NARCISSISM, GRATITUDE AND GENERAL WELL-BEING ON RELATIONSHIP

SATISFACTION AMONG MARRIED COUPLES IN MALAYSIA

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Narcissism, Gratitude and General Well-Being on Relationship Satisfaction Among Married

Couples in Malaysia

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APPROVAL FORM

This research paper attached hereto, entitled "Narcissism, Gratitude and General Well-Being on Relationship Satisfaction among Married Couples in Malaysia" prepared and submitted by Chuah Zi Ling, Lee Mei Kei and Tan Sym Yee in partial fulfillment of the requirements for the Bachelor of Social Science (Hons) Psychology is hereby accepted.

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Abstract

Relationship satisfaction evaluates and assesses a person's qualitative interpretation of a relationship's quality. Nowadays, relationship satisfaction may have been changed by many issues such as narcissist personality, gratitude, and general well-being. It is worthful research to investigate the relationship between relationship satisfaction and these three predictors (narcissism, gratitude, and general well-being) among married couples in Malaysia. A quantitative study design through the snowball sampling method was used in the current study. Pearson's Product Moment Correlation (PPMC) and Multiple Linear Regression (MLR) were used to analysis this research. The instruments used in this study are Hypersensitive Narcissism Scale (HSNS), Gratitude Questionnaire-Six Item Form (GQ-6), 18-item General Well-Being Schedule and Relationship Assessment Scale (RAS). Qualtrics was used to create the questionnaire, and it was posted on different social media, such as Facebook, WhatsApp, Instagram, and so on. 100 married individuals (44 males and 56 females) participated in this research. The age range for these respondents is between 21 to 60 years old (mean=36.68). The result showed that gratitude and general well-being were positively and significantly predicted the relationship satisfaction among married couples in Malaysia. However, narcissism was positively and non-significantly predicted the relationship satisfaction. This study may help to raise awareness about healthy relationships among different kinds of couples. This study able to help raising the awareness of healthy relationship and the information applicable in gratitude therapy. This research study provides an implication to the professionals to get advice in dealing with marriage problem.

Keywords: married couples, narcissism, gratitude, general well-being, relationship satisfaction

DECLARATION

We declare that the material contained in this paper is the end result of our own work and that due acknowledgement has been given in the bibliography and references to ALL sources be they printed, electronic or personal.

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List of Abbreviations

RS   Relationship Satisfaction

GWB   General Well-Being

HSNS   Hypersensitive Narcissism Scale

GQ-6   Gratitude Questionnaire-Six Item Form

GWBS   General Well-Being Schedule

RAS   Relationship Assessment Scale

Introduction

Background of Study

In this era of pursuing quality of life, relationship satisfaction (RS) plays a vital role in improving self's fulfillment. RS is a subjective condition that reflects a person's qualitative interpretation of a relationship's quality. According to the theory of the five levels of Maslow's Hierarchy of Needs, a sense of belongingness is involved in human needs. Therefore, an excellent intimate relationship helps maintain physical and mental health and helps to improve life satisfaction. One of the most important aspects of a healthy family's performance is RS between husbands and wives (Greef, 2000). The decline in RS between married couples can have several effects.

The first effect of a decline in RS is the increasing divorce rate. In the finding of the National Population and Family Development Board of Malaysia (NPFDB), there were 76,786 divorce cases in Malaysia from March 2020 to August 2021 (Povera & Yunus, 2021). Furthermore, the second effect of low RS affects one's psychological well-being (Casad et al., 2014; Falconier et al., 2014). The situation may be getting worse and turn into domestic violence. According to the Women's Aid Organisation (2021), there were 3277 reported domestic violence cases in 2011. Four thousand nine hundred five domestic violence cases were recorded from January 2021 until now (Rahim et al., 2021). It shows the cases getting severe, and the number of cases increased significantly. Numerous reasons contribute to this condition; one of the reasons is relationship dissatisfaction. Hence, this shows that low RS will affect family and domestic violence stability.

In conclusion, the statistic above shows that RS should be further investigated to identify the reasons that affect RS.

Problem Statement

In a satisfying marriage, individuals have many ideas about their marriage or will have in the coming future. The major assumption of a married couple has included, often presumes that the married couple shares the same demands in a marital relationship. Anything that is happening well in the marriage will only get better in the future. Besides that, married couples used to idealise that getting married would also make the bad parts of life fade away, and the married couple would then accomplish and make one another unity (Parrott & Parrott, 1995).

In reality, the married couple might face abuse, depression, verbally insult by their spouses, and tend to be intrusive and controlling by the spouse resulting in bad marital relationships resulting in divorce. According to Wójcik et al. (2019), a couple's relationship with low psychological well-being will result in the breakdown of marriages in 2 to 4 years. To illustrate, instead of sharing the identical desire, the married couple often has arguments with different thoughts, and it might end up with abuse or verbally insult by their spouses. Aggressive behaviour will happen when reality hits the married couple badly. In a study done by Hamdan-Mansour et al. (2011), according to the result, it shows that 61 percent of women in the study reported being abused at least once in the previous 12 months. Furthermore, the marriage did not make the bad parts of life disappear, but it did create more problems and challenges that both partners needed to work together and go through for greater bonding, and yet many people did not manage to compromise, and the marriage ended in divorce. In addition, the mental health issues that arise from a bad marriage will follow the individual throughout their life.

Continuously, the experience of difficult times in the marriage relationship does not only affect the married couple's RS, but it also affects the married couple's mental health and well-being. Moreover, the married couple's family will be affected because the

experience of seeing the parents fighting or hurting each other will have an outward effect on the children's childhood, which might bring up mental health issues and develop a negative personality of the children. Therefore, we hope to contribute data to help people understand the importance of RS. Although our research focuses on married couples, the result and information are also suitable for all walks of life. It may help in reducing the occurrence of psychological disorders. Hence, to better understand RS in the married couple relationship, it is important to understand the relationship's narcissism, gratitude, and general well-being (GWB).

Research Objectives

1.   To examine the relationship between narcissism and relationship satisfaction among married couples in Malaysia.

2.   To investigate the relationship between gratitude and relationship satisfaction among married couples in Malaysia.

3.   To examine the relationship between general well-being and relationship satisfaction among married couples in Malaysia.

Research Questions

1.   Does narcissism influence the relationship satisfaction among married couples in Malaysia?

2.   Does gratitude influence the relationship satisfaction among married couples in Malaysia?

3.   Does general well-being influence the relationship satisfaction among married

Hypotheses

H_1: Narcissism negatively predicts relationship satisfaction among married couples in Malaysia.

H_2: Gratitude positively predicts relationship satisfaction among married couples in Malaysia.

H_3: General well-being positively predicts relationship satisfaction among married couples in Malaysia.

Significance of Study

In the context of RS, this finding is useful for Malaysia's Government. According to Embong (2021), 9,015 domestic violence cases have been reported since the MCO period. Furthermore, the divorce rate in Malaysia recorded 80,000 divorce cases till this September (Povera & Yunus, 2021). The finding could raise awareness of the Malaysia government about the rising cases of domestic violence in marriage. The statistical information can be useful for the Malaysia government, especially Woman Aids Organisations, to improve essential civil society services, intervention programmes, victims' shelters, and the judicial system.

In addition, there is a limitation and research gap addressed by the psychoanalytic model of narcissism (Afek, 2019). The recent study of narcissism mostly focuses on clinical aspects and treatment. Through this research study, we wish to look at narcissism from a different angle by examining the tendency of narcissism among married couples in Malaysia.

The study of gratitude and general well-being is beneficial for future studies. General well-being acts as the fundamental of every individual's overall physical and mental health. According to Unanue et al. (2019), individuals with greater life satisfaction experience more positive emotions and motivation toward a life goal. Other than that, the positive psychology aspect of gratitude mentioned that gratitude plays a vital role in maintaining romantic relationships (Deichert et al., 2019). Hence, gratitude and GWB are

worth examining as these findings provide a general review of how gratitude and GWB affect married couples in Malaysia.

Conceptual Definitions

Narcissism

According to (Yakeley, 2018), narcissism is a personality trait characterised by grandiosity, self-admiration, arrogance, and exploitativeness. Narcissist (individual with a high level of narcissism) is characterised by a strong sense of superiority, self-centeredness, lack of empathy. They are combative and exploitative over the relationship (Hyatt et al., 2018).

Gratitude

Gratitude refers to an individual's feelings of thanks and appreciation over tangible (work, friendship, family relationship, and wealth) or intangible items (religion, freedom, nature, and health) in life (Harvard Health, 2021). From the perspective of positive psychology, gratitude goes beyond an individual's feeling of appreciation and creates long-lasting positivity during the search for goodness in human lives (Ackerman, 2021).

General Well-Being

According to American Psychological Association (2020), well-being can be defined as a state of wellness, happiness, and fulfillment. It is characterised by good physical health, psychological health, a good sense of meaning in life, and high life satisfaction. In the research of Ruggeri et al. (2020), the measure of personal well-being consists of physical well-being, emotional well-being, social well-being, occupational well-being, and community well-being.

Relationship Satisfaction

RS can be defined as a subjective evaluation of attitude, emotions, and personal experience in any type of relationship (Keizer, 2014). The level of RS is subjective as it purely depends on personal experience, expectation, environmental determinants, couple personality, and relationship quality. In research from Gerlach et al. (2018), couple perception of RS is vital in indicating the married couple relationship quality and thereupon leads to relationships' longevity.

Operational Definitions

Narcissism

Narcissism can be defined as personality traits that can be characterised by grandiosity, self-admiration, arrogance, and exploitativeness. The tendency of narcissism can be measured using the Hypersensitive Narcissism Scale (HSNS). It is a self-evaluation questionnaire that consists of 10 items (Hendin & Cheek, 1997). It is used to measure the covert aspect of a narcissistic personality. The test taker will rate their feelings and behaviour accordingly using a 1 to 5-point Likert scale. The higher the score, the higher the narcissistic tendency. The lower the score, the lower the narcissistic tendency.

Gratitude

Gratitude refers to an individual's traits or feelings of appreciation towards tangible and intangible items in daily life. Gratitude Questionnaire-Six Item Form (GQ-6) is chosen to measure one's proneness towards gratitude (McCullough et al., 2002). It consists of 6 items and measures an individual's self-recognition and response toward the grateful aspect. Test takers will rate their answer toward gratitude using 1 to 7-point Likert scale. The level of gratitude is calculated by summing up the score for all items. Higher scores indicate a higher level of gratitude. Hence, those who score higher score can be defined as grateful people.

General Well-Being

GWB is measured using an 18-item General Well-Being Schedule (Dupuy, 1978). GWB Schedule is a self-reported questionnaire that consists of 18 items. Its emphasis is on personal subjective feelings of psychological well-being. GWB Schedule measured the six dimensions of well-being, including anxiety, depression, general health, positive well-being, self-control, and vitality. Test takers are going to rate their inner state. An individual's well-being is calculated by adding the score obtained. The higher the score obtained, the greater the individual GWB.

Relationship Satisfaction

According to Hendrick (1988), the relationship assessment scale (RAS) is a 7-items scale used to evaluate the overall RS among couples. This instrument is widely used among married couples. Overall RS is calculated by summing the total score. The higher the score obtained, the higher the RS.

