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The interpersonal perceptions, interactions, and marital adjustment of hospitalized alcoholic males and their wives.

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THE INTERPERSONAL PERCEPTIONS, INTERACTIONS,
AND MARITAL ADJUSTMENT
OF HOSPITALIZED ALCOHOLIC MALES AND THEIR WIVES

A Doctoral Dissertation Presented

by

Thomas R. DuHamel

Submitted to the Graduate School of the
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partial fulfillment of the requirements for the degree of

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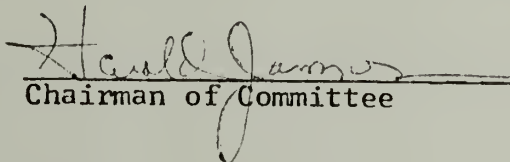
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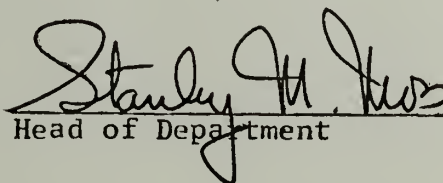
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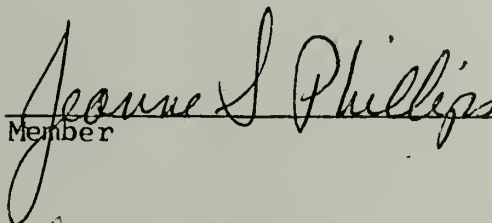
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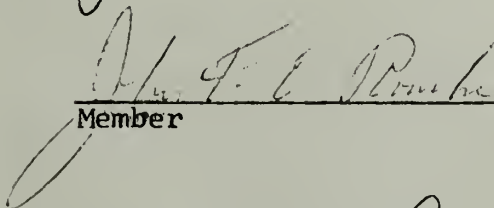
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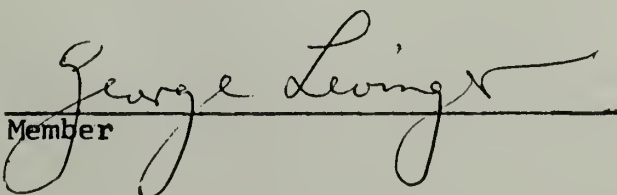
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Thomas R. DuHamel

TABLE OF CONTENTS

	Page
ACKNOWLEDGEMENTS	iii
LIST OF TABLES	v-vi
LIST OF FIGURES	vii
CHAPTER I - INTRODUCTION	1-14
CHAPTER II - METHOD	15-21
CHAPTER III - RESULTS	22-32
CHAPTER IV - DISCUSSION	33-42
CHAPTER V - SUMMARY	43-44
REFERENCES	45-47
APPENDIX A - Interpersonal Check List	48-53
APPENDIX B - Marital Adjustment Test	54-55
APPENDIX C - Alcadd Test	56-59

LIST OF TABLES

Table	Page
1.	Average Age, Years of Education, and years of Marriage of Husbands and Wives in Each of the Three Groups 15
2.	Mean Proportions of the Marital Adjustment Test (MAT) Ratings, and the Analysis of Variance Summary (F) of These Proportions by Husbands and Wives in All Groups 23
3.	The Number of Husbands and Wives Whose Marital Adjustment Test (MAT) Rating was Higher Than That of Their Spouse 23
4.	Mean "Self" and "Spouse" Dominance Ratings on the Interpersonal Check List (ICL), and the Analysis of Variance Summary (F) of These Means by Wives in All Groups 24
5.	Mean "Self" and "Spouse" Dominance Ratings on the Interpersonal Check List (ICL), and the Analysis of Variance Summary (F) of These Means by Husbands in All Groups 26
6.	Mean "Spouse" Dominance Ratings by Wives and "Self" Dominance Ratings by Husbands on the Interpersonal Check List (ICL), and the Analysis of Variance Summary (F) of These Means by Husbands and Wives in All Groups 29
7.	Mean "Spouse" Dominance Ratings by Husbands and "Self" Dominance Ratings by Wives on the Interpersonal Check List (ICL), and the Analysis of Variance Summary (F) of These Means by Husbands and Wives in All Groups 29

Table	Page
8.	Mean Proportion of Cooperative (Coop) Choices, and the Analysis of Variance Summary (F) of These Proportions by Couples in All Groups 30
9.	Number of Husbands and Wives Who Made More Cooperative Maximizing Choices Than Did Their Spouse 30
10.	Mean Proportion of Maximizing Choices (Max) and the Analysis of Variance Summary (F) of These Proportions by Husbands and Wives in All Groups 31
11.	Correlations Between Marital Adjustment Test (MAT) Ratings, the Number of Cooperative Game Choices (Coop), and the Couple's Disparity in Viewing the Wife's Dominance 32

LIST OF FIGURES

Figure		Page
1.	Wives' Mean Ratings of "Self" and "Spouse" Dominance	25
2.	Wives' Mean Ratings of "Spouse" Dominance and Husbands' Mean Ratings of "Self" Dominance (2a)	27
	Husbands' Mean Ratings of "Spouse" Dominance and Wives' Mean Ratings of "Self" Dominance	28

CHAPTER I

INTRODUCTION

Alcoholism and marital adjustment have long been topics of concern for professional and lay persons alike. Not until recently, however, have members of the various mental health professions begun to observe closely and report on the intricacies of marital relationships in which one or both spouses are alcoholic. The literature relating alcoholism to marriage has focused mainly on marriages in which only the husband is an alcoholic, and suggests strongly that such marriages are characterized by a dominant controlling wife and a weak dependent husband. The present study will attempt to obtain empirical evidence pertaining to patterns of dominance and submission in the interaction between alcoholic husbands and their nonalcoholic wives and to relate these patterns to the marital adjustment of the couples concerned.

Nearly all the research involving the marital relationship in alcohol-disturbed marriages has been descriptive. Personality studies of the wives of alcoholics are the earliest examples. Price (1945), after interviewing forty women whose husbands had been hospitalized for treatment of alcoholism, concluded that these women were basically insecure, having married in the expectation of meeting their dependency needs through a strong husband. When their husbands who were similarly dependent individuals failed them, they began to feel unloved and resentful. As they subsequently made more and more demands on their husbands, the

husbands appeared to become increasingly less adequate. Bullock and Mudd (1959), using tape recordings of counseling sessions, studied twenty male alcoholics and their wives and reported that a small but noticeable group of these wives had entered marriage with strong dependency needs, only to find that their husbands could not satisfy these needs. Lewis (1954) reviewed fifty cases of women married to alcoholics and found evidence of many unsatisfied oral needs, as evidenced by vomiting, obesity and food pre-occupation. She concluded that these women had hoped that marriage would provide security but that the demands they made on their husbands were too much for their husbands to fulfill. Finally, Futterman (1953) in an often-cited article has suggested that the wives of alcoholics have an unconscious need to be strong, dominant women but do not actually feel powerful and, therefore, unconsciously select weak husbands so that they may gain strength by contrast. The over-all impression from these studies is that personality disturbances in the wives of alcoholics lead them to make excessive demands on their husbands which their husbands are unable to fulfill and that this explains the dominant female submissive male pattern of interaction often reported in alcoholic marriages.

Jackson (1954) offers a different explanation. She does not entirely deny the possibility of personality disturbance but believes that much of the behavior of the alcoholic's wife is situationally induced and becomes functional in the context of the rest

of the family. From the records of discussions of an Alcoholics Anonymous Auxiliary, (Al-Anon Family Group) over a three year period, Jackson extracted the statements of approximately fifty wives and arranged them in time sequence. These working records on individual families were then examined for uniformities of behavior and for regularities in changes over time. From this data, Jackson postulates that the wife's behavior is a reaction to a cumulative crisis in which the wife progressively experiences more stress. In an attempt to adjust to the increase in stress, the wife and family pass through seven stages, one of which involves an attempt to reorganize the family roles. The wife assumes the husband and father roles, putting aside her role as a wife. She becomes the manager of the home, the discipliner of the children and the decision-maker.

The question of whether women with certain types of personality structure tend to select alcoholic mates to satisfy their own needs and vice versa, or whether women undergoing similar experiences of stress will, as a result, manifest many neurotic traits in common deserves attention but is secondary to the focus of the present study. Of more importance here is that these questions are an outgrowth of uncontrolled observations which have led to the "classic" characterization of the male in alcoholic marriages as a submissive individual who is married to a dominating woman. As Bailey (1961) has indicated, we should move away from clinical descriptions toward more sophisticated investigations in

order to gain more definitive knowledge of the specifics of the alcoholic marriage.

