

Positive Outcomes of Uninterrupted Listening Intervention on Married Couples: An Experimental Study

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The present study examined the effectiveness of uninterrupted listening intervention on marital quality, communication patterns and tolerance for disagreement in 20 married couples including husbands ($N = 20$) and wives ($N = 20$). Current study employed pre-test/post-test experimental research design. Assessments were carried out in two phases i.e., pretest and post-test. Married couples selected through purposive and snow-ball sampling techniques. Married couples aged between 25 to 45 years with at least 3 years of marriage were recruited and were randomly assigned to one experimental group and one control group. Comprehensive Marital satisfaction Scale (CMSS; Khan, 2006), Communication Pattern Questionnaire (Christensen & Sullaway, 1984) and Tolerance for disagreement scale (TFD; Fatima et al., 2019) were used as pretest and post-test assessment measures for study variables. The outcomes of this study suggested that uninterrupted listening intervention has a significant effect in enhancing the marital quality, tolerance for disagreement and improving communication patterns in the couples receiving the intervention as both husbands and wives scored significantly high in post-test measurement in experimental group. However, in control group, no significant differences were evident in the pretest and post-test scores of both husbands and wives. The results of this study highlight the importance of uninterrupted listening in life of married couples and use of this intervention can significantly augment marital quality, tolerance for disagreement and positive communication patterns and may ultimately lead to nurturing healthy marital relationships.

Keywords. Uninterrupted listening, marital quality, tolerance for disagreement, communication pattern

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Marriage is considered as the most sacred and significant social institution in Pakistan which involves legal union of a man and a woman, which comes with responsibilities and specific gender roles (Afzal et al., 1973). In Islamic Republic of Pakistan, marriage revolves not only around selecting a life partner, but also includes family welfare, social security and social cohesion (Zaman & Shehzad, 2018). However, this institution is being affected as the divorce rates are rising at a fast pace and exclusively in Punjab (Waseem et al., 2020). A survey carried out by Gallup Pakistan (2019) revealed that almost 58% of Pakistanis believe that the divorce rate has increased in Pakistan. Among the primary reasons for this surge in the divorce rate are domestic violence, interference of in-laws and temperamental incompatibility of the married couple (Khan et al., 2019). These causes of divorce develop due to negative feelings, marital conflict, lack of communication, intolerance and failing to listen attentively to their companion's point of view (Gul et al., 2018).

Various events in life, social changes and difference in individuals who are in an intimate relationship make their marital relationship dynamic, complex and more vulnerable to disagreements (Ekufu & Anetoh, 2022). Spending quality time together and uninterrupted conversations are now considered as luxury due to the fast pace of life in this century (Lower, 2005). Sharing about personal and significant aspects of life has been found to be effective in fostering positive interaction in a couple. Activities such as the daily dialogue and uninterrupted listening can be used to form intimacy, strong connection and encouraging positive feelings among couples. This uninterrupted listening intervention reduces chances of arguments of high intensity as well as prevents isolation in couples (Carlson & Lorelle, 2016).

Studies suggest that uninterrupted listening is more effective in young married couples than long-married couples as there is a reduced need of listening in them and they share common views about conflicts (Pasupathi et al., 1999). Experimental studies reveal that post-test scores on marital quality were higher in uninterrupted listening intervention group as compared to the group which was not given intervention. Therefore, uninterrupted listening has a positive influence on communication patterns and marital adjustment levels of couples (Cornelius et al., 2007; Yalcin & Karahan, 2007). Kuhn et al. (2018) suggests that uninterrupted listening and disclosing stressful experiences to the partner can lead to higher marital quality and improves coping behaviors used by the partners. Couples who exhibit less attentive listening are usually involved in greater negative coping as well as more problem-oriented coping. Thus, uninterrupted

listening and disclosure of stress to intimate partner indicates support and better quality of relationship. A study found uninterrupted listening and spousal self-disclosure from the other partner as a mediator in the association between support from partner and marital quality. So, the spouses who disclose themselves and their partner listen to them actively can have a stronger effect on support and intimacy in their marital relationship (Çağ & Yıldırım, 2018; Veldorale-Brogan et al., 2010).