Chapter 2

Literature Review

Theoretical Framework

PERMA Theory of Well-Being

According to Seligman (2018), people achieve well-being through 5 components (positive emotions, engagement, relationship, meaning and accomplishment). PERMA theory emphasises the importance of these components in achieving GWB. Hence, this theory is relevant to narcissism, gratitude, GWB, and RS. The five components (PERMA) can also be the determinants of general well-being.

Positive emotion in PERMA theory refers to hope, pleasure, gratitude, love, and so on. It emphasised the importance of positive emotions to achieve a flourishing life (Madeson, 2021). Positive emotion is highly correlated with GWB. By cultivating positive emotions in daily life, individuals can live in the present moment without dwelling on the past and be grateful for others' kindness (Butler & Kern, 2016).

Engagement happens when an individual is being attracted to the activity that fills their life. When individuals fully immerse themselves in an activity, they are experiencing the state of flow or optimal experience (Cherry, 2021). Experiencing flow cultivates a sense of mastery and sense of control. Individuals in flow states are reported to have a higher level of life satisfaction (Forgeard et al., 2011).

Seligman (2018) argued that relationship is the core element in achieving GWB. By interacting and forming connections with others, individuals can feel a sense of belongingness and love from family, friends, partners and significant others.

Meaning can be defined as having meaning in life. It emphasises the role of gaining self-worth through serving something meaningful. For instance, having a stronghold on religious or spiritual beliefs enables humans to search for the emotional dimension of

meaning in life. In the studies of Krok (2015), individuals with strong religious beliefs are reported to have higher life quality and life satisfaction. Hence, it can be concluded that meaning in life is correlated to self-realisation and GWB.

Accomplishment is defined as an individual's ability to achieve personal goals. The process of mastering new skills and reaching for personal growth increases an individual's level of self-esteem. With a high level of self-esteem, an individual is motivated to achieve higher achievement. The self-actualisation gained during the process of accomplishment promotes personal growth, leading to GWB (Forgeard et al., 2011).

Conceptual Framework

Figure 2.1

Conceptual framework of narcissism, gratitude, GWB and RS.
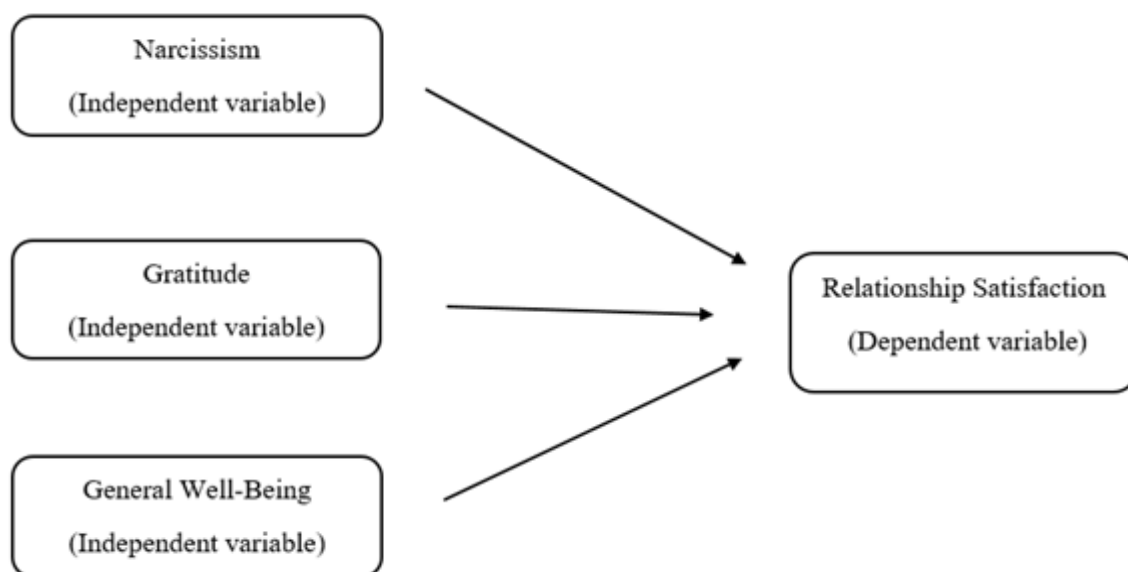
PERMA Theory of Well-Being is applied to underpin this study. This study investigates how narcissism, gratitude and GWB have influenced the RS of married couples in Malaysia. In the present study, narcissism, gratitude and GWB are the independent variables, while RS is the dependent variable (See Figure 1).

The definition of 'self' refers to an individual's sense of self in their psychological universe (Kohut, 2013). They are characterised by perfectionism (positive and negative),

self-centeredness and lack of empathy. In this context of narcissism, PERMA theory emphasises the role of perfectionism (self-oriented perfectionism and other-oriented perfectionism) in romantic relationships (Birch et al., 2019).

Self-oriented perfectionism actively contributes to romantic relationships. Despite having high expectations over themselves, they are actively engaging in creating interpersonal relationships with others. They are committed to nurturing meaningful communication, high-quality relationships, and emotional bonding (Flett et al., 2001). By expressing their needs and expectations in a relationship, couples rely on each other during hardship. They developed trust and respect over time. The healthy engagement of two parties leads to high RS (Meeks et al., 1998).

On the other hand, other-oriented perfectionism showed more narcissistic personality (grandiosity, fear, anxiety, and arrogance) in a romantic relationship. The need to dominate their partners leads to a toxic relationship. Couples that choose to stay in a toxic relationship are reported to have poor physical and psychological health (Chloe, 2020). They may experience anxiety, insecurity, high levels of stress, and low self-worth.

In Algoe (2012) research, human relationships can be strengthened by expressing and recognising gratitude during social interaction. Positive emotions such as cultivating gratitude can ultimately lead to positive well-being. From the perspective of the biopsychosocial model, practising gratitude towards others can produce long-term benefits in daily life (Chowdhury, 2021). Being responsive to gratitude allows individuals to have more positive thoughts and better self-regulation when encountering difficulties. In biological aspects, grateful persons reported experiencing less stress and fewer chronic diseases (Fulton, 2020). People with a high level of gratitude tend to form strong interpersonal relationships with friends and significant others (Lambert et al., 2010).

In parallel, the exchange of gratitude in a romantic relationship allows couples to have a better understanding. According to Algoe et al. (2012), couples that practice gratitude is reported to feel more happiness and satisfaction with their partners. They are willing to express their gratitude towards partners in romantic relationships by showing appreciation. Hence, couples are motivated to spend more time with each other.

Lastly, the interaction between significant others is vital, so individuals have someone they trust to turn to during hardship (Mcleod, 2020). The emotional and instrumental support obtained reduces physiological and psychological stress. When both partners are committed to a romantic relationship, they experience a sense of belongingness, thus leading to high RS. Emerging adults have a greater sense of purpose in life because they make future plans such as financial planning before marriage (Gómez-López et al., 2019).

Relationship Satisfaction

RS is defined as an individual's attitudes and perceptions towards their partner and the marital quality with a strong personal subjective consciousness and value orientation. First, we can define RS as marital satisfaction, mutual understanding between husband and wife, psychological well-being, and attitude towards the marital stage (Çetinkaya & Gençdoğan, 2017). It also reflects the marital quality of married couples. Hence, RS is an assessment to evaluate the current marital stage. Conflict, aggravation, and antagonism are indicators of low relationship quality, but compassion, closeness, and nurturance are subjective sensations linked with excellent relationship quality. (Kamp Dush & Amato, 2005).

From the perspective of Sternberg (1986), the component of a relationship is intimacy, passion, and commitment. Intimacy refers to the sense of belongingness, a sensation of being close, and the strength of connection with another person (Mashek & Aron, 2004). Furthermore, passion is the driving force that causes romance, physical

attraction, sexual relationships in love. Commitment refers to maintaining the love relationship, loyalty to love, and responsibility. RS is typically high in the early stages of marriage, drops dramatically in the middle stages, and then improves in the later stages (Lupri & Frideres, 1981).

Marital satisfaction has been widely investigated in the research. It has been demonstrated in various research sectors such as psychological factors, sociodemographic developments, parenting, physical well-being, and psychopathology (Bradbury et al., 2000). Aggression is frequently assumed to negatively associate RS between a married couple (Bradbury et al., 2000). The finding of Candel and Turliuc (2019) verified the existence of an inverse link between attachment insecurity and RS. However, these studies mainly focus on attachment style and aggression in a relationship towards the RS between married couples.

There are some reasons to study this topic. Firstly, there are many research generated overseas. Due to different cultural and contextual, the result of these studies cannot fulfil the research gap in Malaysia. Furthermore, there is a lack of studies concentrated on the narcissistic personality, gratitude behaviour, and well-being on the RS of the married couple.

Narcissism and Relationship Satisfaction

With the rapid development of domestic society, the issue of marriage is becoming more prominent, and it is increasingly important to build stable intimate relationships and improve RS. Narcissism can be defined as above ordinary admiration of oneself or one acting in a self-indulging manner, which shows one does not care about the behaviour's effects on society.

Narcissism in relationships tends to incorporate resources and perceptions into themselves when establishing a close relationship. The change of RS primarily results

from the fact that narcissistic behaviour. It is because narcissism has a strong connection with self-esteem (Brummelman et al., 2016). People who have excessively high self-esteem may exaggerate their talents, although they lack the skills to back up their claims. They may have interpersonal problems and refrain from self-improvement because they focus on thinking of themselves as ideal. (Cherry, 2021). Some narcissistic acts, such as grandiose acts, may boost a person's morale with low self-esteem due to previous failures in what they were pursuing, or they might affect the quality of the relationship.

A study found that narcissism has a negative linkage with relationship quality (Seidman, 2016). The research written by Lavner et al. (2016) investigated that the narcissism ratings of husbands had some effect on their own or their marital quality. The vulnerable narcissism of a male partner has an impact on women's relationship fulfilment. In women having significant grandiose narcissism, male partners demonstrated lower RS (Casale et al., 2019). However, some research did not agree that narcissism null correlation to RS (Campbell et al., 2002).

Few studies have used a two-person approach to exploring the consequences of narcissism on marital satisfaction. Most of the literature concentrates solely on one of the couple's members. For both theoretical and methodological considerations, this is a barrier.

Gratitude and Relationship Satisfaction

Gratitude is an important aspect of human life because it influences how people interact with each other in their daily lives (Harpham, 2004). The advantages of gratitude enhance not just to the person who is experiencing the thoughts and feelings (i.e., the recipient of a kind behaviour), as well as to the person causing the thoughts and feelings (i.e., the benefactor) whenever it is demonstrated and recognised (Yoshimura & Berzins,

2017). To illustrate, gratitude is powerfully associated with beneficial consequences for individuals and relationships, including a couple's RS (Visserman et al., 2018).

Previous research has shown that expressing gratitude could Lambert support the establishment and improvement of romantic partners (Lambert et al., 2010). A study conducted in the United States and Tokyo, Japan by Robustelli and Whisman (2016) concluded that gratitude had been discovered to be closely linked to RS and satisfaction with life: Greater levels of gratitude have been linked to greater levels of RS. In addition, the study concluded that the couple's RS could be predicted by the gratitude shown by the partners previously (Algoe et al., 2010). Studies conducted in Europe resulted in participants with a higher level of RS received and experiencing more gratitude shown by the partner (Kubacka et al., 2011). Hence, the association between gratitude and RS is similar across countries, and gratitude has been discovered to have become an indicator of RS.