One of the first steps in this direction was to compare spouses in alcoholic marriages with those in nonalcoholic marriages matched on certain relevant variables. Mitchell (1959), using a marital adjustment scale, analyzed the responses of twenty alcoholic husbands and their nonalcoholic wives and compared these with those of a control group of couples who were matched on age, duration of marriage, educational level and religion. Both the alcoholic couples and the nonalcoholic couples selected as a control group for this study were involved in marital counseling. Ballard (1959), using the same groups as Mitchell, administered the Minnesota Multiphasic Inventory and reported findings on both its clinical and trait scales. Together these studies suggest that the alcoholic husband perceives his wife as controlling and dominant whereas his wife minimizes these tendencies in herself. In addition, both of these marital partners describe themselves as easily hurt; however, unlike his spouse the alcoholic feels that his wife does not appreciate his sensitivity. More recently, Kogan and Jackson (1963) compared the role perceptions of wives of alcoholics and nonalcoholics. These investigators found no differences between the two groups in their descriptions of "most husbands" or "ideal wife", whereas group differences did occur in their "self" descriptions. The wives of alcoholics, much more than the wives of nonalcoholics, stressed their own passivity,

submissiveness and adherence to the stereotyped feminine and wife-ly roles. Gynther and Brilliant (1967) administered Leary's (1957) Interpersonal Check List (ICL), a 128-item check list tapping the dominance-submissiveness and love-hate dimensions to a group of alcoholics, to their wives, and to a group of unmarried alcoholics. Whereas the husband's dominance scores were typical of most males on this dimension, those of their wives were somewhat lower than most normal groups. Moreover, as in the Mitchell and Ballard studies discussed above, the alcoholics attributed much more dominance to their spouses than these same spouses attributed to themselves.

The addition of matched control groups to studies of alcoholic marriages does not appear to discredit the importance of the dominance-submissiveness dimension in such marriages as was suggested by earlier uncontrolled investigations. Rather, the more recent studies raise a question as to whether the wife in an alcoholic marriage is, in fact, domineering, i.e., makes decisions and/or assumes the role of the protector or caretaker, or whether such traits have been attributed to her or perceived disproportionately by her alcoholic husband. These wives may actually be domineering but minimize this trait in themselves, or the alcoholic husband's description of his wife may represent perceptual distortions derived from his own needs. A related question involves the possible relationship between this particular interactive pattern and marital discord in the alcoholic marriage.

Mitchell touches on this issue in the study mentioned earlier. He found that traits such as stubbornness and proneness to anger are generally related to the interpersonal perceptions of partners in marital conflict and are not distinctive to marriages in which the husband is an alcoholic. He did, however, report that interpersonal perceptions related closely to alcohol-disturbed marriages deal with the alcoholic's sensitive nature and his perception of his wife's need to dominate, which his wife minimizes in herself. Thus it appears that the dominance variable may have special significance in the relationship between the alcoholic male and his nonalcoholic spouse.

It should be noted here, however, that a number of the studies reported above, including those with matched control groups, failed to account for the fact that their alcoholic males either were or had been hospitalized. Considering the recent evidence indicating that hospitalization influences the interpersonal perceptions and interactions of marital partners (Bauman and Roman, 1966; Harrow, Fox and Detre, 1969), it is unclear whether the percepts and interactions reported in the studies discussed above are due to the husband's alcoholism, hospitalization or both. This confusion could be avoided in future studies by controlling for hospitalization as carefully as for all other relevant variables.

One method of clarifying the dominance-submission issue would be to observe and categorize the everyday interactions which occur between the alcoholic and his spouse. Does the wife of an alco-

holic tend to be any more controlling in her interactions with her husband than does the wife of a nonalcoholic, and does this form of interaction between the alcoholic and his wife lead to conflict more so than when it occurs between a nonalcoholic and his wife? Obviously such a procedure is beyond the limits of the present study. A less ambitious alternative is to observe marital partners interacting in controlled situations. Two-person games played without verbal communication between the participants offer this opportunity. Unable to communicate verbally, the actions of the game participants depend essentially on tacit agreements resulting from a form of communication wherein the players signal to each other via their choice patterns on previous plays. However, in order for this form of communication to work, the conditions for mutual trust and cooperation must exist, otherwise any agreement arrived at will be suspect and, in effect, will amount to no agreement. Any social situation in which a person may at times enhance his own satisfactions to the disadvantage of another by not adhering to normalized expectations or "social rules" governing the situation is of this sort, e.g., husband and wife relationships. Therefore, two-person games which require mutual trust and cooperation should aid in the assessment of dysfunctional marital relationships.

Their potential notwithstanding, a review of the relevant literature revealed very few studies that have employed two-person games with marital partners (Bean and Kerckhoff, 1969; Ravich, 1969;

Ravich, Deutsch and Brown, 1966). One other study by Clemes and Terrill (1968) is especially relevant to the questions proposed in this investigation. They questioned whether marital couples who were in psychiatric treatment would differ in game behavior from couples not in treatment, and also investigated the relationship between accuracy of interpersonal perception and game behavior. The game used in their study required the two participants to jointly move a metal ball around the top of a table on which various targets had been painted. The players, separated from each other's sight by a partition, moved the ball by on-off switches in front of each of them. Depending on the target arrived at, both players could have simultaneously gained a little or a lot, or one could have gained while the other lost a little or a lot, or both could have simultaneously lost points. Players were not allowed to communicate with each other except by lighting up statements on a "Communication Panel" placed on the wall opposite them. Each target contact constituted a trial for a total of sixteen trials a session. At the end of a session the couple was given the ICL and a Marital Adjustment Inventory developed by Locke and Wallace (1959) to be completed at home.

As predicted, the results of this study indicated that couples not in treatment in contrast to couples in treatment hit more cooperative targets and had more total points at the end of the game. Couples in treatment more often than those not in treatment hit targets in which both partners lost. In both groups

the husband's and wife's accuracy of ICL prediction, i.e., the degree of congruence between a person's prediction of how the spouse saw him and how the spouse actually did rate him, on the Love dimension was related to cooperative game behavior. Unexpectedly, the two groups did not differ significantly on the marital inventory. However, this latter finding may be due, in part, to the method used to select "abnormal" couples which included parents in treatment because of an abnormal child as well as because of marital difficulties. Parents in treatment because of an abnormal child are not necessarily in "open" conflict with one another such that they would rate their marriage as maladjusted. Over-all, therefore, the results of this study are at least mildly encouraging for the use of two-person games in the study of marital relationships and for relating game behavior to interpersonal perceptions.

Two-person "mixed-motive" games seem especially promising for studying dysfunctional interpersonal relationships. According to Gallo and McClintock (1965), a two-person mixed-motive game is one in which the goals of the players are partially coincident and partially in conflict. In many such games, attempts by players to maximize their individual gains without regard for the gains of others, result in losses to both. Points are accumulated over a predetermined number of trials. To complete any one trial, each player chooses between one of two possible responses, depressing either a Left or Right lever. Each player's payoff on a trial is

determined by the particular combination of responses that occurs on that trial. The most popular game of this sort is called the "Prisoner's Dilemma". The general form of this game is represented in the following matrix:

		S_2	
		L	R
S_1	L	+5, +5	-4, +6
	R	+6, -4	-3, -3

The first figure in each cell of the above matrix represents the earnings of the row player; the second figure represents the earnings of the column player. Assuming that each player wants to do "best" for himself, the dilemma becomes apparent. Both players realize that a Right choice will give a larger payoff than a Left choice, regardless of which choice their opponent makes. Each player, therefore, makes a Right choice, resulting in a payoff of -3 for both.

The results of studies employing the Prisoner's Dilemma game have generally not been encouraging for its use with marital partners. Rapoport, et al., (1965) report that few if any sex differences occur in short runs (less than 30 trials) between mixed pairs because of their high degree of initial cooperation. Even when longer runs were employed (90 to 100 trials), Rapoport (1968) reports finding few sex differences due to the tendency among mixed pairs to become very much alike, to "lock in" on one response and thus produce a single outcome for extended plays of the game. This finding is at least partially due to the fact that the

matrix values usually employed in this game allow partners to cooperate in such a way that they can both gain an equal amount, although the gain is less than if each had tried to maximize his own payoff.

Another mixed-motive game called the "Battle of the Sexes" (Luce and Raiffa, 1957; Rapoport and Guyer, 1966; Rapoport, 1966) does not allow such cooperation. In this game cooperation is actually a compromise wherein a player must allow his opponent to gain more or vice versa or both will lose. Compare the following Battle of the Sexes game matrix with the Prisoner's Dilemma game matrix presented above:

		S_2	
		L	R
S_1	L	-5, -5	+5, +10
	R	+10, +5	-10, -10

Note that all the Right-Left choice combinations earn points for both players, although the amounts for each are unequal. These are called cooperative choice combinations. Also, a Right choice is considered a maximizing choice since the player making this choice is assured that he will receive the greater payoff if a cooperative choice combination occurs. In other words, a Right choice maximizes a player's gain relative to that of his opponent.

Since it seems unlikely that many people will "lock in" on a response where they are continually earning less than their opponent, this game, unlike the Prisoner's Dilemma game, should not lead to long runs of one response. Furthermore, Swingle and

Gillis (1968) suggest that even in short runs sex differences are more likely with marital pairs than with unrelated mixed pairs. They found that, although initially very cooperative, friendly partners become more competitive over the first 50 trials of the Prisoner's Dilemma game. Similar findings are reported by McClintock and McNeel (1967) and Oskamp and Perlman (1966). Considering all of these factors, it seems reasonable to expect sex differences between marital partners over short runs of the Battle of the Sexes game.

