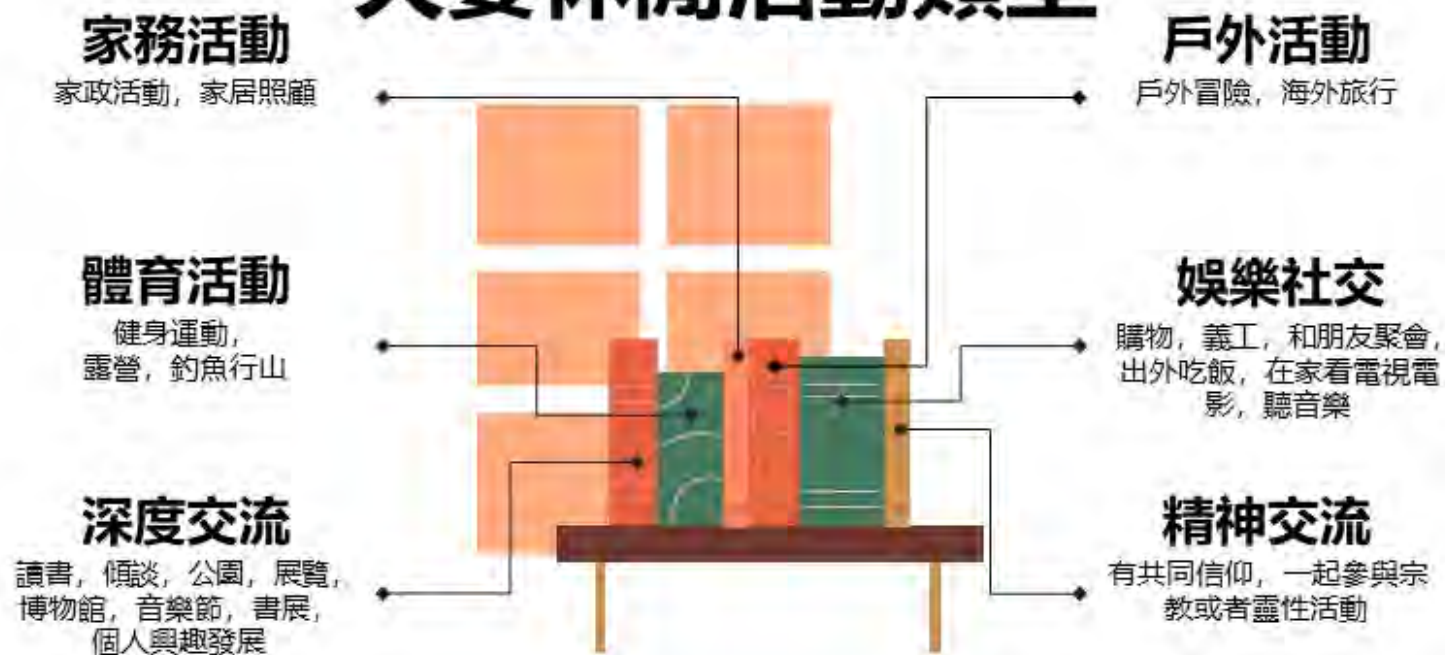
先生要求/太太迴避

- 先生的要求是什麼？
- 什麼樣的要求引起迴避？
- 太太迴避的原因？

溝通是解決矛盾或者衝突的最好方式嗎？



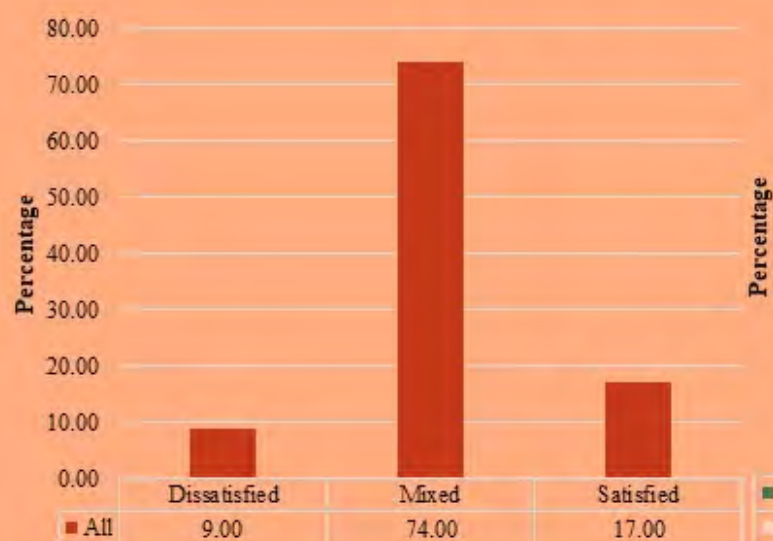
夫妻休閒活動類型



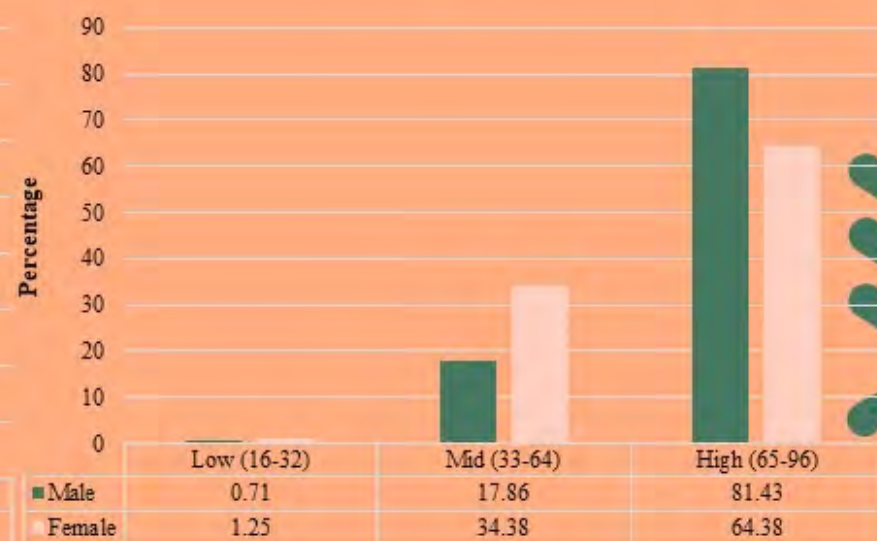
共同興趣與愛好

- ☐ 你覺得擁有共同興趣並一起參與相關活動重要嗎？對婚姻關係有怎樣的影響？
- ☐ 你同另一半是否會一起參與你們擁有共同興趣的活動？比如？
- ☐ 有哪些是你們的共同興趣或愛好，但你們會分開行動？
- ☐ 有哪些並不是你們的共同興趣或愛好，但你會陪伴對方一起參與？

性生活滿意度



恩與情



激情

- 如何理解愛情以及激情？
- 當下婚姻中仍有激情嗎？
- 親密行為以及性行為對於婚姻關係的影響或者重要性？



責任

- 你或者另一半，誰為這段關係/這個家庭的犧牲更大？
- 你覺得在這段婚姻關係中，自己最大的犧牲與付出是？值得嗎？
- 另一半最令感激的地方？
- 另一半最令你欣賞/敬重的地方？