Throughout this context, gratitude for the loving relationship is likely to influence good relationship consequences, including RS (Vollmann et al., 2019). For instance, gratitude for one's partner plays a role in increased marital satisfaction and greater modification such as a change in appreciate, gratefulness, passion and commitment, intimacy, and honesty among young couples, therefore young couples could also benefit from showing gratitude in their relationships as well (Schramm et al., 2005). Previous studies show that participants who reported greater levels of gratitude used to have partners who were satisfied in their marital relationship (Gordon et al., 2011). To illustrate, gratitude has been connected to individuals' physical and psychological well-being, and it has been shown to anticipate RS. It suggests that the future study focuses on changes of gratitude among the couple. Besides that, gratitude can boost desirable behaviours and develop interpersonal relationships with others (Gordon et al., 2011).

General Well-Being and Relationship Satisfaction

Romantic relationships are beneficial to the individual's mental health and influences well-being. One of the most key determinants throughout everyday life is a romantic relationship, a common feature of human society (Kawamichi et al., 2016). To illustrate, the increased levels of contribution in romantic relationships have been connected with such a confusion of potential alternatives (Maner et al., 2009). Consequently, romantic love maintains relationships while decreasing the interest in finding alternative partners (Kawamichi et al., 2016).

In a study by Gómez-López et al. (2019), the ultimate sacrifice and attempting to help are associated with greater RS and higher well-being in the couple relationship. In contrast, prevention motives have been associated with decreased well-being, RS, and relationship stability. To further illustrate, in the young adult couple's relationship, the increased amounts of well-being were significantly associated with RS. In contrast, reduced well-being standards were inversely associated with RS (Gómez-López et al., 2019). In addition, several past studies reported that well-being is positively related to RS in which couple's that are in a greater well-being have universally higher level of RS as compared to the couples that are in low well-being (Holt-Lunstad et al., 2008; Hudson et al., 2020; McCabe et al. 1996). Moreover, reporting relatively unbiased thoughts and emotions (i.e., neither positive nor negative), when individuals are not finding a partner, the individual's relationship predicts lower well-being. Besides that, it appears that engagement in a very high level of well-being is what makes a difference for increasing relationship satisfaction (Gere & Schimmack, 2013).

A study completed by Reneflot and Mamelund (2012), examining the connection between marital status and psychological well-being of non-marital and married couples in Norway, reported that married couples reported higher psychological well-being than non-

marital. This is because the non-marital and divorce participant reported having a higher symptom of anxiety and depression than married couples. Moreover, a study that included 500 participants of married people in Gauteng Province, South Africa, resulted in greater RS and greater psychological well-being (Ndlovu, 2013). Thus, the association between well-being and RS is similar across countries, and RS has been discovered to have become an indicator of psychological well-being.

Nevertheless, people with poor psychological well-being have higher stress interrelations with their partners, which also, in turn, leads to an even significantly larger decrease in psychological well-being (Kamp Dush et al., 2008). To illustrate, a study about the buffering effect of RS with a stressed partner, poor well-being, especially depression, relates to personal. It can have severe consequences for their relationship's partner. It includes that being in a relationship with a depressed partner is linked to psychological distress and relationship stress. As persons' demands, ambitions, and beliefs in a relationship evolve, it would be essential to discuss how romantic relationships influence well-being and likewise (Røsand, 2012). Furthermore, there seem to be vastly different ways in romantic relationships throughout the lifetime, which may also alter the strength of the relationships between romantic relationships and well-being (Kansky, 2018).

Chapter 3

Methodology

Research design

The design framework of this present study is based on cross-sectional research and correlational study by using quantitative research methods. A cross-sectional study guarantees that every individual has an equal opportunity to be chosen and determine the characteristic of the population (Thella & Laake, 2015). The reason for selecting a quantitative research method is cost-effective and time-efficient (Daniel, 2016). The data will be collected by using questionnaires via Qualtrics Online Survey. The construct of the questionnaire consists of four elements: narcissism, gratitude, general well-being, and relationship satisfaction.

Population and sampling method

Participants

The target participant of this study is married couples aged 21 to 60 (M=36.68 years). The target participants' wife or husband is selected to answer the questionnaire. The following criteria are that the participant needs to be certified Malaysian. There was a total of 100 respondents joined the study. 56 females and 44 males participate in this study. 55 participants were Chinese, 21 were Malay, and 24 were Indian. Furthermore, a total of 100 participants includes Buddhism, 24 Hinduism, 21 Muslim, 7 Christianity, and 1 atheist.

Sampling method

A non-probability sampling method which is snowball sampling method was used in this study. Anonymous link was sent to married couples and ask them forward it to their married friends. The reason for choosing the snowball sampling method is to enable the present study to be conducted; otherwise, it will be challenging due to a lack of respondents.

This method helped to approach respondents easily and quickly because it can attract

participants with the same characteristics or criteria to join this study.

Sample size

G* power software is a reliable method in calculating minimum sample size (Faul et

al., 2009). The effect size of three predictors (narcissism, gratitude, and general well-being) is

identified using Cohen's d formula, $f = r^2/(1-r^2)$. Previous research of Altınok & Kılıç (2020)

found that the effect size of narcissism was reported to be .067. The effect size of gratitude

was (.061) obtained from Dioszeghy (2018) study. The effect size of GWB, which was found

by previous research of Chan and Li (2020), was reported at .624. The total effect size is

calculated by dividing the summation of three predictors (See Appendix A). The effect size is

reported at .25.

A small effect size (.25) and the statistical power level at 0.95 are chosen to calculate

the minimum sample size. According to G* power software, the minimum sample size is 73

(See Appendix B). While using A-Priori Sample Size Calculator (Soper, 2021), the minimum

sample size is reported to be the same (n=73) (See Appendix C). The sample size of this

study will be set at 100 to increase the accuracy of the data. A larger sample size provides an

accurate mean and avoids outlier or survey abandonment (Faber & Fonseca, 2014).

Research Location

Qualtrics was used to create the questionnaire, and it was posted on different social

media, such as Facebook, WhatsApp, Instagram, and so on.

Instruments

The online survey questionnaire consists of 5 parts. Part A is the Hypersensitive

Narcissism Scale (HSNS). Part B is the Gratitude Questionnaire-Six Item Form (GQ-6),

while part C is 18-item General Well-Being Schedule. Part D is the Relationship Assessment

Scale (RAS). Part E will be asking the participant's demographic information, including age, gender, marital status, and ethnicity.

Hypersensitive Narcissism Scale (HSNS; Hendin & Cheek, 1997)

This is a self-administered questionnaire used to measure the individual tendency of narcissism. It consists of 10 items and is rated using 1 to 5-point Likert scale ranging from "1= very uncharacteristic or untrue, strongly disagree" to "5= very characteristic or true, strongly agree". The tendency of narcissism is measured by summing up the score of 10 items. The total score range obtained ranges between 10 and 50. The higher the HSNS score, the higher the narcissistic tendency. HSNS shows acceptable reliability (α=.75) (Littrell et al., 2020).

Gratitude Questionnaire-Six Item Form (GQ-6; McCullough et al., 2002)

GQ-6 is a 6-items self-rated scale used to indicate how individuals experience gratitude. The scoring of GQ-6 is based on 1 to 7-point Likert scale where "1= Strongly disagree" and "7- Strongly agree". Items 3 and 6 are reversed items. Individual level of gratitude is calculated by summing up the total score. The score range obtained will be between 6 and 42. GQ-6 shows acceptable reliability (α=.84) (Kaniuka et al., 2020).

General Well-Being Schedule (GWBS; Dupuy, 1978)

GWBS is a self-rated psychometrical tool that aims to measure individual subjective feelings of well-being over time (Fish, 2018). It is an 18-item scale measuring well-being from six dimensions: anxiety, depression, general health, positive well-being, self-control, and vitality. The scoring of items 1 to 14 is based on 0 to 5-point Likert scale. Items 15 to 18 are rated based on a 10-point Likert scale. Sum up the total score for each dimension to measure individual well-being. The higher the score obtained, the greater the individual general well-being. The Cronbach alpha of the scale is 0.85 (Liu et al., 2020).

Relationship Assessment Scale (RAS; Hendrick, 1988)

It is a 7-item self-evaluation scale used to evaluate the overall relationship satisfaction among couples. The scoring of RAS is based on 1 to 5-point Likert scale ranging from "1= Low" and "5= High". Items 4 and 7 are reversed items. The total score obtained ranged between 5 and 35. Overall relationship satisfaction is calculated by summing the total score. The higher the score obtained, the higher the relationship satisfaction. It shows good reliability (α=.91) (Sadiq et al., 2021).

Research procedure

Before distributing the questionnaire, ethical clearance was approved by Universiti Tunku Abdul Rahman. In the first week of distributing the questionnaire, the data of 30 participants were collected for the pilot test. The data collected from the pilot test is to measure the internal consistency and reliability of the questions.

Qualtrics was used to collect the participants' data after identifying the Cronbach's Alpha value. This is to avoid any possible problems that occurred during the actual study. To reach our target participants in Malaysia, participants were approached by a hyperlink to the online survey questionnaire distributed via social media platforms such as WhatsApp, Facebook, Instagram, and messaging. The questionnaire is a closed-ended question in which the respondent must answer the question within a certain number of answers.

Participants were required to read the Personal Data Protection Statement (PDPA) and informed consent before filling out the survey. It is to get participants' permission to collect, record, store, utilise, and retain personal information. After participants choose to agree, they can proceed to the questionnaire. All the information of the respondent was private and confidential. After completing the questionnaire, all the data was filtered and transferred to the SPSS software for further analysis and calculation.

Pilot Study

The pilot study was carried out by sending Qualtrics hyperlinks to 30 participants. The data were collected within two days. The data was analysed by using SPSS software. The Cronbach's Alpha of the Hypersensitive Narcissism Scale (HSNS) is 0.851, and General Well-Being Schedule (GWBS) is 0.861. Besides, the Cronbach's Alpha value of the Gratitude Questionnaire-Six Item Form (GQ-6) and Relationship Assessment Scale (RAS) are 0.631 and 0.690, respectively. The reliability of GQ-6 and RAS is lower than 0.7. This is because when there are fewer than ten items in an instrument, the reliability is often underestimated (Herman, 2014). In conclusion, the reliability of these four instruments is considered acceptable. (Konting et al., 2009 & Taber, 2017)

Actual Study

An amount of 140 married people was recruited in the actual study. 40 respondents were filtered out because they did not fufill the inclusive criteria in marital relationships, incomplete data, and disagreed to participate in the study.

Data analysis procedure

After collecting sufficient data, the data will be exported to SPSS Software. The first step of data analysis is data cleaning. It is to remove incomplete data and participants who do not fulfil the requirement. After removing the unusable data, the assumption of the statistical test will be carried out to ensure the data fulfils the statistical assumption test criteria. Lastly, Multiple Linear Regression (MLR) will indicate the linear relationship between narcissism, gratitude, and general well-being on relationship satisfaction among married couples in Malaysia.

Chapter 4

Results

Introduction

This chapter states the descriptive statistics of respondents' demographic data, such as age, gender, and ethnicity. On top of that, inferential statistics were presented by using Multiple Linear Regression to analyse the data in this study.

Date Cleaning

A total of 140 respondents participated in this actual study. Next, missing data were detected after deleting the data for a pilot test. 10 participants disagreed with joining this study, 15 participants did not fulfil the inclusion criteria, and 15 responses were incomplete. A total of 100 respondents remained in the current research. The minimum sample size calculated by G-power is 73. Thus, the final retained sample size is more than the estimated sample size.