Having reviewed the literature pertaining to interpersonal perceptions in alcohol-disturbed marriages and having discussed the possible potential of two-person games in the assessment of dysfunctional interpersonal perceptions, it is now possible to consider a number of specific hypotheses. In view of the conclusions of some of the studies discussed earlier, that the alcoholic husband perceives his wife as controlling and managerial whereas his wife minimizes these tendencies in herself, it seems reasonable to predict that these same self and spouse perceptions would be found in a new sample of alcohol-disturbed couples. Hypothesis 1, therefore, is that the wives of the alcoholics in this study will describe themselves as less controlling and more submissive than their husbands, while Hypothesis 2 is that they will also describe themselves as less controlling and more submissive than the wives of nonalcoholics. As for the alcoholic males, Hypothesis 3 is that they will describe themselves as being less

controlling than their wives, whereas Hypothesis 4 is that their self-descriptions will be equally as controlling and managerial as the self-descriptions of nonalcoholic males.

A number of the studies reviewed earlier suggest that there are marital role conflicts in alcohol-disturbed marriages and imply that these conflicts stem, at least in part, from attempts by one if not both spouses to satisfy their own needs without fully recognizing those of their partner. Assuming this to be a relatively accurate appraisal of the marital relationship of alcoholics and their spouses, Hypothesis 5 is that such couples will display fewer cooperative choice combinations in the Battle of the Sexes game than will couples not having difficulty due to alcohol. More specifically, assuming that the alcoholic's wife is in fact controlling in her interactions with her husband whether due to personal needs and/or practical necessity, Hypothesis 6 is that the number of maximizing choices made by alcoholic males in the Battle of the Sexes game will be relatively the same as that made by nonalcoholic males; whereas, Hypothesis 7 is that the number of maximizing choices made by the wives of alcoholics will be greater than that made by the wives of nonalcoholics.

Finally, if one considers that how a person perceives himself and significant others will largely determine how he carries out his role and the expectations he has of others in their roles, then in order to have successful interactions it would seem imperative that the percepts of the people involved be congruent.

Otherwise, conflicts over roles and role expectations are inevitable. Therefore, recalling the aforementioned discrepancies between the perceptions of the alcoholic and his wife, Hypothesis 8 is that the difference between the alcoholic's description of his wife and his wife's description of herself will be negatively related to cooperative game interactions and to marital adjustment.

Since the alcoholic husbands to be used in this study were hospitalized, two nonalcoholic couples-groups were necessary for comparison in order to control for any possible effects due to hospitalization, one in which husbands were hospitalized and another in which they were not. Hypothesized differences and similarities between alcoholic and nonalcoholic spouses are the same whether the nonalcoholic subjects are from the hospitalized or the nonhospitalized comparison group.

CHAPTER I I

METHOD

The subjects in this study were forty married couples matched for length of marriage, socioeconomic status, age, and education level (Table 1). They were subdivided into three groups: Group A consisted of fifteen couples in which the husband was temporarily hospitalized for alcoholism at a Veterans' Administration Hospital in Massachusetts and whose wife, although not herself an alcoholic, was involved in his treatment; Group B was composed of ten couples in which the husband was temporarily hospitalized at a state hospital for tuberculosis in Massachusetts but who was not alcoholic, and Group C was made up of fifteen couples in which neither of the spouses were alcoholic or hospitalized. These couples all resided in the geographical areas adjacent to either the Veterans' Administration or tuberculosis hospital.

The average age, length of marriage, and years of education of the subjects in each of the three groups are presented in Table 1. T-tests demonstrated no significant differences among groups or between sexes in any of these categories.

Table 1

Average Age, Years of Education, and Years of Marriage of Husbands and Wives in Each of the Three Groups

Variable	Group					
	Alcoholics		Tuberculars		Controls	
	Husbands	Wives	Husbands	Wives	Husbands	Wives
Age	41.0	40.5	40.2	39.0	40.6	40.8
Education	11.0	11.9	12.0	12.0	11.3	12.0
Married	16.2		15.8		15.0	

Apparatus

a) The Interpersonal Check List (ICL) was used as the measure of "self" and "spouse" dominance descriptions. The ICL (Appendix A) measures a number of the variables defined by Leary's Interpersonal Personality System. According to Leary, the data comprising the interpersonal core of personality are divided into five levels, each of which are defined in terms of the operations which produce the pertinent data. The ICL measures one of these five levels, a person's conscious description of himself and others. Reliability coefficients with the ICL average between .73 and .78.

b) The Marital Adjustment Test (MAT) developed by Locke and Wallace (1959) was used to obtain a marital adjustment rating from each subject (S). The MAT (Appendix B) is composed of fifteen items extracted from earlier but much longer tests because they had the highest level of discrimination, they did not duplicate other included items, and because they covered the important areas of marital maladjustment as judged by the authors. Scores on the MAT range from a minimum of 2 (very poorly adjusted) to a maximum of 158 (well adjusted). In validation studies the MAT differentiated clearly between persons who were well adjusted and those who were maladjusted in marriage. The authors report a .90 reliability coefficient.

c) The Alcadd Test was used to determine each S's drinking habits. This measure (Appendix C) is designed to help identify

individuals who have serious alcoholic problems. It consists of 65 "Yes" or "No" questions dealing with five behavioral characteristics which are reportedly more than 90% effective in differentiating alcoholics from nonalcoholics. These characteristics include the regularity of a person's drinking, preferences for drinking over other activities, a lack of controlled drinking, rationalizations for drinking, and excessive emotionality. Coefficients of reliability range from .92 to .96 for male and female groups. For the purposes of this study, any S, not including Group A husbands, whose score was equal to or above the "critical score" of 12 for males and 14 for females, was excluded.

d) The "Battle of the Sexes", a two-person mixed-motive game, was used to assess the interaction between marital pairs. The point values used in the game in this study were selected on the basis of a preliminary study with marital pairs which indicated that, when presented with low point values, subjects tended to try to increase or maximize the difference between their score and that of their spouse; whereas, when presented with high point values, subjects simply tried to increase their own score regardless of their spouse's score. In other words, there seemed to be more competition between participants when low point values were used, perhaps because the number of points that could be earned by trying to maximize self gain was so small. Conversely, subjects seemed more motivated to cooperate when the high point values were used. Similar findings have been reported by McClintock and

and McNeel (1966) and Oskamp and Perlman (1965). To a certain extent the tendency to be competitive can be likened to the tendency to be domineering; both are characterized by the attempt of one individual to "be on top" or "superior" to another, to be the "better" of the two. Therefore, since the reason for using a mixed-motive game was to study the tendencies among marital partners to be more or less domineering with one another, the low point values used in the preliminary study which elicited competition seemed most appropriate. The point values used in this study are presented in the following 2 X 2 matrix:

		S_2	
		L	R
S_1	L	-2, -2	+2, +5
	R	+5, +2	-5, -5

The apparatus for this game consists of two electrically wired panels, 6" X 6", one for each S , and a control panel, 6" X 8", operated by the experimenter (E). All panels are mounted on bases which are higher in the rear than in front, thus slanting downward for easier operation. The panels of both subjects are exactly alike. They consist of two one-way toggle switches spaced two inches apart toward the bottom, and two electric lamps located vertically above each switch or a total of four lamps. These four lamps form a square and correspond to the four cells of a 2 X 2 matrix such as that shown above. Since the particular matrix employed in the game was visible to each S , the lamps were used at the end of each trial to indicate to each S his earnings as well

as those of his opponent. The experimenter's panel is similar to the subjects' panels except that it has four toggle switches instead of two. The wiring between this panel and the two subjects' panels is such that on each trial E is able to record the responses of both subjects and then, using one of his four switches, inform them of their earnings. Partitions between the two subjects and E prevent eye contact, and at no time during the game were the subjects allowed to communicate verbally.

Procedure

All couples who participated in this study were told that they were involved in a research project which was attempting to provide a better understanding of marital relationships. It was emphasized that the information volunteered by each S was strictly confidential, that it would not be divulged to anyone including the respondent's spouse, and that the test materials would be destroyed at the conclusion of the study. Furthermore, it was made clear to the subjects that they were not to put their names on any test materials and that, therefore, they did not have to be concerned that the final written results would include references to any particular couple or individual. Each couple was seen separately for one session lasting approximately two hours. Couples in Groups A and B were interviewed in small quiet rooms in their respective hospitals, while couples in Group C were interviewed in their homes during the early evening. At the beginning of each session, the two participants were told that they were not to talk

to one another but that, if necessary, they could ask for E's assistance. The written tests were administered in the standardized manner in the following order: Alcadd, MAT and ICL.

The two person game, presented last, was introduced with minimal explanation. Once seated in front of the apparatus, subjects were told that "you are both going to be involved in a task with one another in which the objective is for both of you to accumulate as many points as you can. You see in front of you two levers, one to your left marked L and one to your right marked R. On each trial both of you will pull either the left or right lever. Your earnings on each trial are determined by the combination of levers pulled by both of you on that trial. Once you have both pulled a lever, one of the four lights on your panels will be turned on so as to inform you of your earnings (as indicated by the uppermost number next to that light) as well as those of the other person (as indicated by the lowermost number next to that light). For example, if you both pull the left lever, a light will go on indicating that you each earn -2 points. But if one of you pulls the left lever and the other the right lever, another light will go on indicating that one of you earns +5 points and the other +2 points. When your panel light is illuminated return your levers to the starting position and record your earnings. When the panel light is turned off, begin the next trial. You each have a paper and pencil on which you are to keep a trial-by-trial record of your earnings. Are there any questions? From now on you are not allowed to talk with one

another." Couples were allowed 5 practice trials to familiarize themselves with the apparatus and scoring procedure. They then began and continued until they had completed a total of 40 trials.

