



UNIVERSITI PUTRA MALAYSIA

***MODERATING ROLE OF COUNSELLING HELP-SEEKING ATTITUDES
ON THE RELATIONSHIP BETWEEN PERFECTIONISM, LOVE STYLE
AND MARITAL SATISFACTION AMONG POSTGRADUATE STUDENTS***

FOO FATT MEE

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By

FOO FATT MEE

**Thesis Submitted to the School of Graduate Studies, Universiti Putra
Malaysia, in Fulfilment of the Requirements for the Degree of Doctor of
Philosophy**

May 2017

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Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfillment of the requirement for the degree of Doctor of Philosophy

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May 2017

Chair: Siti Aishah Hassan, PhD
Faculty: Educational Studies

Counseling services are provided by university counselors to promote students' wellness. Despite increasing number of postgraduate students' enrolment, the counseling services do not allocate much attention to them as compared to the undergraduate students. The postgraduate education could be a challenging journey, especially to the students who are married. Focusing on married postgraduate students, this research aims at achieving three objectives. The first objective of this research is to examine the relationship between perfectionism, love styles, and marital satisfaction. The second objective is to explore the latent mean difference in perfectionism, love styles, and marital satisfaction, between positive and negative attitudes toward counseling help-seeking groups. The third objective is to explore the moderating effect of counseling help-seeking attitudes on the relationships between perfectionism, love styles, and marital satisfaction.

The research adopted a combination of descriptive, correlational, and ex-post facto research design. The respondents were 327 postgraduate students who were selected using simple random sampling from a research university in Malaysia. An online self-administered questionnaire was used to collect data. Five instruments were used, which are Almost Perfect Scale-Revised for measuring self-perfectionism, Dyadic Almost Perfect Scale for measuring dyadic perfectionism, Love Attitudes Scale-Short Form for measuring love styles, Attitudes toward Seeking Professional Psychological Help Scale for measuring counseling help-seeking attitudes, and Marital Satisfaction Scale for measuring marital satisfaction. The Confirmatory Factor Analysis for the measurement model shows that these instruments are valid with high average variance extracted and high construct reliability.

For testing of the hypotheses, the results reported that dyadic perfectionism and love styles are related to marital satisfaction uniquely. The dyadic high standards is positively related with marital satisfaction while dyadic discrepancy is negatively related to marital satisfaction. For love styles, storge is positively related to marital satisfaction. The results also reported the latent mean of perfectionism, love styles, and marital satisfaction differs significantly between the positive attitudes and negative attitudes toward counseling help-seeking groups. For perfectionism, those who have negative attitudes toward counseling help-seeking reported higher latent mean in self-discrepancy, dyadic high standards, and dyadic discrepancy. For love styles, those who have negative attitudes toward counseling help-seeking reported lower latent mean in eros. For marital satisfaction, those who have negative attitudes toward counseling help-seeking reported lower latent mean in marital satisfaction. The results also indicated that counseling help-seeking attitudes did not moderate the relationship between perfectionism, love styles, and marital satisfaction. The direction and magnitude of the relationship between perfectionism, love styles, and marital satisfaction are robust for the positive attitudes and negative attitudes toward counseling help-seeking groups.

As the implications for counseling services, the counselors could explore on the dyadic perfectionism and love styles when dealing with clients with marital concerns. The instruments for perfectionism and love styles could be useful for the assessment phase of the counseling process. Counselors need to seek for alternative ways for counseling to reaching out to students with negative attitudes toward counseling help-seeking.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia
sebagai memenuhi keperluan untuk ijazah Doktor Falsafah

**PERANAN MODERATOR SIKAP MENDAPATKAN BANTUAN
KAUNSELING TERHADAP HUBUNGAN ANTARA KESEMPURNAAN,
GAYA BERCIANTA DAN KEPUASAN PERKAHWINAN DALAM KALANGAN
PELAJAR SISWAZAH**

Oleh

FOO FATT MEE

Mei 2017

Pengerusi: Siti Aishah Hassan, PhD
Fakulti: Pengajian Pendidikan

Perkhidmatan kaunseling yang disediakan oleh kaunselor di universiti bertujuan untuk menggalakkan kesihatan pelajar. Walaupun terdapat peningkatan jumlah enrolmen pelajar siswazah, kebanyakan perkhidmatan kaunseling yang tidak menumpukan perhatian kepada mereka berbanding dengan pelajar prasiswazah. Pendidikan siswazah boleh menjadi perjalanan yang mencabar, terutamanya kepada pelajar yang berkahwin. Fokus kepada pelajar siswazah yang berkahwin, kajian ini bertujuan untuk mencapai tiga objektif. Objektif pertama adalah untuk mengkaji hubungan antara kesempurnaan, gaya bercinta dan kepuasan perkahwinan. Objektif kedua adalah untuk meneroka perbezaan *latent mean* dalam kesempurnaan, gaya bercinta dan kepuasan perkahwinan, antara responden yang bersikap positif dan responden yang bersikap negatif dalam mendapatkan perkhidmatan kaunseling. Objektif ketiga adalah untuk meneroka kesan moderator sikap mendapatkan bantuan kaunseling terhadap hubungan antara kesempurnaan, gaya bercinta, dan kepuasan perkahwinan dalam kalangan pelajar siswazah.