Descriptive Statistics

One hundred people participated in this study**.** The age range of participants in this study is between 21 and 60, with an average of 36.68. Forty-four of the respondents were male, and 56 were female. 55 participants were Chinese, 21 were Malay, and 24 were Indian. Moreover, 47 participants were Buddhism, 24 participants were Hinduism, 21 participants were Muslim, 7 participants were Christianity, and 1 was atheist.

Table 4.1

Demographic Information of Participants (N=100)

Baseline Characteristic	*n*	%	*M*	*SD*
Age			36.81	10.422
Gender				
Male	44	44		
Female	56	56		
Race				
Malay	21	21		
Chinese	55	55		
Indian	24	23.2		
Religion				
Islam	21	21		
Buddha	47	47		
Hindu	24	24		
Christian	7	7		
Others	1	1		

Descriptive Statistics of Variables

Table 4.2

Descriptive Statistics of Variables

Variables	Minimum	Maximum	Mean	Standard Deviation
Narcissism	17	50	29.34	6.249
Gratitude	13	42	31.98	5.578
General Well Being	46	109	78.94	14.980
Relationship Satisfaction	14	35	27.02	5.144

Normality Test

Histogram

All the variables fulfilled the assumption of the distribution in bell-shaped (see Appendix D). Thus, it showed no violation of normality in the histogram.

P-P Plots

The variables fulfilled the assumption because the observed data falls closely on diagonal lines (see Appendix E).

Skewness and Kurtosis

The table below shows that all the variables do not violate normality in skewness and kurtosis because the acceptable skewness and kurtosis value is between -2 to +2 (George & Mallery, 2010).

Table 4.3

Skewness and Kurtosis of variables

Variables	Skewness	Kurtosis
Narcissism	.701	1.020
Gratitude	-.322	.267
General Well Being	.121	-.838
Relationship Satisfaction	-.316	-.617

Kolmogorov-Smirnov Test and Shapiro-Wilk Test

The table below shows the Kolmogorov-Smirnov test and Shapiro-Wilk test for testing the normality of 10 variables. The test indicated that the significance value of narcissism and relationship satisfaction is less than .05. Thus, these two variables were nonnormal distribution. This situation is expected in the sample size being more than 30 (Pallant, 2002).

Table 4.4

Kolmogorov-Smirnov's and Shapiro-Wilk's normality test

	Kolmogorov- Smirnov			Shapiro-Wilk		
	Statistic	*df*	*Sig*	*Statistic*	*df*	*Sig*
Narcissism	.113	100	.003	.962	100	.005
Gratitude	.060	100	.200	.973	100	.036
General Well Being	.088	100	.052	.974	100	.042
Relationship Satisfaction	.100	100	.015	.969	100	.020

Note. d.f.=Degree of freedom, Sig=Significant value

The five tests for normality (Histogram, P-P plot, Skewness, Kurtosis, Kolmogorov-Smirnov test, or Shapiro-Wilk test) show narcissism and relationship satisfaction do not fulfil the assumption of normality in the Kolmogorov-Smirnov test. Therefore, these five variables achieve 4 out of 5 in the normality indicator. That may allow the data to have proceeded. Other variables fulfilled all the assumptions of normality which is five over five or the indicators. All the variables have fulfilled the normal distribution (Curran-Everett & Benos, 2004).

Assumptions of Multiple Linear Regression (MLR)

Independence of Errors

Table 4 shows that the Durbin-Watson test's value is 1.810, under the range between 1 and 3. This result indicates that it does not violate the assumption of independence of error.

Table 4.5

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Durbin-Watson
1	.592	.351	.331	4.209	1.810

Normality of Residual, Linearity, and Homoscedasticity

The figure below shows the standard predicted value's scatter plot against the normal residuals. The residuals are evenly and randomly distributed along the zero line. Therefore, all the assumptions are met.

Figure 4.1

Scatterplot of standard predicted value against the standard residuals

Scatterplot
Dependent Variable: T_RS
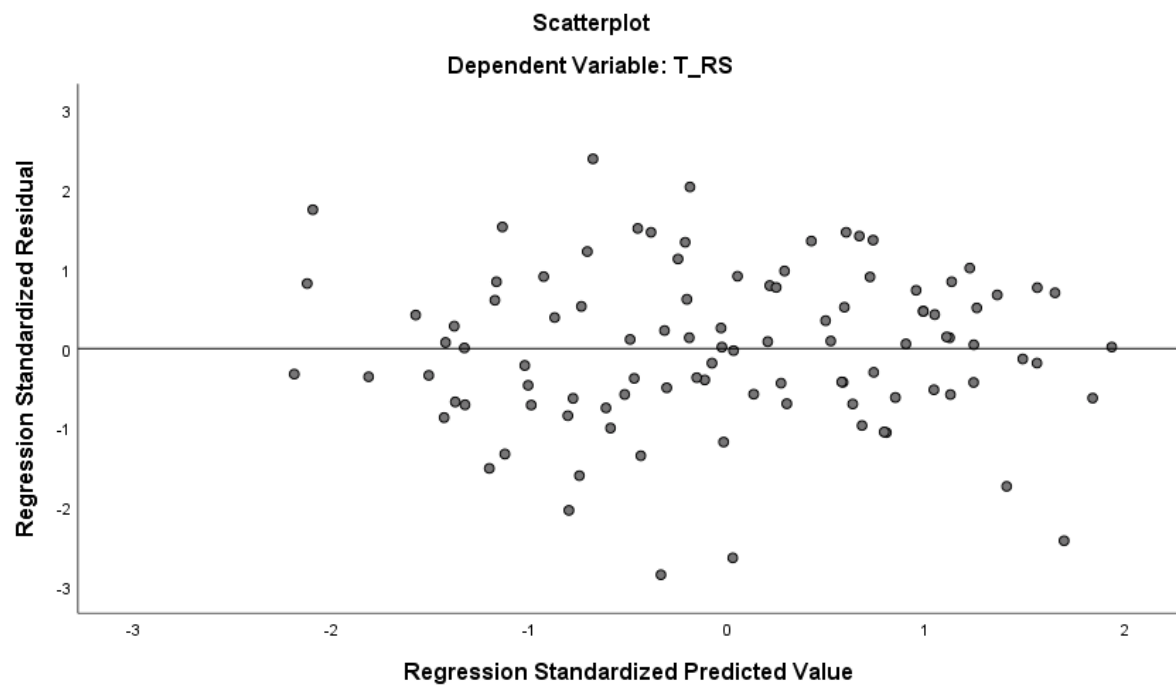
Multicollinearity

Table 5 states the tolerance and variance inflation factor (VIF) were used to test multicollinearity. A tolerance value of more than .10 and a VIF value of less than 10 indicate that the assumption has not been violated. Hence, the assumption of all the variables in multicollinearity, not violence.

Table 4.6

Collinearity among variables

Model		Collinearity Statistics	
		Tolerance	VIF
1	Narcissism	.841	1.189
	Gratitude	.901	1.110
	General Well Being	.860	1.162

Multivariate Outliers and Influential Cases

Table 6 shows four outliers from 100 cases in the current data set. The outlier was tested using Mahalanobis Distance, Cook's Distance, and Centered-leverage value. The cut-off point for Mahalanobis Distance in this study is 15, while the cut-off point for Cook's Distance is 1. Based on Hoaglin and Welsch (1978), the cut-off point for the Centered-leverage value is two times Leverage's value which is .20. The table shows Mahalanobis Distance, Cook's Distance, and Centered-leverage value of the four causes, not more than the cut-off point state above. Thus, no multivariate outliers and influential cases in the sample data.

Table 4.7

Casewise Diagnostics for Relationship satisfaction

Case Number	Std. Residual	Mahalanobis distance	Cook's distance	Centered-leverage value
15	2.389	.694	.025	.007
21	2.035	2.310	.037	.023
35	-2.038	4.590	.066	.046
67	-2.420	3.809	.078	.038
78	-2.636	1.390	.044	.014
98	-2.849	.973	.042	.010

Inferential statistics

Pearson Product-Moment Correlation (PPMC)

Pearson Product-Moment Correlation was used to test the direction of the relationship between the three independent variable (Narcissism, Gratitude and General Well-being) and relationship satisfaction. Table 8 showed that narcissism, gratitude, and general well-being positively correlate with relationship satisfaction.

Table 4.8

Pearson Product-Moment Correlation Coefficient

Variable	n	M	SD	Relationship Satisfaction	Narcissism	Gratitude	General Well-being
Relationship Satisfaction	100	27.02	5.144	—	.113	.337*	.537*

*$p < .01$.

Multiple Linear Regression (MLR)

Multiple regression analysis was used to test the narcissism, gratitude, and general well-being on relationship satisfaction. The model was statistically significant, $F(3,99)$ =17.3., $p < .05$, and accounted for 33.1% of the variance.

H_1: Narcissism negatively predicts relationship satisfaction among married couples in Malaysia.

This hypothesis is failed to be accepted. This is because the result has shown a positive relationship between narcissism and relationship satisfaction ($\beta = .137$, $p = .129$).

The result has also shown no significant relationship between narcissism and relationship satisfaction among married couples in Malaysia. Thus, it cannot be concluded that the narcissistic person has high satisfaction in the relationship.

H₂: Gratitude positively predicts relationship satisfaction among married couples in Malaysia.

This hypothesis is accepted. This is because the result has shown a significant positive relationship between gratitude and relationship satisfaction among married couples in Malaysia ($\beta = .251$, $p < .05$). Thus, the grateful person has high satisfaction in the relationship.

H₃: General well-being positively predicts relationship satisfaction among married couples in Malaysia.

This hypothesis is accepted. This is because the result has shown a significant positive relationship between general well-being and relationship satisfaction among married couples in Malaysia ($\beta = .525$, $p < .05$). Thus, the greater the individual GWB, the higher satisfaction in the relationship.

Table 4.9

ANOVA Table for regression

Model		Sum of Square	df	Mean Square	*F*	Sig.
1	Regression	919.381	3	306.460	17.300	.000
	Residual	1700.579	96	17.714		
	Total	2619.960	99			

Note. $R^2 = .351$, Adjusted $R^2 = .331$

Table 4.10

Regression Coefficients of Relationship Satisfaction

Variable	Model 1			
	B	*β*	SE	*p*
(Constant)	2.070		4.554	.651
Narcissism	.113	.137	.074	.129
Gratitude	.231	.251*	.080	.005
General Well Being	.180	.525*	.030	.000

*p < .01.

Chapter 5

Discussion and Conclusion

Discussion

H_1: Narcissism negatively predicts relationship satisfaction among married couples in Malaysia.