The decision to restrict the mixed-motive game to 40 trials was based on a preliminary study which revealed that some spouses, especially husbands, began to lose interest and respond less seriously after approximately 35 to 40 trials. Since this was only one of four tasks requiring a total of two hours of unreimbursed time from each subject, it seemed imperative to lessen fatigue and loss of interest.

CHAPTER III

RESULTS

Two types of dependent measures are used in this study. Dominance (Dom) ratings on the Interpersonal Check List (ICL) have been converted to standard scores (Leary, 1957), whereas proportions have been used to express the number of maximizing (Max) and cooperative (Coop) choices in the mixed-motive game, as well as the ratings on the Marital Adjustment Test (MAT). More specifically, since there were a total of 40 choices made in the mixed-motive game, the number of Max and Coop choices are expressed as proportions of 40, while MAT ratings are expressed as proportions of 158, the highest possible MAT rating.

Analyses of variance tests were performed to examine the differences within and between the three groups of marital pairs on three measures: Dom ratings, Max and Coop game choices, and MAT ratings. Pearson Product-Moment Correlations were used to investigate the relationship between these measures.

It had been assumed that the Marital Adjustment Test ratings of husbands and wives in Group A (Alcoholics) would be somewhat lower than those of husbands and wives in Groups B (Tuberculars) and C (Controls). However, as evidenced in the summary of the analysis of variance of the MAT ratings presented in Table 2, the only significant difference occurred between the husband and wife ratings in Group B. A comparison of the relevant group means also presented in Table 2 shows that the MAT ratings of the husbands in

this group were generally higher than those of their wives.

Table 2

Mean Proportions of the Marital Adjustment Test (MAT) Ratings, and the Analysis of Variance Summary (F) of These Proportions by Husbands and Wives in All Groups

	Alcoholics	Tuberculars	Controls	F
Husbands	.69	.75	.69	2.40
Wives	.60	.65	.74	3.02
F	1.84	8.31***	1.78	

*** $p < .01$

The number of husbands in each group whose MAT ratings were higher than those of their wives and, similarly, the number of wives in each group whose MAT ratings were higher than those of their husbands are presented in Table 3. These cell frequencies indicate that in Groups A and B there were more husbands than wives who gave the higher MAT rating, whereas in Group C the trend was in the opposite direction: more wives than husbands gave the higher MAT rating ($X^2=8.43$; $p < .02$).

Table 3

The Number of Husbands and Wives Whose Marital Adjustment Test (MAT) Rating was Higher Than That of Their Spouse

Group	Spouse giving higher MAT rating	
	Husbands	Wives
Alcoholics	12	3
Tuberculars	9	1
Controls	6	9

Dominance Ratings

Hypothesis 1 was that the "self" ratings by the wives of the alcoholics would be lower than their own "spouse" ratings, while

Hypothesis 2 stated that the "self" ratings of Group A wives would also be lower than the "self" ratings of the wives in Groups B and C. With regard to the alcoholics, Hypothesis 3 stated that their "self" ratings would be lower than their own "spouse" ratings; whereas, Hypothesis 4 was that their "self" ratings would be the same as the "self" ratings of the nonalcoholics.

The means of the "self" and "spouse" Dom ratings by wives on the ICL, and the analysis of variance of these ratings presented in Table 4, indicate that the "self" Dom ratings by Group A wives tended to be lower than their own "spouse" Dom ratings. Moreover, as depicted graphically in Figure 1, the "self" Dom ratings by the wives in Group B also tended to be lower than their "spouse" Dom ratings ($p < .10$), as were the "self" Dom ratings by the wives in Group C. Contrary to prediction, the "self" Dom ratings by the wives of alcoholics were not significantly lower than the "self" Dom ratings by the wives in either of the other two groups.

Table 4

Mean "Self" and "Spouse" Dominance Ratings
on the Interpersonal Check List (ICL), and
the Analysis of Variance Summary (F) of
These Means by Wives in All Groups

	Alcoholics	Tuberculars	Controls	F
Wives' "self" rating	52.80	54.00	51.46	.30
Wives' "spouse" rating	58.53	60.80	63.66	1.02
F	4.61**	4.15*	21.42***	

* $p < .10$

** $p < .05$

*** $p < .01$

Also contrary to prediction was the finding that the "self"

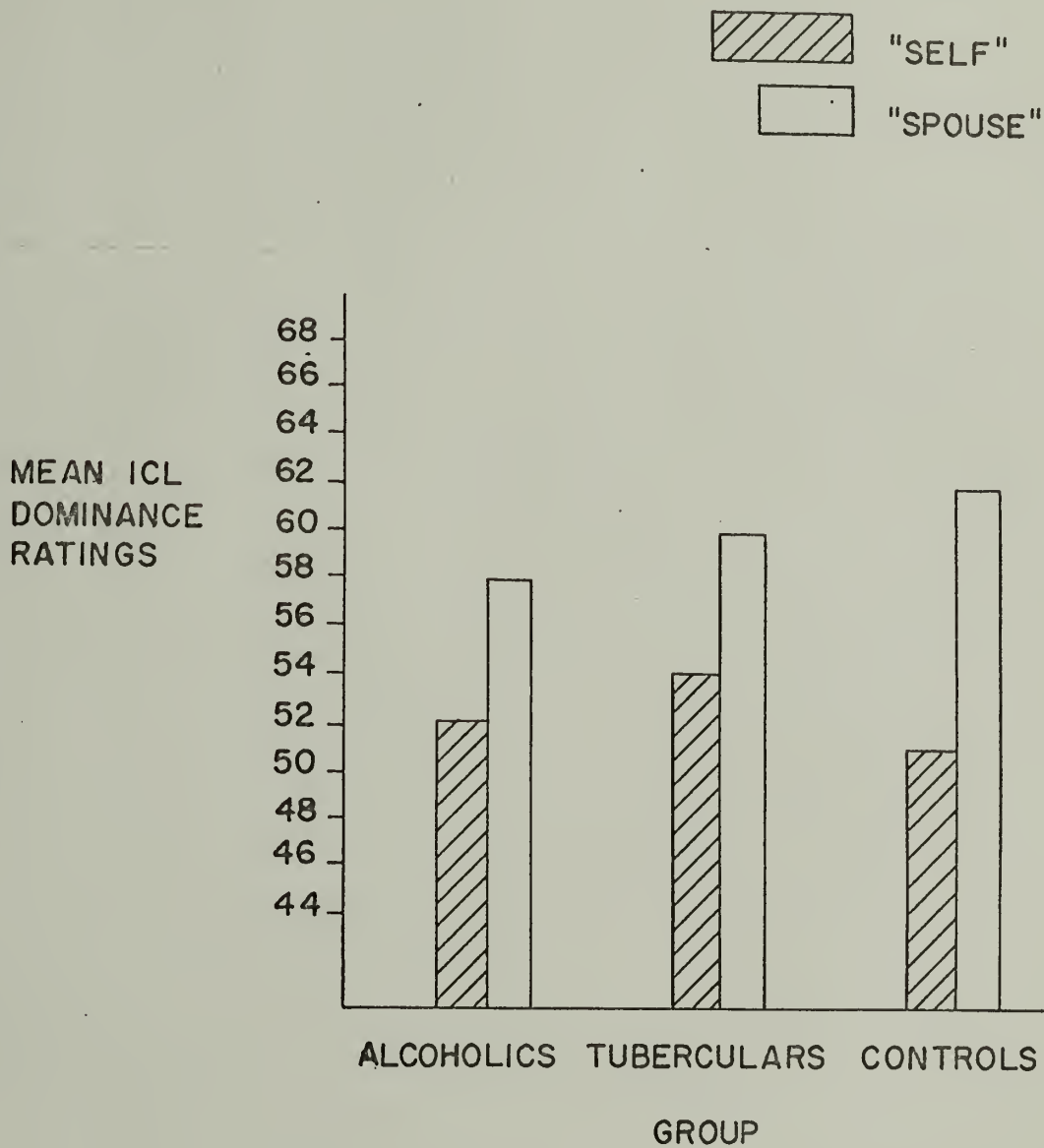


FIGURE I. WIVES' MEAN RATINGS OF "SELF AND SPOUSE" DOMINANCE.

Dom ratings by the alcoholics were not lower than their own "spouse" Dom ratings, although the means, as presented in Table 5, are in the expected direction. In Group B the "self" Dom ratings by the husbands tended to be lower than their "spouse" Dom ratings ($p < .10$), while in Group C, although not statistically significant, the "self" Dom ratings by the husbands were slightly higher than their "spouse" Dom ratings. It was also expected that the "self" Dom ratings by Group A husbands would not differ significantly from the "self" Dom ratings by the husbands in the other two groups. In fact, however, the "self" Dom ratings by the alcoholics did tend to be lower than the "self" Dom ratings by the husbands in the other two groups ($p < .10$).