Li and Wickrama (2014) studied the moderating effect of tolerance for disagreement on relationship between marital quality and stressful life events of spouses. Stressful life events decrease marital quality in wives and husbands; however, tolerance for disagreement increases marital quality through its moderating role. Hence, tolerance for disagreement has a significant positive influence on a spouse's own satisfaction as well as on their partner's marital satisfaction. Tolerance for disagreement is found to be a positive predictor of relationship quality in romantic relationships (Carr, 2009). A study on marital disruption in the form of separation or divorce shows that negative communication patterns and high frequency of marital disagreements is a significant predictor of marital disruption (McGonagle et al., 1993). Zhang and Kline (2020) observed a positive relationship between positive communication patterns, warmth and validation with marital quality. Whereas, negative communication patterns, non-validation and hostility have a negative correlation with marital quality. Gender, contexts and culture moderates the relationship between communication patterns and marital quality. However, this association is stronger for Western couples as compared to non-Western couples. The gender differences were found in this study, as the communication patterns of women spouse have greater influence on marital relationship than that of men spouse in a couple.

Research on communication patterns and their significance in a marital relationship revealed that negative communication patterns lead to low marital adjustment and higher psychological distress. Moreover, females who have late marriages had more marital quality while, females who have early marriages displayed less marital quality and more psychological distress. Thus, communication patterns is a significant predictor of psychological distress (Malkoç, 2001; Shaud & Asad, 2020; Zhaoyang et al., 2018). Abusaidi et al. (2018) implied that uninterrupted listening and focusing on solution enhances communication patterns as well as increases marital quality and intimacy among couples, especially women. Ekufu and Anetoh (2022) found positive relations between marital quality and communication

patterns. Additionally, it was revealed that marital quality is predicted by the communication patterns of a married couple.

Therapeutic interventions for couples and uninterrupted listening techniques have proved to be effective in improving marital quality and communication styles among couples. Hence, uninterrupted listening enhances healthy communication which has a positive effect on marital quality in an intimate relationship (Khandani et al., 2022; Lavaf & Shokri, 2021; Vazhappilly & Reyes, 2018). Abreu-Afonso et al. (2022) analyzed the predictors for marital quality in spousal relationship and communication patterns were a significant predictor for marital satisfaction in a couple. Research has shown that spending quality time with the partner, respecting each other and good communication among couples is important for marital quality and life satisfaction (Alipour et al., 2020; Haris & Kumar, 2018). High marital quality is also associated with both verbal and non-verbal communications which are messages of affection from respective partner. Therefore, communication patterns are critical to conflict management and disputes in a married couple as positive communication patterns provide clarification as well as positive affect (Du Plooy & De Beer, 2018; Hou et al., 2019; Oshio et al., 2013; Raina & Maity, 2018).

Li et al. (2018) found association of marital communication patterns and tolerance to marital quality. An indirect significant and long-term link was observed between spouses' marital communication patterns and marital quality, which is related to more tolerance for disagreement and efforts for marital conflict resolution. Thus, positive communication patterns, tolerance and marital disagreement resolution predicts well-being of the couple as well as has positive marital outcomes. A study conducted by Mahmoudpour et al. (2018) on tolerance for disagreement and marital quality indicated that emotional flexibility in form of tolerance can have positive effects on marital quality and marital commitment. Furthermore, individuals who have higher rates of tolerance for disagreement can deal better with marital conflicts and have higher levels of marital quality.