The result shows no significant relationship between narcissism and relationship satisfaction, which is inconsistent with the prediction that higher score on narcissism will result in a lower level of relationship satisfaction reported by the married couple. This result also shows the difference in our hypothesis that narcissism negatively predicts relationship satisfaction among married couples in Malaysia. Previous research study on different types of narcissism and relationship satisfaction has found that agentic narcissism, a type of narcissism, could positively predict relationship satisfaction. This can be supported by a study from Rentzsch et al., (2021) about how situation perception mediates the connection between narcissism and relationship satisfaction. The study indicated that agentic narcissism was positively related to everyday relationship satisfaction, while antagonistic narcissism was found to be negatively related (Rentzsch et al., 2021). The agentic narcissism is part of narcissistic admiration which related to grandiose narcissism. To illustrate, narcissistic admiration are one of the positively related trait dimensions of grandiose narcissism distinguished from the NARC (Narcissistic Admiration and Rivalry Concept) proposed by Back et al. (2013). Besides, admiration is defined by the narcissistic tendency to seek social admiration to boost one's self-esteem (Back et al., 2013). Study shows that agentic narcissism was positively associated with relationship satisfaction by experiencing daily scenarios as having more romantic, sexuality, and love. However, antagonistic narcissism was negatively associated with relationship satisfaction by experiencing more danger, criticism, and accusation (Rentzsch

et al., 2021). As mentioned by Back et al. (2013), individuals with a high level of admiration aim for uniqueness, have grandiose thoughts about themselves, and exhibit self-assured, dominant, expressive, and charming behaviors related to greater social outcomes such as being liked by others.

Lavner et al. (2016), from our findings, observed that low relationship satisfaction as a result of self and partner narcissism predicted low marital satisfaction. Undoubtedly, marriage is a long-term relationship where it requires the individual to invest their own time and engagement in it. A study by Gewirtz-Meydan and Finzi-Dottan (2017) indicates that when a partner exhibits high levels of narcissism, a lack of relationship investment can occur. The spouse will result in relationship dissatisfaction. However, the least engagement in the relationship does not always lead to relationship dissatisfaction. According to Wurst et al. (2017), higher admiration was associated with higher perceived relationship satisfaction and quality, reporting fewer conflicts and transgressions from one's relationship and displaying more peaceful emotional responses after a partner's transgression. This can be supported by Foster and Campbell (2005) findings, which indicate that individuals with high levels of narcissism compared to those who are low levels of narcissism have fewer negative thinking regarding their romantic relationships and may therefore be better protected from negative relationship outcomes.

Moreover, in long-term romantic relationships, narcissistic admiration may have a minor adaptive effect (Wurst et al., 2017). In addition, Rentzsch et al. (2021), partners who scored significantly higher on admiration perceived more romance, positivity, and reasoning skills in situations. These perceptions were related to being happier in the relationship. Study by Vrabel et al. (2019) resulted in individuals with higher levels of narcissistic admiration perceiving and receiving more respect from their partners. The result shows that narcissism positively predicts relationship satisfaction, which indicates

that most of our sample perceives narcissistic admiration in their relationship. Thus, this result adds another support towards future research that narcissism positively predicts relationship satisfaction.

H₂: *Gratitude positively predicts relationship satisfaction among married couples in Malaysia.*

The results indicate a significant relationship between gratitude and relationship satisfaction. This result show consistent with our hypothesis that gratitude positively predicts relationship satisfaction among married couples in Malaysia. This result also aligns with our previous findings that gratitude influences relationship satisfaction (Algoe et al., 2010; Kubacka et al., 2011; Robustelli & Whisman, 2016; Vollmann et al., 2019). Thus, the higher the score on gratitude will result in a higher relationship satisfaction reported by the married couple.

A study by Gordon et al. (2011) shows that gratitude was related to each individual's relationship satisfaction, but it also illustrated predictive utility for the spouse's marital satisfaction. The participants who reported higher levels of gratitude had spouses who were happier in their marriage. In addition, several supports from previous research (Algoe et al., 2010; Gordon et al., 2011; Gordon et al., 2012) have found that experiencing and expressing gratitude to one's partner is significantly linked to relationship satisfaction, and also feelings of togetherness and involvement. As a result, grateful married individuals are much more able to spot goodness in their partners and attribute partner behaviour to beneficent intentions, which will help improve relationships (Fincham & May, 2020). Hence, this result adds another support towards future research that gratitude positively correlates to relationship satisfaction. It is suggested that future researchers can focus on the receiving and the giving gratitude differences in the married couple.

H3: General well-being positively predicts relationship satisfaction among married couples

in Malaysia.

The results indicate a significant relationship between general well-being and

relationship satisfaction. This result is consistent with our hypothesis that general well-being

positively predicts relationship satisfaction among married couples in Malaysia. It shows that

the higher the score on general well-being will result in a higher the level of relationship

satisfaction reported by the married couple. To illustrate, this result is consistent with our

previous findings from (Ndlovu, 2013; Holt-Lunstad et al., 2008; Hudson et al., 2020;

McCabe et al. 1996) related to relationship satisfaction in which couples that are in greater

well-being have universally higher levels of relationship satisfaction.

A meta-analysis by Robles et al. (2014) discovered that higher relationship

satisfaction for married couples had been associated with better well-being despite the study

design and the marital quality measure. In comparison, dissatisfaction in a marriage

relationship could indicate a rejection of the marriage to meet one or both spouses' emotional

as well as other needs, then resulting in anxiety and frustration (Waite et al., 2009). To

illustrate, lack of trust leads to constant worry, anxiety, and doubt about the future of a

relationship, thus causing misunderstandings between couples. The occurrence of conflict

makes it difficult to maintain healthy marital relationships (Vaez & Juhari, 2017). High levels

of relationship anxiety caused by role conflict, financial issues, fertility difficulties, work-

related issues, miscommunications, and other bad emotions affected normal marital

functioning (Randall & Bodenmann, 2017). However, married couples who are happy and

satisfied have better health and well-being than unhappily married individuals (Margelisch et

al., 2015). In addition, spouses with high positive well-being also reported being more

resilient when dealing with family issues (Huppert, 2009). The commitment was given when

the other half faced a crisis, creating a more intimate moment between the spouses. Spouses

with high positive well-being are also reported to have high self-esteem. The statement is supported by Gómez-López et al. (2019) supports the statement that strong self-esteem is essential when partners work together with the same life goal. The willingness to sacrifice for their partner and family is the determinant of high relationship satisfaction. Thus, these findings support that general well-being positively predicts relationship satisfaction among married couples, which is aligned to the hypothesis in this study. It can be concluded that general well-being is a significant positive predictor of relationship satisfaction.

Implications of study

Theoretical Implications

PERMA theory of well-being by Seligman (2011) is used in present study, suggesting that positive emotion, engagement, relationship, meaning, and accomplishment are the key components of general well-being. Seligman (2018) suggested that people achieve well-being through these five components. In this study, general well-being is one of the positive predictors of relationship satisfaction. By doing the research in another way round, this study helps to expand the literature related to couples' attitudes toward life and the state of well-being among married couples in Malaysia, which is useful for future study.

Although the present study found that narcissism is a non-significant predictor of relationship satisfaction, past study indicates that narcissist partners show more arrogance and dominance in romantic relationships, thus leading to low relationship satisfaction (Lavner et al., 2016). From that, it is clear to be said that the personality of a partner is essential in determining healthy marital relationship satisfaction.

Both gratitude and general well-being are significant predictors of relationship satisfaction. Gratitude and general well-being in romantic relationships positively impact healthy relationships (Visserman et al., 2018; Vollmann et al., 2019). Therefore, the current

study can only contribute to the findings that gratitude and general well-being predict

relationship satisfaction among married couples in Malaysia.

Practical Implications

This study might be able to raise awareness about healthy relationships among

different kinds of couples. They can have better insight about narcissism, gratitude, and

general well-being on relationship satisfaction because the divorce rate in Malaysia recorded

80,000 divorce cases till September 2021 (Povera & Yunus, 2021). In view of the serious

divorce cases recorded, this study provides a basic idea to couples on what aspect of life

might be the underlying cause that influences marital satisfaction. Researchers, counsellor,

civil society members can grasp the idea of how to manage couples that struggle dealing with

marital conflicts.

The present study results indicate that gratitude and general well-being significantly

predict relationship satisfaction, whereas narcissism does not significantly predict

relationship satisfaction among couples. In this context, gratitude therapy is recommended by

psychologists so that human beings start to express appreciation in daily life. With the

awareness of grateful feelings, partners can focus on the positive element in their marriage.

Sincerity is the key element when showing appreciation so that the partner can feel loved. On

the other hand, general well-being as a positive predictor also indicates that a healthy body,

mind, and soul are crucial in maintaining interpersonal relationships.

Relationship problems are always a stumbling block that hinders couples from staying

together and moving forward. People who choose to stay in a romantic relationship can seek

help from marriage counsellors or other related mental health support groups such as

Malaysia Mental Health Association, The Red Clinic, Befrienders, and other related support

organizations because of human attitude (gratitude and GWB) significantly predicted

relationship satisfaction among married couples. They can approach professionals to get advice in dealing with marriage problems. Furthermore, the Malaysian government and judicial system should reallocate resources to related departments so that they can collaborate with mental health professionals in organizing healthy relationship campaigns.

Limitations of study

There are two limitations to this study, the first limitation in this study is the use of self-reported online questionnaires, which might relate to social desirability bias. According to Latkin et al. (2017), social desirability bias tends to over-report extra desirable attributes while underreporting less desirable behaviours. Other than that, self-reported online questionnaires might also lead to the outcome of response bias, which would be a person's proclivity to answer in a certain way regardless of the question (Demetriou et al., 2015). Demetriou et al. (2015), individuals may, for instance, be much more willing to respond "yes" regardless of the content of the question—a phenomenon known as acquiescent response bias—or more likely to respond "no"—a phenomenon known as non-acquiescent response bias. Thus, this bias can lead to inaccurate self-reporting and, therefore, influence the overall outcome of the current study.

Aside from that, the use of a cross-sectional study is the second limitation of this study. The cross-sectional study examines a population at a particular point of time with no follow-up (Wang, & Cheng, 2020). To illustrate, this could fail to identify the participants' thoughts or viewpoints on how narcissism, gratitude, and general well-being influence their relationship satisfaction in the future. Hence, this limitation has brought an outcome, unlike a longitudinal study, it cannot propose the most reliable result based on the data collected because people's perceptions and expectations change over time.

Recommendations of study

In this study, the result is not consistent with our hypothesis, and we only examine general narcissism effect on relationship satisfaction. Perhaps, if this study tests all types of narcissism, then the result will be useful to support future research. Therefore, it is recommended for future researchers who wish to conduct a similar topic to study the type of narcissism effect on relationship satisfaction. Our discussion mentions that our participant may have experienced narcissistic admiration in their relationship and that agentic narcissism may predict relationship satisfaction. As a result, it is suggested that future researchers conduct a study to assess the reliability and validity of the results.

Besides that, it is recommended that future researchers conduct a longitudinal study on this topic. According to Gonzaga et al. (2007), a couple's personality and perception of emotion will change over time and affect the couple's relationship satisfaction. A longitudinal study allowed the researcher to observe the couple's personality and emotion convergence over time. Longitudinal studies are often used to explore a phenomenon over time, and it is designed to allow the researchers to discover individual changes (Piquero & Carmichael, 2005). Hence, it is recommended for future researchers to conduct a longitudinal study on this topic to get a more reliable result.

Conclusion

In conclusion, the current study has achieved the research objectives to examine narcissism, gratitude, and general well-being on relationship satisfaction among married couples in Malaysia. This study has shown that narcissism did not significantly predict relationship satisfaction. However, gratitude and general well-being were significantly predicted for relationship satisfaction. The three predictors showed a positive relationship

toward relationship satisfaction. This also proves that the narcissist, thankful and high general well-being person is more satisfied in their marital relationship.