Table 5

Mean "Self" and "Spouse" Dominance Ratings on the Interpersonal Check List (ICL), and the Analysis of Variance Summary (F) of These Means by Husbands in All Groups

	Alcoholics	Tuberculars	Controls	F
Husbands' "self" rating	55.73	61.90	63.86	2.98*
Husbands' "spouse" rating	59.73	62.60	60.26	1.76
F	1.84	4.03*	.72	

* $p < .10$

The "self" Dom rating by each marital partner was compared with the "spouse" Dom rating given by his or her mate. The means of these ratings and the analysis of variance summaries are presented in Tables 6 and 7. As shown graphically in Figure 2a, the "spouse" Dom ratings by the wives in all three groups do not differ significantly from the "self" Dom ratings by their husbands. However, as depicted in Figure 2b, the "spouse" Dom ratings by the

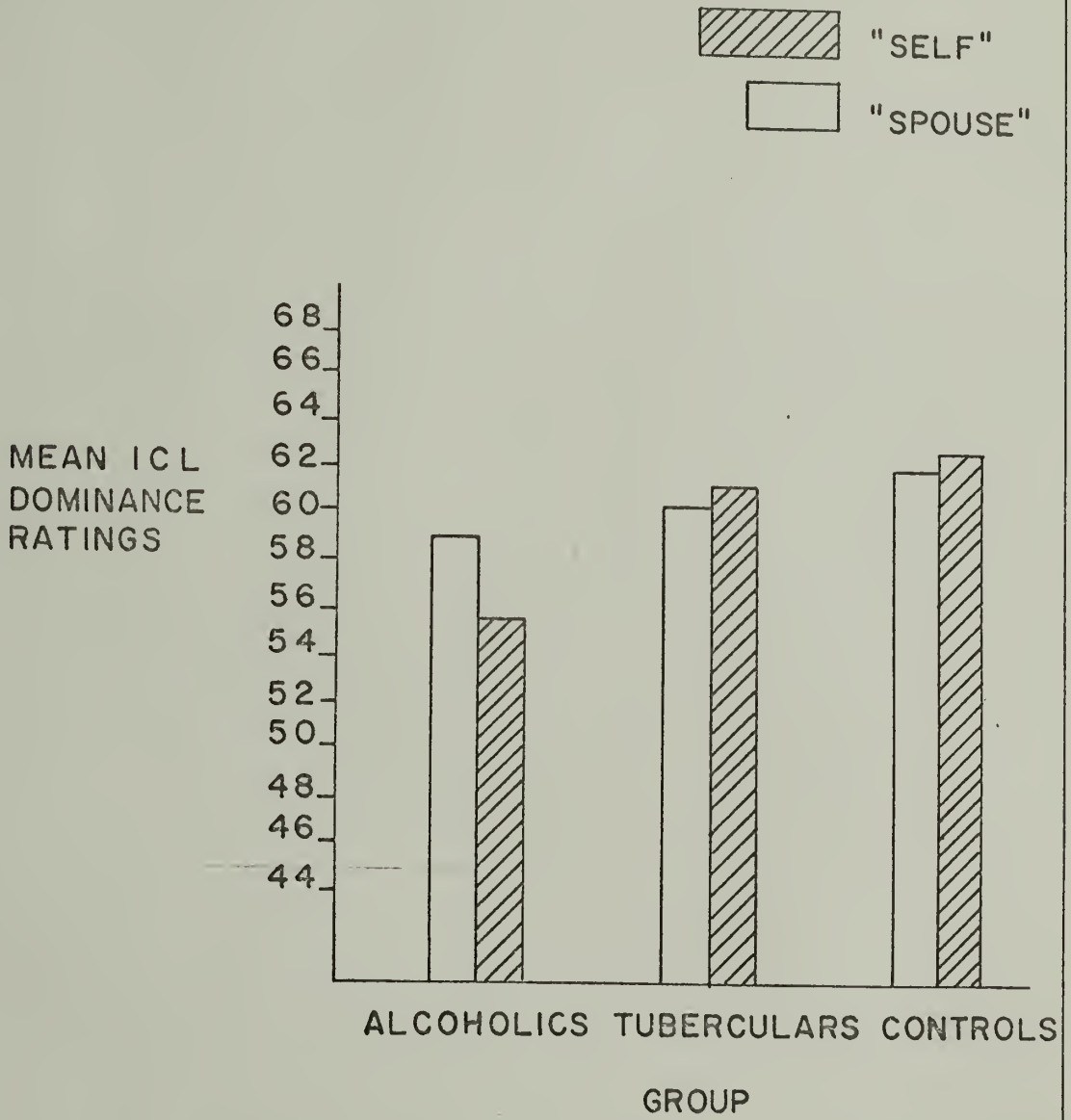


FIGURE 2A. WIVES' MEAN RATINGS OF "SPOUSE" DOMINANCE AND HUSBANDS' MEAN RATINGS OF "SELF" DOMINANCE.

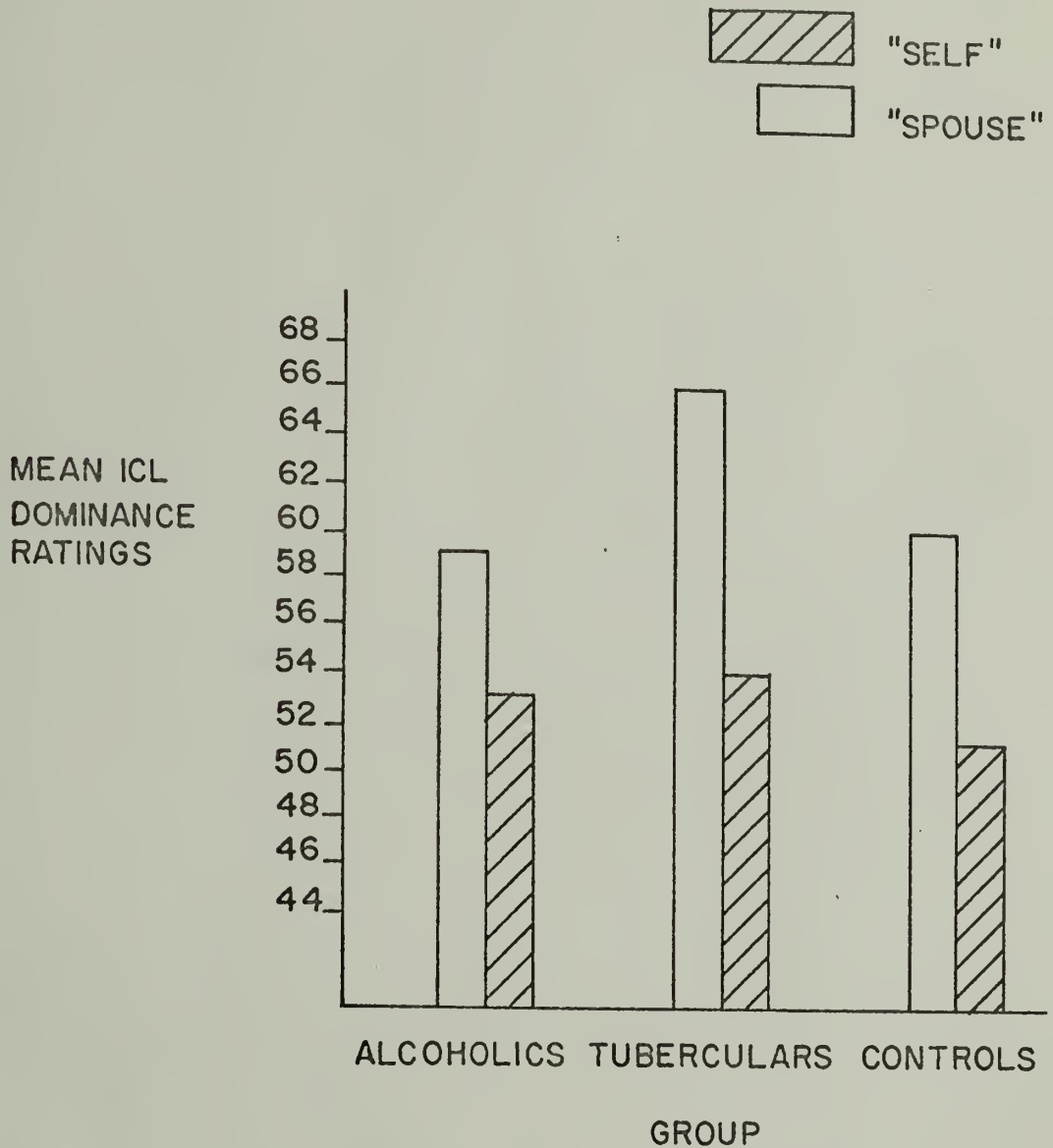


FIGURE 2B. HUSBANDS' MEAN RATINGS OF "SPOUSE" DOMINANCE AND WIVES' MEAN RATINGS OF "SELF" DOMINANCE.

husbands in all three groups were significantly higher than the "self" Dom ratings by their wives.