Good listening and attentively listening makes better bond in social relationships. Therefore, the uninterrupted listening from one spouse predicts the sustainability of a marital relationship which is reported by their respective spouse (Kluger et al., 2022). Adlerian psychology provides a theoretical basis for uninterrupted listening and communication (Adler, 2013). The Adlerian concept in the context of marital relationship explains that the marital conflict arises from the relational patterns for a couple and they are not an outcome of disorders within the spouses (Carlson & Lorelle, 2016). Gottman's

theory of the Sound Marital House forms the basis of numerous therapies and interventions to assist the couples in forming a stronger bond, enhancing intimacy and creating better understanding in a marital relationship (Gottman et al., 2002). Thus, this theoretical orientation helps in understanding ways to achieve better marital quality by listening to the partner (Navarra, 2017; Navarra & Gottman, 2013). The interpersonal functioning and marital commitment of one spouse highly predicts the marital conflict as well as marital quality of the relationship (Faulkner et al., 2005).

In Pakistan, there has been extensive research on the predictors of marital quality and factors that improve marital quality. A study found a significant positive relationship between marital quality and tolerance for disagreement. It has also been revealed that females have more tolerance for disagreement than males in a marital relationship (Shahid & Shahid, 2016). Factors such as interpersonal skills have been found to be a positive predictor of marital quality (Batoool & Khalid, 2012). Rehman and Holtzworth-Munroe (2007) conducted an observational study of marital communication on Pakistani, White American and immigrant Pakistani married couples to compare the differences in communication patterns. It has been found that both positive and negative communication patterns were related to marital quality in all three cultural groups. While a more strongly associated of communication patterns with marital quality was found in American couples as compared to Pakistani couples and this association was weak in the immigrant Pakistani group.

Ayub and Iqbal (2012) revealed that communication of the spouse is a significant predictor of the marital quality of the other spouse. Gender differences exist in considering communication as a contributing factor in marital quality. Females were found regard communication as a factor which leads to marital satisfaction. Another study conducted on communication styles of married couples by Jibeen (2019) found that hostile communication style is associated with decrease in marital quality, while warm communication style enhances marital quality.

Marriage is a significant part of the Pakistani culture as well as Islam. The rising divorce rates are concerning as they have an impact on mental health of husband, wife and their children. It adds to the stress of the people affected by divorce. Thus, family as a whole unit is negatively influenced (Muzamil & Muzamil, 2022). Patience and tolerance are decreasing in the young couples which give rise to disputes and marital conflicts. Maladaptive communication patterns, and failure to communicate is a reason for decreasing marital quality as couples are unable to resolve their emotional, financial and sexual

concerns disturbing their marriage (Mohlatlole et al., 2018). Therefore, listening to one another can be a way to promote positive affectivity, improving communication and increasing marital satisfaction (Argyle, 2021). The goal of the present study is to use uninterrupted listening intervention on married couples which is a positive psychology intervention to examine the effectiveness of uninterrupted listening in enhancing marital quality and tolerance for disagreement, along with improving positive communication patterns among married individuals. Moreover, using a culturally appropriate intervention such as uninterrupted listening would give positive outcomes. Thus, it is hypothesized that husbands and wives receiving Uninterrupted Listening Intervention technique will have enhanced marital quality, tolerance for disagreement and communication patterns as compared to those in control group.

Method

Research Design

The present study employed pre-test/post-test experimental design. Assessments on marital quality, communication patterns and tolerance for disagreement were carried out in different phases (i.e., pretest, posttest) for both experimental and control group.

Sample

Sample comprised of 40 married individuals ($n = 20$ husbands, $n = 20$ wives). Purposive and snow ball sampling strategies were employed to recruit the research participants of study. Study included one experimental and one control group. 10 married couples were randomly assigned to each experimental ($n = 10$ husbands, $n = 10$ wives) and control group ($n = 10$ husbands, $n = 10$ wives). Sample was matched based on the age range between 25 to 45 years, education level, marriage duration, spouse residing together and couples not seeking therapy or counseling.