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Appendices

Appendix A

Effect Size Calculation

Narcissism

Latent variables	1	2	3
1. Narcissism	-		
2. Intentions towards infidelity	.26*	-	
3. Relationship satisfaction	-.25*	-.50*	-

Note.
*$p < .05$

$$f_1{}^2 = \frac{(-0.25)^2}{1-(-0.25)^2}$$

$$= 0.067$$

Gratitude

		Gratitude	Relationship Satisfaction	Avoidant Attachment	Anxious Attachment
Gratitude	Pearson Correlation	1	.239**	-.314**	-.285**
	Sig. (1-tailed)		.000	.000	.000
	Covariance	23.008	6.202	-1.414	-2.249
	N	612	584	597	597

$$f_2{}^2 = \frac{(0.239)^2}{1-(0.239)^2}$$

$$= 0.061$$

General well-being

Table 1
Partial correlations of key variables after controlling for demographics.

		1	2	3	4	5	6	7	8
1	Face to face	–							
2	Mobile voice	0.26***	–						
3	Mobile SMS	0.05	0.25***	–					
4	Mobile email	0.18***	0.16***	0.05	–				
5	Mobile Weibo	0.06#	0.21***	0.26***	0.26***	–			
6	Mobile WeChat	0.13***	0.23***	0.03	0.02	0.17***	–		
7	Social support	0.20***	0.17***	0.06*	0.16***	0.20***	0.22***	–	
8	Relationship satisfaction	0.17***	0.09**	0.03	0.18***	0.16***	0.19***	0.48***	–
9	Well-being	0.21***	0.19***	0.07*	0.18***	0.19***	0.20***	0.49***	0.62***

*** = p < .001, ** = p < .01, * = p < .05, # = p < .10.

$$f_3{}^2 = \frac{(0.62)^2}{1-(0.62)^2}$$

$$= 0.624$$

Total effect size

$$f^2 = \frac{(0.067 + 0.061 + 0.624)}{3}$$

$$= 0.25 \text{ (small effect size)}$$

Appendix B

G-Power Calculation
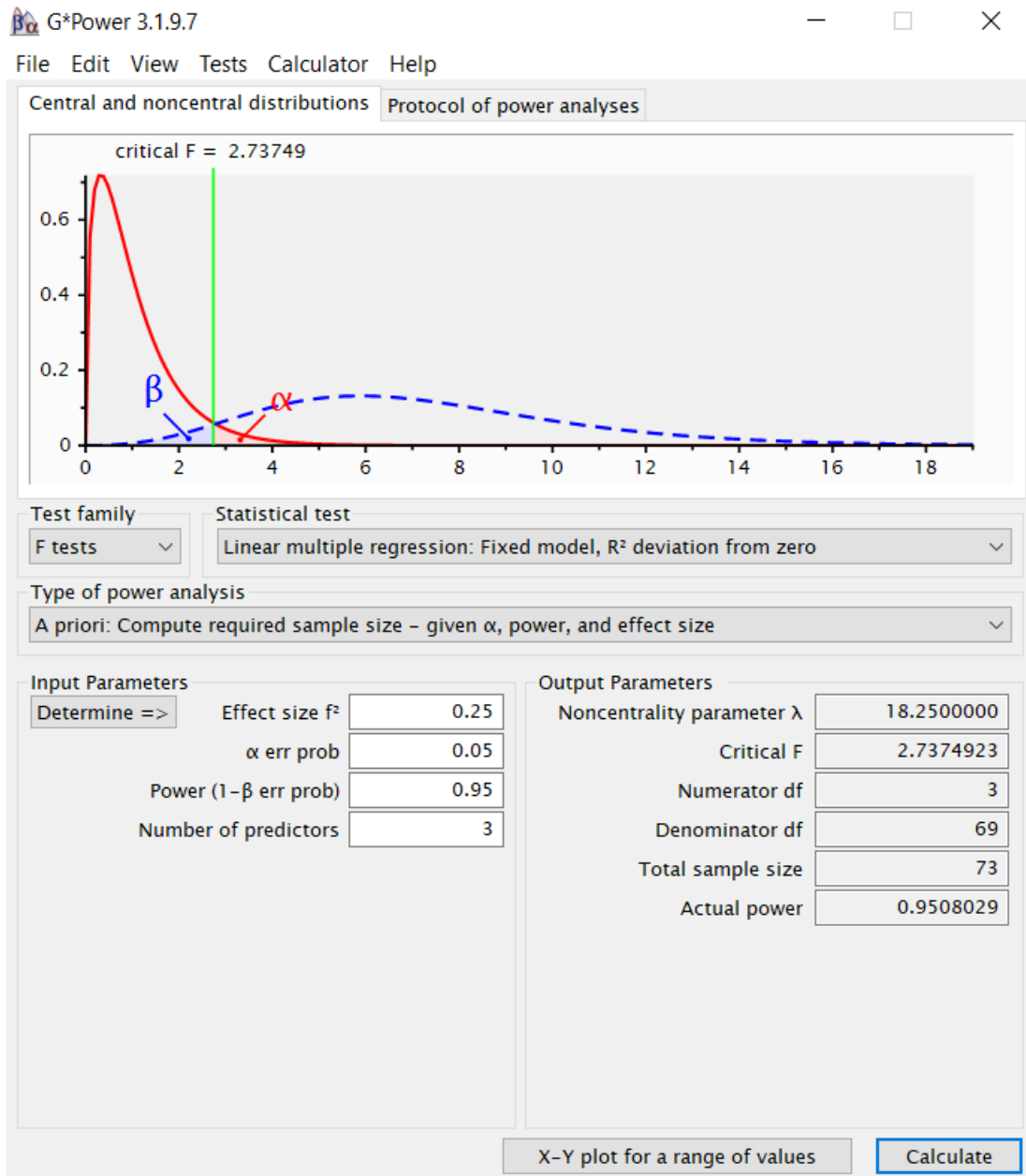
Appendix C

A-Priori Sample Size for Multiple Regression

🔢 A-priori Sample Size Calculator for Multiple Regression

This calculator will tell you the minimum required sample size for a multiple regression study, given the desired probability level, the number of predictors in the model, the anticipated effect size, and the desired statistical power level.
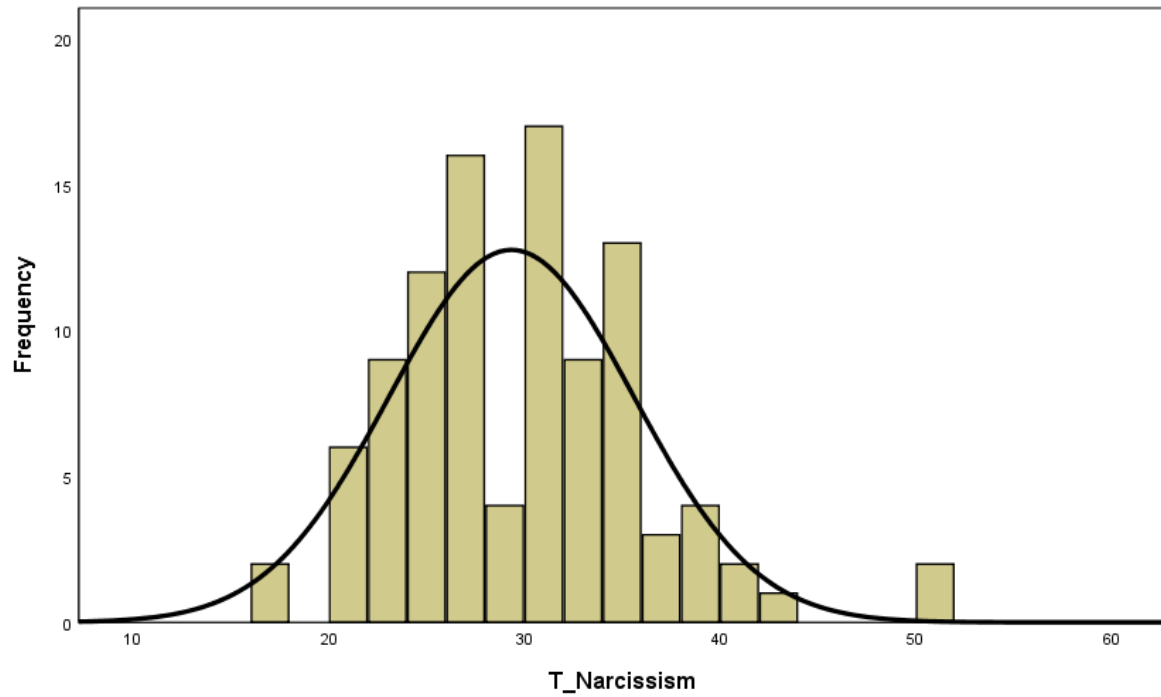
Please enter the necessary parameter values, and then click 'Calculate'.

Anticipated effect size (f^2):	0.25	❓
Desired statistical power level:	0.95	❓
Number of predictors:	3	❓
Probability level:	0.05	❓