Table 6

Mean "Spouse" Dominance Ratings by Wives and "Self" Dominance Ratings by Husbands on the Interpersonal Check List (ICL), and the Analysis of Variance Summary (F) of These Means by Husbands and Wives in All Groups

	Alcoholics	Tuberculars	Controls
Wives' "spouse" rating	58.53	60.80	63.66
Husbands' "self" rating	55.73	61.90	63.86
F	0.80	0.16	0.00

Table 7

Mean "Spouse" Dominance Ratings by Husbands and "Self" Dominance Ratings by Wives on the Interpersonal Check List (ICL), and the Analysis of Variance Summary (F) of These Means by Husbands and Wives in All Groups

	Alcoholics	Tuberculars	Controls
Husbands' "spouse" rating	59.73	62.60	60.26
Wives' "self" rating	52.80	54.00	51.46
F	7.89***	17.73***	5.26*

* $p < .10$

*** $\bar{p} < .01$

Maximizing and Cooperative Choices in the Mixed-Motive Game

Hypothesis 5 was that the couples in Group A would make fewer Coop choices than the couples in either of the other two groups. Hypothesis 6 was that the alcoholic males would make the same number of Max choices as the nonalcoholic males. Hypothesis 7 stated that the wives of the alcoholics would make significantly more Max choices than the wives of nonalcoholics.

Inspection of the mean proportions of Coop game choices and the analysis of variance of these game choices presented in

Table 8, reveal that the couples in Group A, contrary to prediction, did not make significantly fewer Coop choices than the couples in Groups B and C, although the mean differences are in the expected direction.

Table 8

Mean Proportion of Cooperative (Coop) Choices, and the Analysis of Variance Summary (F) of These Proportions by Couples in All Groups

Alcoholics	Tuberculars	Controls	F
.50	.56	.55	1.00

An additional comparison of Coop game choices involved the number of husbands who made more Max choices than their wives and, similarly, the number of wives who made more Max choices than their husbands. These frequencies presented in Table 9 indicate that in Group A the greater proportion of Max choices was made more often by wives than by husbands, whereas in Groups B and C there were more husbands than wives who made the greater proportion of Max choices ($\chi^2=6.23$; $p \leq .05$).

Table 9

Number of Husbands and Wives Who Made More Cooperative Maximizing Choices Than Did Their Spouse

Group	Spouse making more Max choices	
	Husbands	Wives
Alcoholics	6	9
Tuberculars	8	2
Controls	12	3

As evidenced by the mean proportions of Max game choices and the analysis of variance of these game choices presented in Table 10, the wives of alcoholics, contrary to prediction, did not make significantly more Max choices than the wives in the other two groups. There were also no significant differences in the proportion of Max choices made by the husbands in the three groups. Within group comparisons of the proportion of Max choices made by husbands and wives revealed no significant differences between husbands and wives in Groups A and C, although husbands in Group B did tend to make more Max choices than their wives ($p < .10$).

Table 10

Mean Proportion of Maximizing Choices (Max)
and the Analysis of Variance Summary (F)
of These Proportions by Husbands and
Wives in All Groups

	Alcoholics	Tuberculars	Controls	F
Husbands	.56	.66	.55	2.64
Wives	.62	.55	.53	2.59
F	1.56	4.20*	1.55	

* $p < .10$

Relationships Between Measures

Hypothesis 8 was that the difference between the alcoholic's description of his wife and his wife's description of herself would be negatively related to Coop game choices and marital adjustment.

The correlations between MAT ratings, the proportion of Coop game choices, and the disparity between each spouse's description

of the wife's dominance are presented in Table 11. As expected, in Group C the magnitude of the difference between each spouse's description of the wife's dominance, and the proportion of Coop game choices by these couples correlated negatively. In other words, the more dominant a husband's description was of his wife, the less likely were he and his wife to make Coop game choices. Unexpectedly, however, there was a positive correlation between these measures in Group A. The more dominant a husband's description was of his wife in this group, the more likely were he and his wife to make Coop game choices. There was no correlation between these measures in Group B. There were also no significant correlations between descriptive differences and MAT ratings, nor between Coop game choices and MAT ratings.

Table 11

Correlations Between Marital Adjustment Test (MAT) Ratings, the Number of Cooperative Game Choices (Coop), and the Couple's Disparity in Viewing the Wife's Dominance

Correlations between description disparity and:		Group		
		Alcoholics	Tuberculars	Controls
Coop game choices		+ .79*	- .12	- .73*
MAT ratings	Husbands	- .12	+ .33	+ .35
	Wives	- .29	- .22	+ .24
Correlations between MAT Ratings and Coop game choices	Husbands	+ .21	+ .10	+ .02
	Wives	+ .11	+ .24	+ .14

* $p < .01$

The "spouse" dominance rating by husbands minus the "self" dominance rating by wives.

CHAPTER IV

DISCUSSION

The principle findings of this study were that, (a) the wives of the alcoholics did not describe themselves as less controlling or managerial than did the wives of nonalcoholics, (b) the mixed-motive game play in the alcoholic couples-group, unlike that in the nonalcoholic couples-group, reflected the wife's tendency, at least in this situation, to assume control by making more maximizing choices, (c) all husbands described their wives as more controlling than their wives described themselves, and, finally, (d) whereas divergent descriptions of the wife's dominance by alcoholics and their wives were positively related to game cooperation, differing descriptions of the wife's dominance by nonalcoholic, nonhospitalized men and their wives were negatively related to game cooperation.

Wives of Alcoholics

In their descriptions of themselves and their husbands, the wives of alcoholics were no different than the wives of nonalcoholics. Wives in all samples described themselves as more passive and submissive as well as less controlling and managerial than their husbands. In addition, the wives of alcoholics, as did the other wives, described their husband's abilities to compete and manage much like their husbands described themselves.

Unexpectedly, the wives of the alcoholics in this study did not describe themselves as less controlling or managerial than did

the wives of nonalcoholics. This finding differs from those reported by Gynther and Brilliant (1967) and by Kogan and Jackson (1963) who reported that the wives of alcoholics in their studies described themselves as less domineering and managerial than their control wives. However, the fact that the Gynther and Brilliant finding is based on a nonstatistical comparison of their subjects' descriptions with those of published norms limits its significance considerably. Why the Kogan and Jackson finding differed is less clear. It may be due to the fact that they used a different dominance measure and/or the fact that the control for each wife was a close friend whom she herself selected. Also unexpected was the finding that the wives of the alcoholics did not make significantly more maximizing choices than the other wives, although the means of these three groups were in the expected direction. This finding, in addition to the absence of any differences between the wives' self descriptions, does not support the hypothesis that the wives of alcoholics tend to be more controlling in their interactions with their husbands than are the wives of nonalcoholics with their husbands.

Alcoholic Husbands

Although not a statistically significant finding, the alcoholic husbands in this study did describe themselves as slightly less controlling and managerial than they described their wives. However, the fact that the hospitalized nonalcoholic husbands also did this, makes it unclear whether the difference between the al-

coholic's descriptions of himself and his wife is due to his alcoholism, hospitalization, or both. The inclusion of the hospitalized nonalcoholic group proved equally valuable when comparing the marital adjustment ratings. For, although the alcoholic husbands rated their marital adjustment higher more often than their wives, the hospitalized nonalcoholic husbands did also, again raising a question as to whether the difference between the marital adjustment ratings of the alcoholics and their wives is due to the husband's alcoholism, hospitalization, or both. That husbands who are temporarily hospitalized and who are unable to work and care for their family should tend to describe themselves as less controlling and managerial than their wives seems understandable. Harrow, Fox and Detre (1969), for example, found that the self-images of hospitalized patients were significantly more negative than their views of their spouses. However, the fact that these husbands more often rate their marital adjustment higher than do their wives is not as readily understood. Perhaps the increased demands and the loneliness imposed on these wives for some reason cause them more than their husbands to have a slightly less positive view of their marriage.

As expected, the alcoholic husbands in this study described their wives as more controlling and less submissive than their wives described themselves. However, the additional finding that nonalcoholic men, whether or not they were hospitalized, also described their wives in this manner indicates that this percept

discrepancy is not one which is solely characteristic of alcoholic partners. In fact, Heer (1962) reports that such percept discrepancies are common among large and varied samples of marital pairs. He suggests that, since in the present day culture which extols male dominance the perception of each spouse is probably biased in the direction of minimizing the influence of the wife, the perception of the husband which credits greater influence to the wife must be more accurate. In other words, it is felt that all wives tend to minimize their power or influence in their marital relationships.

When the "self" descriptions by alcoholics were compared with those by the nonalcoholic males, it was found that the former group tended to describe themselves as significantly more passive, submissive and less controlling than did the latter group. This finding differs from that reported by Gynther and Brilliant (1967) who suggested that there were no differences between the "self" dominance descriptions by alcoholic and nonalcoholic husbands; however, methodological limitations in the earlier study again preclude any meaningful comparison of these findings. Interestingly though, the alcoholic husbands in this study did make just as many maximizing choices in the mixed-motive game as did either the hospitalized or the nonhospitalized nonalcoholic husbands, a finding consistent with that of Gynther and Brilliant, in that the alcoholics behaved no less competitive or controlling than the nonalcoholics.

Alcoholic Husbands and Their Wives

A closer look at the interactive behavior of husbands and wives in the mixed-motive game, reveals that the number of cooperative choices made by alcoholic couples was not significantly different from the number of cooperative choices made by nonalcoholic couples. Although unexpected, this finding is partially explained by the results of the nonparametric analysis of the two possible cooperative choice combinations. Among alcoholic couples, the cooperative choice combinations were more often in the wife's favor; that is, the wife gained more than the husband, whereas, among the nonalcoholic couples, the cooperative choice combinations were more often in the husband's favor.