Inclusion Criteria

Married couples with minimum 3 years of marriage duration, having at least one child, with age range between 25-45 years and having at least 14 years of formal education were included in the sample.

Exclusion Criteria

Married couples were excluded if they were a part of any marital counseling session lately or if they were not living with their spouse.

Therapeutic Intervention: Uninterrupted Listening

This positive psychology intervention technique was performed on 10 couples, experimental group. Intervention was administered online due to prevailing Covid-19 situation at the time of data collection and continued for 14 consecutive days. Assessment on marital quality, communication patterns and tolerance for disagreement was carried out in two phases including pretest and post-test. Intervention was performed in following manner. Couples were instructed that one partner will listen to and let the other spouse say whatever he/she wants to without any interruption for at least 5 to 7 minutes, whereas no upper limit of time was fixed for uninterrupted listening.

Each spouse was supposed to talk about whatever was in his/her mind, it could be related to career, children, how he/she feels about the partner or whatever he/she feel like saying. The role of each spouse was simply to listen whatever the other partner was saying. Partner at listening end was not allowed to interrupt or advice or give any verbal feedback to other partner. It was like simply listening to other partner's words as a flowing stream of emotions, and soaking it up. However, married couples were also instructed that it is of paramount importance to give non-verbal listening cues with eyes or body language while listening to other spouse, as inactive listening was not allowed. Once the one spouse was done speaking, the roles switched and the other spouse had his/her turn to speak in an uninterrupted stream of consciousness in the same manner.

Measures

Comprehensive Marital Satisfaction Scale (CMSS)

Urdu translated and adapted version of Comprehensive Marital satisfaction Scale (Blum & Mehrabian, 1999) by Khan (2006) was used in the study to measure marital quality. The scale has 35 items, consisting of 18 positively worded and 17 negatively worded items. The positively worded items include item no 1,3,5,7,8,10, 12, 13, 15, 18, 19, 21, 23, 26, 29, 32, 34 and 35. The negatively worded items include item no 2,4,6,9, 11, 14, 16, 17, 20,22,24,25, 27, 28, 30, 31 and 33. A total scale score is computed by subtracting the algebraic sum of

responses to all negatively worded items from the sum of positively worded items. The score range of CMSS is -140 to + 140. Participants responded each item using 9-point rating scale of agreement and disagreement that ranged from “*very strongly agreement*” for highest score (+4) to “*very strongly disagreement*” for lowest score (-4) and the middle of the +4 and -4, there is 0 value which indicate neutral response. Higher scores on CMSS indicate high marital satisfaction while lower scores indicated low satisfaction in married life. The scale has been reported to have good test-retest reliability as .83 and alpha coefficient as .94 (Mehrabian, 2005).

Couple Communication Patterns Questionnaire (CCPQ)

CCPQ was originally developed by Christensen and Sullaway (1984), and its Urdu translated version was used in this study. CCPQ consists of 28 items. It is measured on 9-point rating scale ranging from “*unlikely*” to “*very likely*”. There are two subscales of CCPQ, positive communication patterns including items no. 1,7,12,13,20, 22,24, 25, 26, 27, 28 and negative communication patterns including items no. 2, 3,4,5, 6 ,8, 9, 10, 11, 14, 15, 16, 17, 18, 19, 21, 23. The score range of CCPQ is 28-252. High score on positive as well as negative communication pattern subscale indicates high use of that type of communication pattern. The reliability of positive communication pattern subscale has been reported as α .81. The reliability of negative communication pattern subscale has been reported as α .91

Tolerance for Disagreement Scale (TFD)