婚姻與家庭中的代際關係



原生家庭

原生家庭對於
你當下的婚姻
有影響嗎？
如果有，這麼
多年過去，影
響還在？

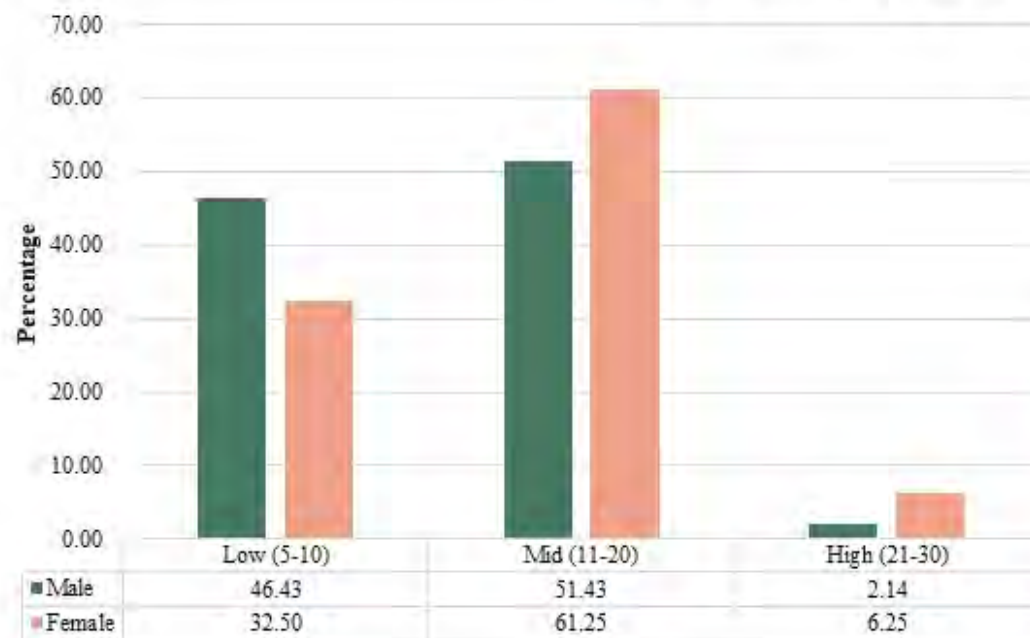
養育子女

子女對這段婚
姻關係的影響？
當下，如何平
衡夫妻關係與
子女關係。

照顧父母

有無照顧老人
的責任？
雙方有無參與
照顧對方的父
母？

科技干擾



≥56.67%

超過半數參與者
都受到
中等程度干擾



在日常生活中，
女性受干擾程度明
顯高於男性。

電子時代的婚姻關係

平日和另一半交流或者相處，
會同時看手機嗎？

一般用手機做什麼？

社交媒體 (WhatsApp, WeChat, Facebook等等)

工具性使用 (理財,辦公,回復郵件等等)

上網購物

娛樂消遣

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社交生活



講心事的朋友



幫上忙的朋友



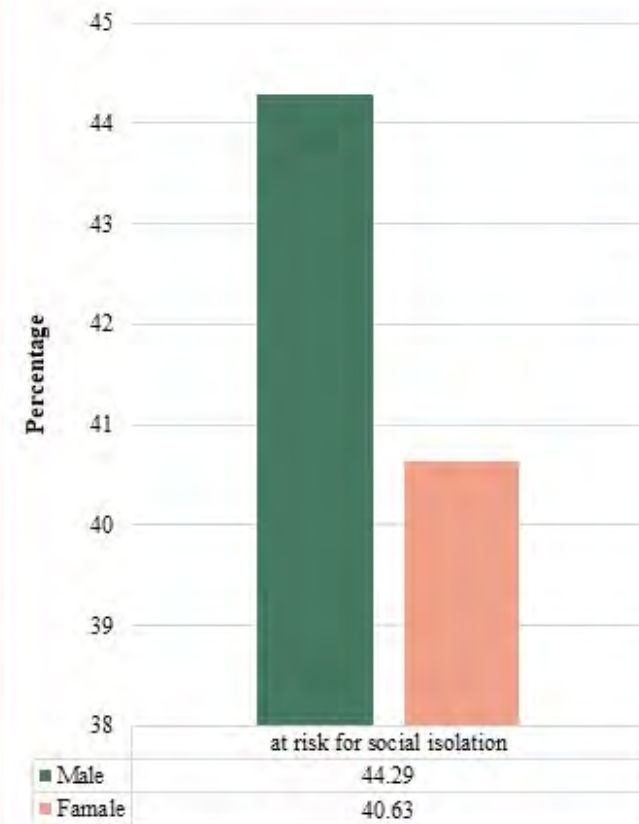
講心事的家人

伴侶亦是你最好的朋友嗎?



幫上忙的家人

伴侶算幫得上忙嗎?





THANKS FOR
JOINING THE
DISCUSSION!

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