That the alcoholic and nonalcoholic couples made practically the same number of cooperative choices, even though there was a noticeable difference in the type of cooperation found in these two groups, is understandable when one considers the sample of alcoholic couples used in this study. Married an average of 16 years, and involved together in group psychotherapy to resolve a problem not necessarily indicative of poor working relationships, it is not unlikely that these couples have achieved a relationship which is at least minimally cooperative. Conceivably, these same factors could account for the relative lack of any significant differences in the marital adjustment ratings of the alcoholic and nonalcoholic groups. Of course, given the obvious nature of the MAT scale, and the possibility that the subjects were not en-

tirely convinced that their mates would not see their ratings, faking in a positive direction becomes a distinct possibility. Clemes and Terrill (1968), who compared the MAT ratings of couples in treatment with those not in treatment, also reported no significant group differences.

The relationships between cooperative interactive behavior in the mixed-motive game and the disparity between each spouse's perception of the wife's dominance are further suggestive of differing ways in which alcoholic and nonalcoholic husbands and their wives achieve cooperation. Practically all the men in this study described their wives as more controlling and managerial than their wives described themselves; however, the size of this discrepancy appears to be differentially related to the amount of cooperation in the game behavior of alcoholic and nonalcoholic couples. Among alcoholic couples, increases in percept disparity are related to increases in the number of cooperative game choices, whereas this relationship is reversed among nonalcoholic couples. As the disparity between percepts increases, the number of cooperative game choices decreases. At first glance the game behavior of the alcoholic couples seems to contradict the prediction that incongruent husband and wife percepts would be related to interpersonal conflict or decreased game cooperation. However, the reason for the contradiction in this group becomes clear when one considers the finding reported earlier that the game cooperation of alcoholic couples appears to be in the wife's favor or, stated

slightly differently, wife controlled. For what this suggests is that, even though the alcoholic's wife describes herself as no more controlling than other wives, she does, in fact, behave in a slightly more controlling manner with her husband in the mixed-motive game than other wives do with their husbands. In other words, the role which the alcoholic's wife takes in the mixed-motive game interaction with her husband is congruent with the role which her husband expects, thus explaining the frequency of their cooperative game choices. Finally, although not overlooking the limitations of the MAT rating scale, the reasons for the positive relationship between percept disparity and marital cooperation among alcoholic couples may explain, at least partially, why in this group percept disparity was not related to marital adjustment; these couples have adjusted amicably to perceived differences in one another on the dominance-submissiveness dimension. However, should this be so, the absence of any relationship between percept disparity and marital adjustment within the nonalcoholic groups is even more puzzling.

Concluding Remarks

Although the wives of the alcoholics made nearly the same number of maximizing choices as did the wives of nonalcoholics, the wife-controlled nature of the cooperative game behavior of the alcoholics and their wives lends at least minimal support to the conclusion that the wife of the alcoholic is somewhat more controlling in her marital interactions than is the wife of the

nonalcoholic. Unexpectedly, the "self" and "spouse" dominance descriptions by these two groups of wives were the same; however, this finding in no way precludes the presence of behavioral differences.

Exactly why the behavioral measure differentiated between these couples-groups and the descriptive measure did not is unclear. Undoubtedly there are many individuals who are suspicious of psychological tests. They are afraid that the examiner is trying to deceive or "trick" them into revealing personal information that they would not normally divulge. As a result, there is often a tendency to try to make oneself "look good", a tendency which is especially prevalent when the test is "obvious" enough, as is the ICL, to allow people to evaluate how one or another response will make them look. Indeed the subjects in this study took much more time than was necessary to complete the ICL, even though they were instructed not to ponder long on any one item. In contrast, a behavioral measure like the mixed-motive game is much less likely to elicit faking. It is a playful, fast-moving, and somewhat trivial task which seems to decrease both intra-and interpersonal anxiety. Almost all of the couples in this study enjoyed the mixed-motive game as evidenced by their frequent laughs and exclamations. In other words, subjects appeared much less concerned about being deceived and the need to "look good" on this measure than they did on the other; one reason, perhaps, why the behavioral measure proved to be the most efficacious.

Whether or not one accepts the interpretation of the differences in the game choices of the alcoholic and nonalcoholic couples offered above, depends largely on whether one accepts the premise that the behavior of married couples in such games as used in this study reflects the way in which these couples generally interact, and not simply their behavior with one another in competitive game-like situations. As indicated earlier, the mixed-motive game was introduced to all couples as an "interaction", not as a game, and there were no references to competition or cooperation in their instructions. Thus it is assumed that the husbands and wives were free to choose their own approach to the task and that, therefore, their choices were largely determined by their past experience in interactions with one another.

If valid, the findings of this study are directly relevant to any form of therapeutic intervention with alcoholics which focuses on their marital relationship. Considering the immense difficulty involved in altering almost any dominant-submissive marital pattern, one which results in cooperative interactive behavior would seem to be especially resistant to change. Therefore, unless evidence suggests that the dominant-submissive pattern in a particular alcoholic's marital relationship is directly related to marital discord (Indeed the findings of this study would suggest that such a relationship does not exist.), it would seem wise not to attempt to alter it at all, thereby lessening an already high risk of "flight from therapy".

However, it should be noted that there were certain limitations in this study which indicate caution against any wide generalization of its findings. In the first place, the alcoholic couples used in this study were from a special class, namely, couples who have stayed together throughout many turbulent and difficult years. Secondly, all of the alcoholics in this study were hospitalized. And, finally, the mixed-motive game gives objective data only about the alcoholic in relation to his wife, it tells nothing about either partner's interactions with other individuals, or about their own interactions under conditions of a serious or more stressful nature.

Having considered the results of this study, at least two suggestions can be made with regard to any future work in this area: 1. The importance of the hospitalized nonalcoholic control group in this study indicates the need to select control subjects carefully when working with alcoholics; 2. The assessment of marital adjustment by means of rating scales given to marital partners is extremely difficult. A less obvious rating scale than the one used in this study or descriptive ratings made on the basis of third party reports (e.g. children or close friends) may be more efficacious.

CHAPTER V

SUMMARY

Previous research suggests that the dominance-submissiveness dimension has special significance in the marital relationships of male alcoholics and, more specifically, that these marriages are characterized by a strong controlling wife and a weak dependent husband. The present study attempted to investigate the validity of this "classic" characterization by employing both descriptive and behavioral measures. A simple one-way analysis was utilized with three couples-groups in which the males were either hospitalized alcoholics, hospitalized nonalcoholics, or nonhospitalized nonalcoholics. It was hypothesized that the self-descriptions by the wives of alcoholics would be less controlling than those by wives of nonalcoholics, but that their behavior in a mixed-motive two-person game ("Battle of the Sexes") would be more competitive or controlling than that of the other wives. Forty middle-aged couples participated in this experiment. The results were only partially as expected. The wives of alcoholics did not describe themselves as less controlling than did the wives of nonalcoholics; however, their game behavior with their husbands did tend to be more competitive or controlling than that of the other wives. It was concluded that the alcoholic's wife does assume control with her husband somewhat more than does the wife of a nonalcoholic, but that, unlike in marriages in which the husband is not alcoholic, female control does not seem to interfere with the coup-

le's ability to interact productively. Explanations for some differences between present findings and those of earlier investigations were offered, as were suggestions concerning therapeutic intervention with alcoholics and their wives.

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APPENDIX A

Interpersonal Check List

Column 1 - You

Column 2 - Your Spouse

	<u>1</u>	<u>2</u>
1. Well thought of	_____	_____
2. Makes a good impression	_____	_____
3. Able to give orders	_____	_____
4. Self-respecting	_____	_____
5. Independent	_____	_____
6. Able to take care of self	_____	_____
7. Can be indifferent to others	_____	_____
8. Can be strict if necessary	_____	_____
9. Firm but just	_____	_____
10. Can be frank and honest	_____	_____
11. Critical of others	_____	_____
12. Can complain if necessary	_____	_____
13. Often gloomy	_____	_____
14. Able to doubt others	_____	_____
15. Frequently disappointed	_____	_____
16. Able to criticize self	_____	_____
17. Apologetic	_____	_____
18. Can be obedient	_____	_____
19. Grateful	_____	_____
20. Admires and imitates others	_____	_____

	<u>1</u>	<u>2</u>
21. Appreciative	_____	_____
22. Very anxious to be approved of	_____	_____
23. Cooperative	_____	_____
24. Eager to get along with others	_____	_____
25. Friendly	_____	_____
26. Affectionate and understanding	_____	_____
27. Considerate	_____	_____
28. Encourages others	_____	_____
29. Helpful	_____	_____
30. Big-hearted and unselfish	_____	_____
31. Often admired	_____	_____
32. Respected by others	_____	_____
33. Good leader	_____	_____
34. Likes responsibility	_____	_____
35. Self-confident	_____	_____
36. Self-reliant and assertive	_____	_____
37. Businesslike	_____	_____
38. Likes to compete with others	_____	_____
39. Hard-boiled when necessary	_____	_____
40. Stern but fair	_____	_____
41. Irritable	_____	_____
42. Straightforward and direct	_____	_____
43. Resents being bossed	_____	_____
44. Skeptical	_____	_____