Tolerance for disagreement was measured through the Tolerance for Disagreement Scale (TFD; Teven et al., 1998). Its Urdu translated version (Fatima et al., 2019) was used in the present study. The scale consists of 15 items arranged on a 5-point Likert scale. Response categories ranged from 1 = *Strongly Disagree* to 5 = *Strongly Agree*. The scale consists of 7 positive items (items 1, 2, 5, 7, 8, 14, 15) and 8 negative items (items 3, 4, 6, 9, 10, 11, 12, 13). Negative items were reversed scored i.e., 1 = *Strongly Agree* and 5 = *Strongly Disagree*. The scores were then added, and a composite score was taken showing the level of tolerance for disagreement. The score range for TFD is 15-75. Higher scores on the scale showed more tolerance for disagreement. The alpha coefficient of the original scale was α .86 and that of the translated version was α .94 indicating high reliability of the scale (Fatima et al., 2019).

Procedure

This study was approved from Institutional Review Board of Foundation University Islamabad and permissions were taken from all the authors to use the instruments. Participants were informed about the research study and were approached individually. Initially, information was obtained verbally to see whether they meet the selection criteria of the research. Participants were ensured that their identity will not be disclosed to anyone. Confidentiality of the data was also assured to participants of the research. They were briefed about research and were assured that their provided information would be kept confidential and would only for research purposes. After getting consent, item booklet was administered for pretesting of the study. The booklet comprised of informed consent, three scales; Comprehensive Marital quality Scale (CMSS), Couple Communication Patterns Questionnaire (CCPQ), Tolerance for Disagreement Scale (TFD) and demographic information. These scales were also used for post-testing and follow up of the study, in case of 1st experimental group. While for 2nd, 3rd and 4th experimental groups follow-up could not be done because of high dropout rate.

For completing the item booklet, participants were told that there were no right or wrong answers to statements and they were to select the option that was most appropriate for them. There was no time limit to complete the study but they were encouraged to mark the very first answer that would come to their mind. They were instructed to attempt each item and to provide only one answer for each item. The participants were verbally briefed that the present study was comprised of different phases, (i) pretesting, (ii) positive psychology therapeutic intervention technique and (iii) post-testing. Those couples were given reinforcement of 1000 PKR/- as a token of appreciation at the completion of 14 days intervention.

Results

For uninterrupted listening intervention paired sample t-test was used to find out differences in pretest and posttest measurements of marital quality, communication patterns and tolerance for disagreement among husbands and wives. Prior to conducting paired sample t-test, the assumptions of normality and homogeneity were analyzed and met using Levene test for homogeneity indicating that paired sample t-test can be conducted on the data (Pallant, 2020).

Table 1: *Paired Sample t-test for Marital Quality, Communication Pattern, and Tolerance for Disagreement among Husbands*

Variables	Pre test		Post test		t(9)	p	95%CL		Cohen's d
	M	SD	M	SD			LL	UL	
Experimental Group									
Marital Quality	26.60	13.97	48.20	20.70	6.64	.00	-28.9	-14.2	-.52
Positive Communication	47.90	1.10	80.00	1.29	15.4	.00	-36.8	-27.3	-.99
Negative Communication	78.80	2.40	46.20	1.55	10.02	.00	25.24	39.95	.99
Tolerance for Disagreement	50.20	1.65	66.10	2.80	8.39	.00	-20.1	-11.6	-.96
Control Group									
Marital quality	-3.30	9.32	-3.00	9.52	1.00	.34	-.97	.37	--
Positive Communication	47.60	2.01	47.50	1.84	.318	.75	-.61	.81	--
Negative Communication	92.70	3.77	93.40	3.43	1.90	.08	-1.5	.12	--
Tolerance for Disagreement	38.40	4.00	37.70	4.21	1.90	.89	-1.12	1.5	--