Calculate!
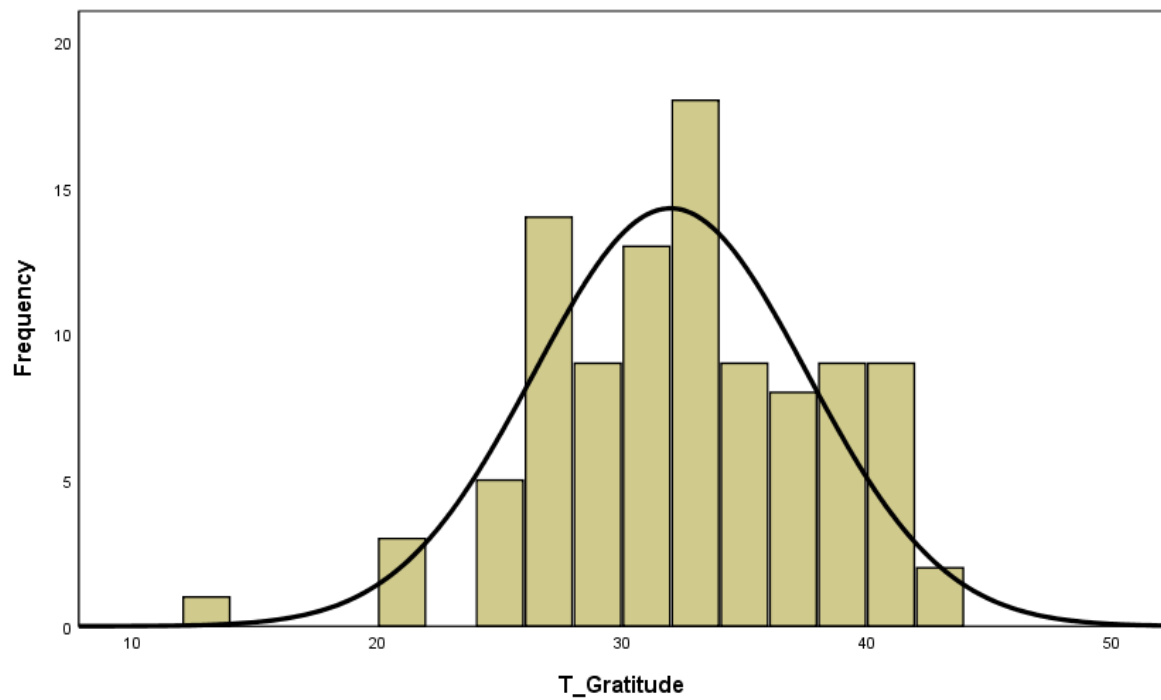
Minimum required sample size: 73
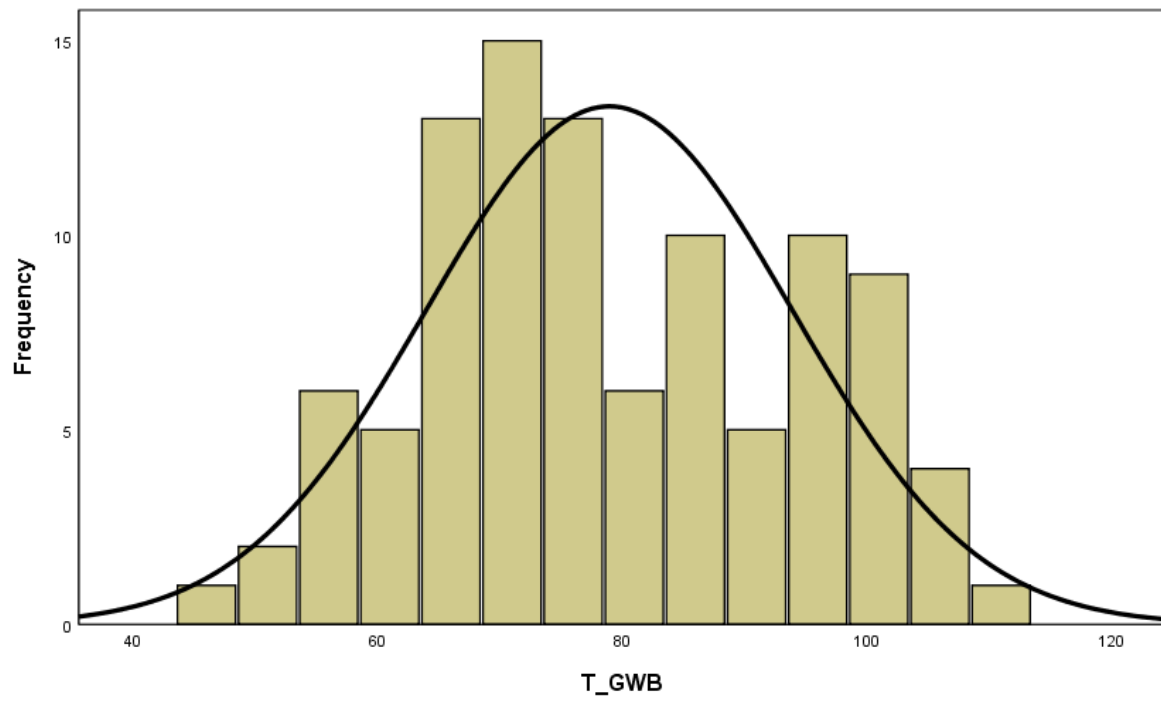
Appendix D

Histogram of Normality Test

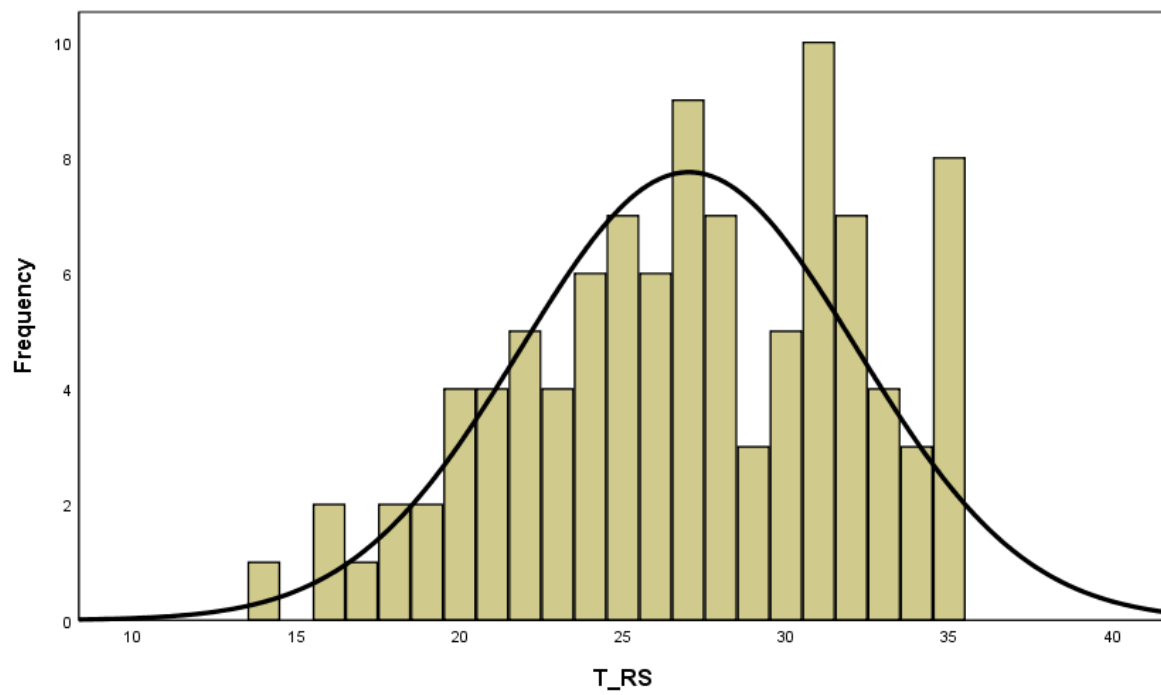*Histogram of Total Narcissism*

Histogram of Total Gratitude
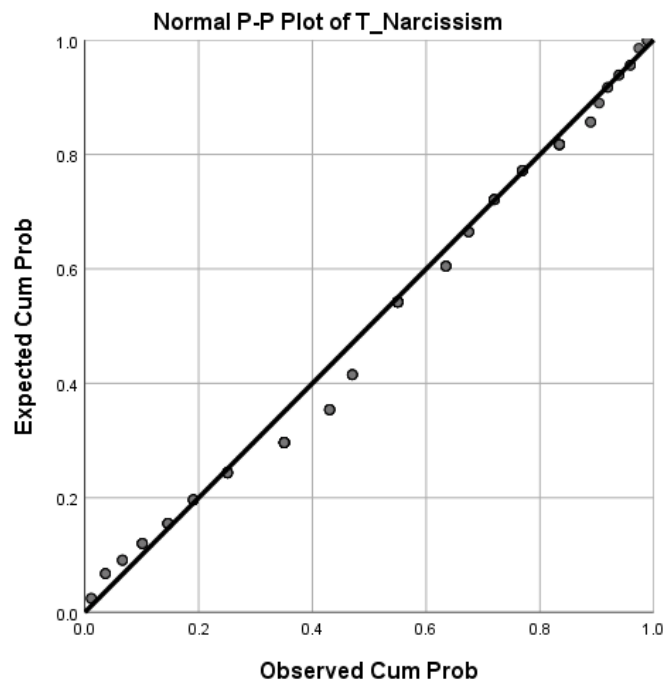
Histogram of Total General Well Being
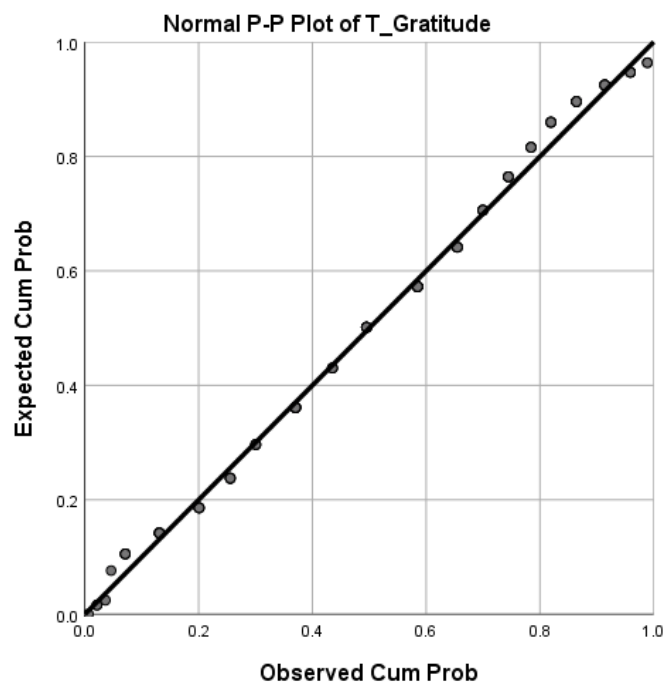

Histogram of Total Relationship Satisfaction

Appendix E
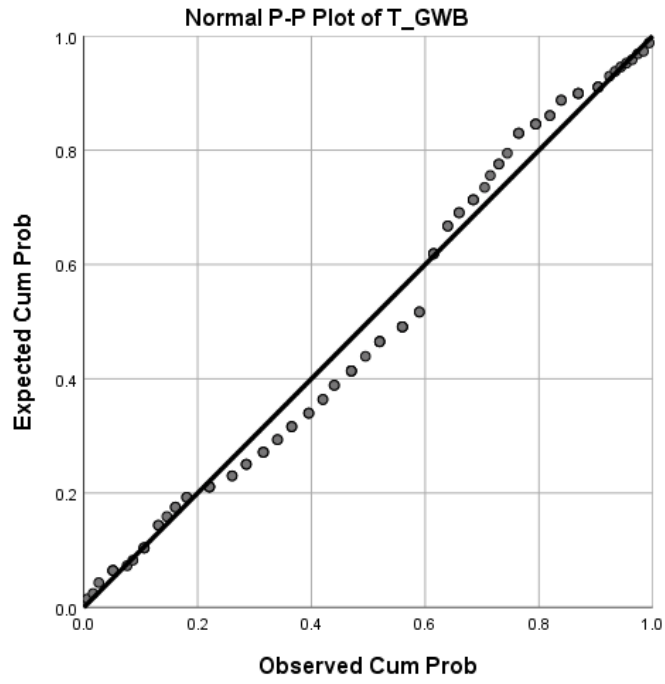
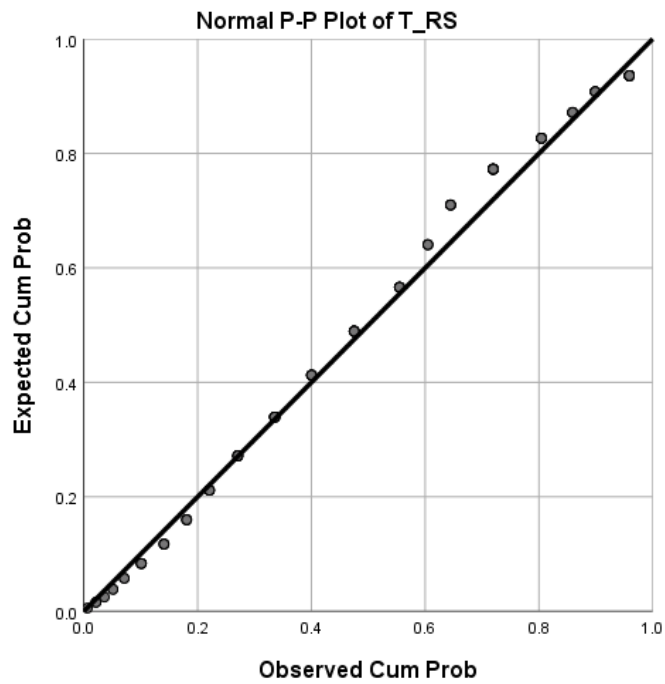**P-P Plot of Normality Test**

P-P Plot of Total Narcissism

P-P Plot of Total Gratitude

P-P Plot of Total General Well Being

P-P Plot of Total Relationship Satisfaction

Appendix F

Questionaire

Personal Data Protection Statement

Please be informed that in accordance with Personal Data Protection Act 2010 ("PDPA") which came into force on 15 November 2013, Universiti Tunku Abdul Rahman ("UTAR") is hereby bound to make notice and require consent in relation to collection, recording, storage, usage and retention of personal information.