	<u>1</u>	<u>2</u>
45. Hard to impress	_____	_____
46. Touchy and easily hurt	_____	_____
47. Easily embarrassed	_____	_____
48. Lacks self-confidence	_____	_____
49. Easily led	_____	_____
50. Modest	_____	_____
51. Often helped by others	_____	_____
52. Very respectful to authority	_____	_____
53. Accepts advice readily	_____	_____
54. Trusting and eager to please	_____	_____
55. Always pleasant and agreeable	_____	_____
56. Wants everyone to like him	_____	_____
57. Sociable and neighborly	_____	_____
58. Warm	_____	_____
59. Kind and reassuring	_____	_____
60. Tender and softhearted	_____	_____
61. Enjoys taking care of others	_____	_____
62. Gives freely of self	_____	_____
63. Always giving advice	_____	_____
64. Acts important	_____	_____
65. Bossy	_____	_____
66. Dominating	_____	_____
67. Boastful	_____	_____
68. Proud and self-satisfied	_____	_____

	<u>1</u>	<u>2</u>
69. Thinks only of himself	_____	_____
70. Shrewd and calculating	_____	_____
71. Impatient with others' mistakes	_____	_____
72. Self-seeking	_____	_____
73. Outspoken	_____	_____
74. Often unfriendly	_____	_____
75. Bitter	_____	_____
76. Complaining	_____	_____
77. Jealous	_____	_____
78. Slow to forgive a wrong	_____	_____
79. Self-punishing	_____	_____
80. Shy	_____	_____
81. Passive and unaggressive	_____	_____
82. Meek	_____	_____
83. Dependent	_____	_____
84. Wants to be led	_____	_____
85. Lets others make decisions	_____	_____
86. Easily fooled	_____	_____
87. Too easily influenced by friends	_____	_____
88. Will confide in anyone	_____	_____
89. Fond of everyone	_____	_____
90. Likes everybody	_____	_____
91. Forgives anything	_____	_____
92. Oversympathetic	_____	_____

	<u>1</u>	<u>2</u>
93. Generous to a fault	_____	_____
94. Overprotective of others	_____	_____
95. Tries to be too successful	_____	_____
96. Expects everyone to admire him	_____	_____
97. Manages others	_____	_____
98. Dictatorial	_____	_____
99. Somewhat snobbish	_____	_____
100. Egotistical and conceited	_____	_____
101. Selfish	_____	_____
102. Cold and unfeeling	_____	_____
103. Sarcastic	_____	_____
104. Cruel and unkind	_____	_____
105. Frequently angry	_____	_____
106. Hardhearted	_____	_____
107. Resentful	_____	_____
108. Rebels against everything	_____	_____
109. Stubborn	_____	_____
110. Distrusts everybody	_____	_____
111. Timid	_____	_____
112. Always ashamed of self	_____	_____
113. Obeys too willingly	_____	_____
114. Spineless	_____	_____
115. Hardly ever talks back	_____	_____
116. Clinging vine	_____	_____

	<u>1</u>	<u>2</u>
117. Likes to be taken care of	_____	_____
118. Will believe anyone	_____	_____
119. Wants everyone's love	_____	_____
120. Agrees with everyone	_____	_____
121. Friendly all the time	_____	_____
122. Loves everyone	_____	_____
123. Too lenient with others	_____	_____
124. Tries to comfort everyone	_____	_____
125. Too willing to give to others	_____	_____
126. Spoils people with kindness	_____	_____
127. Forceful	_____	_____
128. Usually gives in	_____	_____

APPENDIX B

Marital Adjustment Test

1. Check the dot on the scale line below which best describes the degree of happiness, everything considered, of your present marriage. The middle point, "happy", represents the degree of happiness which most people get from marriage, and the scale gradually ranges on one side to those few who are very unhappy in marriage, and on the other, to those few who experience joy or felicity in marriage.

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Very Unhappy	Happy	Perfectly Happy
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State the approximate extent of agreement or disagreement between you and your mate on the following items. Please check each column.

Always Agree	Almost Always Agree	Occasionally Disagree	Frequently Disagree	Almost Always Disagree	Always Disagree
--------------	---------------------	-----------------------	---------------------	------------------------	-----------------

2. Handling family finances

3. Matters of recreation

4. Demonstrations of affection

Always Agree Almost Always Agree Occasionally Disagree Frequently Disagree Almost Always Disagree Always Disagree

5. Friends _____
6. Sex Relations _____
7. Conventionality
(right, good, or proper conduct) _____
8. Philosophy of life _____
9. Ways of dealing with in-laws _____
10. When disagreements arise, they usually result in: husband giving in _____, wife giving in _____, agreement by mutual give and take _____.
11. Do you and your mate engage in outside interests together? All of them _____, some of them _____, very few of them _____, none of them _____.
12. In leisure time do you generally prefer: to be "on the go" _____, to stay at home _____? Does your mate generally prefer: to be "on the go" _____, to stay at home _____?
13. Do you ever wish you had not married? Frequently _____, occasionally _____, rarely _____, never _____.
14. If you had your life to live over, do you think you would: marry the same person _____, marry a different person _____, not marry at all _____?
15. Do you confide in your mate: almost never _____, rarely _____, in most things _____, in everything _____?

APPENDIX C

Alcadd Test

	<u>Yes</u>	<u>No</u>
1. I like to swim.	_____	_____
2. I am a good dancer.	_____	_____
3. I like to read detective stories.	_____	_____
4. I enjoy watching a football game.	_____	_____
5. I would rather go to a dinner or banquet than drink.	_____	_____
6. Drinking speeds up life for me.	_____	_____
7. I need a drink or two to get started in my work.	_____	_____
8. I often take a drink or two in the middle of the afternoon.	_____	_____
9. I drink only to join the fun.	_____	_____
10. I drink at regular times.	_____	_____
11. I drink because I am unlucky in love.	_____	_____
12. I would rather go to a dance than drink.	_____	_____
13. Drinking puts me at ease with people.	_____	_____
14. I control my drinking at all times.	_____	_____
15. I prefer to dine in restaurants which serve drinks.	_____	_____
16. I often have the desire to take a drink or two.	_____	_____
17. I have good reasons for getting drunk.	_____	_____
18. A drink or two is the best way to get quick energy or pep.	_____	_____

- | | <u>Yes</u> | <u>No</u> |
|---|------------|-----------|
| 19. Drinking has changed my personality a good deal. | _____ | _____ |
| 20. I drink entirely too much. | _____ | _____ |
| 21. Drinking disturbs my sleep. | _____ | _____ |
| 22. I drink to get over my feelings of inferiority. | _____ | _____ |
| 23. I drink about a pint or more of whiskey a week. | _____ | _____ |
| 24. I drink because I am unhappy or sad. | _____ | _____ |
| 25. I drink because I like to drink and want to
drink. | _____ | _____ |
| 26. I would rather attend a lecture or concert
than drink. | _____ | _____ |
| 27. I drink much more now than five years ago. | _____ | _____ |
| 28. Some of my best friends are heavy drinkers. | _____ | _____ |
| 29. I drink to make life more pleasant. | _____ | _____ |
| 30. I take a drink or two before a date. | _____ | _____ |
| 31. A drink or two before a conference, interview
or social affair helps me very much. | _____ | _____ |
| 32. I often go to a cheaper neighborhood to do my
drinking. | _____ | _____ |
| 33. I get drunk about every pay day. | _____ | _____ |
| 34. I drink because it braces or lifts me up. | _____ | _____ |
| 35. I need the friendship I find in drinking places. | _____ | _____ |
| 36. It is necessary for some people to drink. | _____ | _____ |
| 37. After a few drinks, I swear easily. | _____ | _____ |
| 38. When I am sober, I feel bored and restless. | _____ | _____ |

	<u>Yes</u>	<u>No.</u>
39. I drink whenever I have the chance.	_____	_____
40. I drink to ease my pain.	_____	_____
41. I go on a bender or binge at least once a month.	_____	_____
42. I usually pass out after I start drinking.	_____	_____
43. I often have pleasant burning sensations in my throat.	_____	_____
44. I drink too fast.	_____	_____
45. I often have blackouts when I am drinking.	_____	_____
46. I drink because it takes away my shyness.	_____	_____
47. I get high about once or twice a week.	_____	_____
48. I drink often at irregular times.	_____	_____
49. I take a drink or two when I feel happy.	_____	_____
50. I drink to relax.	_____	_____
51. I need a drink or two in the morning.	_____	_____
52. I drink to forget my sins.	_____	_____
53. I take a drink or two every day.	_____	_____
54. I would rather drink alone than with others.	_____	_____
55. I drink to forget my troubles.	_____	_____
56. My family thinks I drink too much.	_____	_____
57. I go on a weekend drunk now and then.	_____	_____
58. People who never drink are dull company.	_____	_____
59. My friends think I am a heavy drinker.	_____	_____
60. My father is (or was) a heavy drinker.	_____	_____
61. I would rather go to a movie than drink.	_____	_____

- | | <u>Yes</u> | <u>No</u> |
|--|------------|-----------|
| 62. I go on a spree every few months and stay drunk for a few days. | _____ | _____ |
| 63. All people who drink get drunk at some time or another. | _____ | _____ |
| 64. A spree gives me a wonderful feeling of release and freedom. | _____ | _____ |
| 65. Almost from the very first drink I took, I had a strong craving for alcohol which nearly always led to my getting drunk. | _____ | _____ |