Results revealed statistically significant differences on mean scores of marital quality, positive and negative communication patterns and tolerance for disagreement among husbands at pretest and posttest measurement levels. Significant difference in the pretest and posttest scores for marital quality ($p = .00$) indicated that husbands scored significantly higher on posttest as compared to pretest level. Similarly, pretest and posttest scores for positive communication pattern ($p = .00$) indicated that husbands scored significantly higher on posttest as compared to pretest scores. However, pretest and posttest scores for negative communication pattern ($p = .00$) indicated that husbands scored significantly lower on posttest as compared to pretest. Further pretest and posttest scores of tolerance for disagreement ($p = .00$) indicated that husbands scored significantly higher on posttest as compared to pretest as represented in Table 1. For control group nonsignificant differences were observed in pretest scores of marital quality, positive communication pattern, negative communication pattern, and tolerance for disagreement as compared to posttest scores of marital quality, positive communication pattern, negative communication pattern, and tolerance for disagreement.

Table 2: Paired Sample *t*-test for Marital Quality, Communication Pattern and Tolerance for Disagreement Among Wives

Variable	Pre test		Post test		<i>t</i> (9)	<i>p</i>	95% CL		Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>LL</i>	<i>UL</i>	
Experimental Group									
Marital Quality	22.50	2.77	49.30	4.32	4.85	.00	-39.2	-14.30	-.96
Positive Communication	47.00	1.75	71.80	1.86	7.44	.00	-32.3	-17.26	-.98
Negative Communication	74.80	5.07	46.60	11.74	7.77	.00	19.9	36.40	.84
Tolerance for Disagreement	38.90	1.01	60.30	1.11	12.6	.00	-25.2	-17.58	-.99
Control Group									
Marital quality	-4.00	5.77	-4.30	5.07	.53	.60	-.96	1.56	--
Positive Communication	47.70	7.43	52.10	4.50	1.4	.17	-11.2	2.43	--
Negative Communication	71.20	9.22	75.80	6.12	1.41	.19	-11.9	2.74	--
Tolerance for Disagreement	33.60	5.71	38.50	3.97	2.84	.01	-.36	1.16	--

Results in Table 2 revealed statistically significant differences between mean scores of marital quality, positive and negative communication patterns and tolerance for disagreement among wives at pretest and posttest measurements. Significant difference in pretest and posttest scores for marital quality ($p = .00$) indicated that wives scored significantly higher on posttest as compared pretest scores. Similarly, pretest and posttest scores for positive communication pattern ($p = .00$) indicated that wives scored significantly higher on posttest as compared pretest scores. However, pretest and posttest scores for negative communication pattern ($p = .00$) indicated that wives scored significantly lower on posttest as compared pretest scores. However, pretest and posttest scores of tolerance for disagreement ($p = .00$) indicated that wives scored significantly higher on posttest as compared pretest. For control group nonsignificant differences were observed in pretest scores of marital quality, positive communication pattern, negative communication pattern, and tolerance for disagreement as compared to post test scores of marital quality, positive communication pattern, negative communication pattern, and tolerance for disagreement.

Discussion

The findings of the uninterrupted listening therapeutic technique showed a significant result with our first study variable; marital quality. In Table 1, the husbands' mean posttest scores illustrate a significant difference compared to the pretest scores. The same

findings for wives are shown in Table 2. These findings demonstrated that marital quality was significantly enhanced by implementing the technique of uninterrupted listening among husband and wives, which is supported by previous study which concluded that active listening helped the couples to solve problem and leads to relationship stability (Reznik et al., 2012). Binte Muneer (2015) also observed that conflict handling, active listening and marital commitment are predictors of marital quality in married couples. Marital quality of wives has been found to improve through uninterrupted listening (Carrère & Gottman, 1999; Chan, 2018). Thus, practices such as active listening in the form of uninterrupted listening and self-compassion are associated with increased marital quality in couples (Fahimdanesh et al., 2020). Manusov et al. (2020) also highlighted the role of uninterrupted and empathetic listening on relationship quality in marriage.