1.   Personal data refers to any information which may directly or indirectly identify a person which could include sensitive personal data and expression of opinion. Among others it includes:

    a) Name
    b) Identity card
    c) Place of Birth
    d) Address
    e) Education History
    f) Employment History
    g) Medical History
    h) Blood type
    i) Race
    j) Religion
    k) Photo
    l) Personal Information and Associated Research Data

2.   The purposes for which your personal data may be used are inclusive but not limited to:

    a) For assessment of any application to UTAR
    b) For processing any benefits and services
    c) For communication purposes
    d) For advertorial and news
    e) For general administration and record purposes
    f) For enhancing the value of education
    g) For educational and related purposes consequential to UTAR
    h) For replying any responds to complaints and enquiries
    i) For the purpose of our corporate governance
    j) For the purposes of conducting research/ collaboration

3. Your personal data may be transferred and/or disclosed to third party and/or UTAR collaborative partners including but not limited to the respective and appointed outsourcing agents for purpose of fulfilling our obligations to you in respect of the purposes and all such other purposes that are related to the purposes and also in providing integrated services, maintaining and storing records. Your data may be shared when required by laws and when disclosure is necessary to comply with applicable laws.

4. Any personal information retained by UTAR shall be destroyed and/or deleted in accordance with our retention policy applicable for us in the event such information is no longer required.

5. UTAR is committed in ensuring the confidentiality, protection, security and accuracy of your personal information made available to us and it has been our ongoing strict policy to ensure that your personal information is accurate, complete, not misleading and updated. UTAR would also ensure that your personal data shall not be used for political and commercial purposes.

Consent:

6. By submitting or providing your personal data to UTAR, you had consented and agreed for your personal data to be used in accordance to the terms and conditions in the Notice and our relevant policy.

7. If you do not consent or subsequently withdraw your consent to the processing and disclosure of your personal data, UTAR will not be able to fulfill our obligations or to contact you or to assist you in respect of the purposes and/or for any other purposes related to the purpose.

8. You may access and update your personal data by writing to us at Lee Mei Kei (meikeilee99@1utar.my).

By submitting this form I hereby authorise and consent to UTAR processing (including disclosing) my personal data and any updates of my information, for the purposes and/or for any other purposes related to the purpose.

Please feel free to contact researchers via EMAIL if you have any inquires:

1. Lee Mei Kei (meikeilee99@1utar.my)
2. Chuah Zi Ling (ChuahZL@1utar.my)
3. Tan Sym Yee (sunmmer0406@1utar.my)

I acknowledge that if I do not consent or subsequently withdraw my consent to the processing and disclosure of my personal data, UTAR will not be able to fulfil their obligations or to contact me or to assist me in respect of the purposes and/or for any other purposes related to the purpose.

Acknowledgment of Personal Data Protection Notice.

○ I have been notified by you and that I hereby understood, consented and agreed per UTAR above notice.

○ I disagree, my personal data will not be processed.

Instruction: Please fill in your personal details or choose one options.

Age

[   ]

Gender

○ Male

○ Female

Are you a Malaysian?

○ Yes

○ No

Etnicity

○ Malay

○ Chinese

○ Indian

○ Others please specify.

[   ]

Religion

○ Muslim

○ Buddhist

○ Hindu

○ Christian

○ Others please specify.

[   ]

Relationship Status

- ◯ Married
- ◯ Widowed
- ◯ Divorced
- ◯ Single
- ◯ In a relationship

Section A: Hypersensitive Narcissism Scale (HSNS), Hendin and Cheek's (1997)

Please answer the following questions **1 (strongly disagree)** to **5 (strongly agree)** scale by deciding to what extent each item is characteristic of your feelings and behavior.

	Strongly disagree 1	Uncharacteristic 2	Neutral 3	Characteristic 4	Strongly agree 5
1. I can become entirely absorbed in thinking about my personal affairs, my health, my cares or my relations to others.	O	O	O	O	O
2. My feelings are easily hurt by ridicule or the slighting remarks of others.	O	O	O	O	O
3. When I enter a room I often become self-conscious and feel that the eyes of others are upon me.	O	O	O	O	O
4. I dislike sharing the credit of an achievement with others.	O	O	O	O	O
5. I feel that I have enough on my hands without worrying about other people's troubles.	O	O	O	O	O
6. I feel that I am temperamentally different from most people.	O	O	O	O	O
7. I often interpret the remarks of others in a personal way.	O	O	O	O	O
8. I easily become wrapped up in my own interests and forget the existence of others.	O	O	O	O	O
9. I dislike being with a group unless I know that I am appreciated by at least one of those present.	O	O	O	O	O
10. I am secretly "put out" or annoyed when other people come to me with their troubles, asking me for my time and sympathy.	O	O	O	O	O
	Strongly disagree 1	Uncharacteristic 2	Neutral 3	Characteristic 4	Strongly agree 5

Section B: The Gratitude Questionnaire – Six Item Form (GQ-6), (McCullough et al., 2002)

Please use the **1 (strongly disagree)** to **7 (strongly agree)** scale provided to indicate how much you agree with it.

	Strongly disagree 1	Disagree 2	Slightly disagree 3	Neutral 4	Slightly agree 5	Agree 6	Strongly agree 7
1. I have so much in life to be thankful for.	O	O	O	O	O	O	O
2. If I had to list everything that I felt grateful for, it would be a very long list.	O	O	O	O	O	O	O
3. When I look at the world, I don't see much to be grateful for.	O	O	O	O	O	O	O
4. I am grateful to a wide variety of people.	O	O	O	O	O	O	O
5. As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.	O	O	O	O	O	O	O
6. Long amounts of time can go by before I feel grateful to something or someone.	O	O	O	O	O	O	O
	Strongly disagree 1	Disagree 2	Slightly disagree 3	Neutral 4	Slightly agree 5	Agree 6	Strongly agree 7

Section C: The General Well-Being Schedule (Dupuy, 1977)

This section of the examination contains questions about how you feel and how things have been going with you. For each question, choose the answer which best applies to you.

1. How have you been feeling in general? (DURING THE PAST MONTH)

○ In excellent spirits

○ In very good spirits

○ In good spirits mostly

○ I have been up and down in spirits a lot

○ In low spirits mostly

○ In very low spirits

2. Have you been bothered by nervousness or your "nerves"? (DURING THE PAST MONTH)

○ Extremely so-to the point where I could not work or take care of things

○ Very much so

○ Quite a bit

○ Some-enough to bother me

○ A little

○ Not at all

3. Have you been in firm control of your behavior, thoughts, emotions, or feelings? (DURING THE PAST MONTH)

○ Yes, definitely so

○ Yes, for the most part

○ Generally so

○ Some-enough to bother me

○ A little

○ Not at all

4. Have you felt so sad, discourages, hopeless, or had so many problems that you wondered if anything was worthwhile? (DURING THE PAST MONTH)

○ Extremely so-to the point that I have just about given up

○ Very much so

○ Quite a bit

○ Some-enough to bother me

○ A little bit

○ Not at all

5. Have you been under or felt you were under any strain, stress, or pressure? (DURING THE PAST MONTH)

○ Yes-almost more than I could bear or stand

○ Yes-quite a bit of pressure

○ Yes-some, more than usual

○ Yes-some, but about usual

○ Yes-a little

○ Not at all

6. How happy, satisfied, or pleased have you been with your personal life? (DURING THE PAST MONTH)

○ Extremely happy-could not have been more satisfied or pleased

○ Very happy

○ Fairly happy

○ Satisfied-pleased

○ Somewhat dissatisfied

○ Very dissatisfied

7. Have you had any reason to wonder if you were losing your mind, or losing control over the way you act, talk, think, feel, or of your memory? (DURING THE PAST MONTH)

○ Not at all

○ Only a little

○ Some-but not enough to be concerned or worried about

○ Some, and I have been a little concerned

○ Some, and I am quite concerned

○ Yes, very much so, and I am very concerned

8. Have you been anxious, worried, or upset? (DURING THE PAST MONTH)

○ Extremely so-to the point of being sick or almost sick

○ Very much so

○ Quite a bit

○ Some-enough to bother me

○ A little bit

○ Not at all

9. Have you been waking up fresh and rested? (DURING THE PAST MONTH)

○ Every day

○ Most every day

○ Fairly often

○ Less than half the time

○ Rarely

○ None of the time

10. Have you been bothered by any illness, bodily disorder, pains, or fears about your health? (DURING THE PAST MONTH)

○ All the time

○ Most of the time

○ A good bit of the time

○ Some of the time

○ A little of the time

○ None of the time

11. Has your daily life been full of things that were interesting to you? (DURING THE PAST MONTH)

○ All the time

○ Most of the time

○ A good bit of the time

○ Some of the time

○ A little of the time

○ None of the time

12. Have you felt down hearted and blue? (DURING THE PAST MONTH)

○ All the time

○ Most of the time

○ A good bit of the time

○ Some of the time

○ A little of the time

○ None of the time

13. Have you been feeling emotionally stable and sure of yourself? (DURING THE PAST MONTH)

○ All the time

○ Most of the time

○ A good bit of the time

○ Some of the time

○ A little of the time

○ None of the time

14. Have you felt tired, worn out, used-up, or exhausted? (DURING THE PAST MONTH)

○ All the time

○ Most of the time

○ A good bit of the time

○ Some of the time

○ A little of the time

○ None of the time

15. How concerned or worried about your HEALTH have you been? (DURING THE PAST MONTH)

Not at all likely   Extremely likely

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

16. How RELAXED or TENSE have you been? (DURING THE PAST MONTH)

Very relaxed   Very tense

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

17. How much ENERGY, PEP, and VITALITY have you felt? (DURING THE PAST MONTH)

No energy AT ALL listless   Very ENERGETIC, dynamic

0	1	2	3	4	5	6	7	8	9	10
O	O	O	O	O	O	O	O	O	O	O

18. How DEPRESSED or CHEERFUL have you been? (DURING THE PAST MONTH)

Very depressed   Very cheerful

0	1	2	3	4	5	6	7	8	9	10
O	O	O	O	O	O	O	O	O	O	O

Section D: Relationship Assessment Scale (RAS) (Hendrick, 1988).
Respondents answer each item using a 5-point scale ranging from **1 (low satisfaction)** to **5 (high satisfaction)**. There is neither a right nor wrong answer to any question.

	Low satisfaction 1	2	3	4	High satisfaction 5
1. How well does your partner meet your needs?	O	O	O	O	O
2. In general, how satisfied are you with your relationship?	O	O	O	O	O
3. How good is your relationship compared to most?	O	O	O	O	O
4. How often do you wish you hadn't gotten into this relationship?	O	O	O	O	O
5. To what extent has your relationship met your original expectations?	O	O	O	O	O
6. How much do you love your partner?	O	O	O	O	O
7. How many problems are there in your relationship?	O	O	O	O	O

Appendix G

Turnitin Report

FYP2 (Lee Mei Kei)

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