As hypothesized that tolerance for disagreement will enhance in couples undergoing the uninterrupted listening intervention, the results and empirical evidence supports this hypothesis. In Table 1, the husbands' mean posttest scores on tolerance for disagreement show a significant difference compared to the pretest scores. The same findings for wives are shown in Table 2. A significant increase in wives scores was seen after implementing intervention technique when compared with husbands' scores. These findings predict that the tolerance power of husband and wives after intervention treatment significantly enhanced. These findings are supported by previous studies that suggested that active listening leads to high level of sociability and lower level in sensitiveness (Itzhakov et al., 2017, 2020; Itzhakov & Weinstein, 2021). Schumann (2012) also found uninterrupted listening, writing daily diaries and other positive psychology interventions to have a significant effect on tolerance for disagreement, which can be an outcome of forgiving spouse and apologizing as well as accepting apology from the partner with sincerity. In Pakistani context, Shahid and Shahid (2016) revealed the relationship between tolerance for disagreement and marital quality. Tolerance for disagreement has an influence on marital quality and overall life satisfaction which can be enhanced with these interventions (Li & Wickrama, 2014). Therefore, the results are in line with literature on tolerance as a positive predictor of marital quality (Obradović & Čudina, 2023).

Moreover, the findings of the intervention, displayed a significant result with positive communication patterns. Table 1 showed that the husbands' mean posttest scores were significantly different from the pretest scores. The same findings for wives are shown in Table 2. These findings demonstrated that positive communication patterns of

both husbands and wives were significantly enhanced by implementing uninterrupted listening technique. However, husbands' mean scores are higher than wives' scores. These findings are supported by a previous study conducted by [Molavi et al. \(2010\)](#) that suggested that listening and positive communication enhancing marital quality ([He et al., 2023](#)). Other literature also supports these findings that concluded that proper planning and positive communication between partners is needed when shifting from single life to marital life ([Doherty, 2013](#); [Gottman & Levenson, 2000](#)). [Farokhi and Sabzi \(2015\)](#) indicated in their research that uninterrupted listening and conversation between the partners improves marital quality and happiness. The findings of this study add to the existing literature of significance of communication patterns in marriage in Pakistan ([Ayub & Iqbal, 2012](#); [Jibeen, 2019](#)). Hence, positive communication patterns is a strong predictor of marital quality ([Mostamandy, 2012](#)).

Our present results showed that the intervention, i.e., uninterrupted listening was also significantly related with negative communication patterns. In Table 1 of the husbands' mean posttest scores, a significant decrease in the mean scores was shown when we compared it to the pretest scores. The same findings for wives are shown in Table 2. These findings demonstrate that negative communication patterns of the experimental group significantly declined by implementing the technique of uninterrupted listening, which is supported by previous intervention studies concluded that respectful listening among couple helps to inhibit negative communication and promote marital quality ([Barry et al., 2019](#); [Genç, 2021](#)), whereas listening and speaking among couples played a significant role in happiness ([Molavi et al., 2010](#)). So, negative communication patterns predict negative outcomes in marriage such as criticism and negative emotions ([Shrout et al., 2023](#)). Hence, the outcomes of this study are in line with the previous literature suggesting a significant impact of uninterrupted listening on negative communication patterns as well as a significant association between communication patterns and marital quality ([Litzinger & Gordon, 2005](#)).

Limitations and Suggestions

The present study has positive outcomes for married couples but there are a few limitations which can be addressed in future researches. As this study had an experimental design, so the sample size was small due to which the generalizability of this research is relatively less and can be increased by a large sample size. Also, the

uninterrupted listening intervention was conducted with married couples from some of the selected cities of Pakistan rather than with the couples from various distant areas which gives a less holistic and generalizable outlook of the effect of the intervention.

There are numerous factors involved during the uninterrupted listening which enhance communication which should be explored through qualitative research methods. Furthermore, this research on uninterrupted listening and marital quality can be extended by studying other married couple samples such as couples who are seeking divorce or settling for separation. This will increase the usage of this intervention in counseling and may limit the increasing divorce rates.

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