Kajian ini menggunakan reka bentuk penyelidikan deskriptif, korelasi, dan *ex-post facto*. Responden terdiri daripada 327 pelajar siswazah yang telah dipilih secara rawak mudah dari sebuah universiti penyelidikan. Soal selidik berbentuk tabdir sendiri dalam talian telah digunakan untuk mengumpul data. Lima instrumen telah digunakan, iaitu *Almost Perfect Scale-Revised* untuk mengukur kesempurnaan diri, *Dyadic Almost Perfect Scale* untuk mengukur kesempurnaan diad, *Love Attitudes Scale-Short Form* untuk mengukur gaya bercinta, *Attitudes toward Seeking Professional Psychological Help Scale* untuk mengukur sikap mendapatkan bantuan kaunseling, dan *Marital Satisfaction Scale* untuk mengukur kepuasan perkahwinan. Faktor analisis pengesahan

model pengukuran menunjukkan bahawa instrumen ini adalah sah, dengan purata variasi diekstrak yang tinggi dan kebolehpercayaan konstruk yang tinggi.

Dapatan kajian menunjukkan bahawa kesempurnaan diad dan gaya bercinta berkaitan dengan kepuasan perkahwinan. Standard tinggi diad berkaitan dengan kepuasan perkahwinan secara positif manakala percanggahan diad berkaitan dengan kepuasan perkahwinan secara negatif. Bagi gaya bercinta, *storge* berkaitan dengan kepuasan perkahwinan secara positif. Dapatan kajian juga menunjukkan *latent mean* kesempurnaan, gaya bercinta, dan kepuasan perkahwinan berbeza secara signifikan antara sikap positif dan sikap negatif dalam mendapatkan bantuan kaunseling. Bagi kesempurnaan, mereka yang bersikap negatif dalam mendapatkan bantuan kaunseling melaporkan *latent mean* yang lebih tinggi dalam percanggahan diri, standard tinggi diad dan percanggahan diad. Bagi gaya bercinta, mereka yang bersikap negatif dalam mendapatkan bantuan kaunseling melaporkan *latent mean* yang lebih rendah dalam eros. Bagi kepuasan perkahwinan, mereka yang bersikap negatif dalam mendapatkan bantuan kaunseling melaporkan *latent mean* yang lebih rendah dalam kepuasan perkahwinan. Dapatan kajian juga menunjukkan tidak ada kesan moderator sikap dalam mendapatkan bantuan kaunseling terhadap perkaitan kesempurnaan, gaya bercinta, dan kepuasan perkahwinan. Ini menunjukkan bahawa arah dan magnitud perkaitan kesempurnaan, gaya bercinta, dan kepuasan perkahwinan adalah *robust* antara mereka yang bersikap positif dan yang bersikap negatif dalam mendapatkan bantuan kaunseling.

Sebagai implikasi terhadap perkhidmatan kaunseling, kaunselor boleh meneroka kesempurnaan diad dan gaya bercinta apabila berurusan dengan klien yang mempunyai isu perkahwinan. Instrumen kesempurnaan diad dan gaya bercinta juga boleh digunakan untuk penilaian dalam proses kaunseling. Kaunselor harus mengikhtiar alternatif kaunseling untuk membantu pelajar siswazah yang bersikap negatif dalam mendapatkan bantuan kaunseling.

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I certify that a Thesis Examination Committee has met on 8th May 2017 to conduct the final examination of Foo Fatt Mee on her thesis entitled “Moderating role of counselling help-seeking attitudes on the relationship between perfectionism, love style and marital satisfaction among postgraduate students” in accordance with the Universities and University Colleges Act 1971 and the Constitution of the Universiti Putra Malaysia [P.U.(A) 106] 15 March 1998. The Committee recommends that the student be awarded the Doctor of Philosophy. Members of the Thesis Examination Committee were as follows:

Ahmad Fauzi Mohd Ayub, PhD

Associate Professor
Faculty of Educational Studies
Universiti Putra Malaysia
(Chairman)

Wan Marzuki Wan Jaafar, PhD

Senior Lecturer
Faculty of Educational Studies
Universiti Putra Malaysia
(Internal Examiner)

Sidek Mohd Noah, PhD

Professor
Faculty of Educational Studies
Universiti Putra Malaysia
(Internal Examiner)

Zaidy Mohd Zain, PhD

Professor
College of Education
Southern Arkansas University
United States of America
(External Examiner)

NOR AINI AB. SHUKOR, PhD

Professor and Deputy Dean
School of Graduate Studies
Universiti Putra Malaysia

Date:

This thesis was submitted to the Senate of Universiti Putra Malaysia and has been accepted as fulfillment of the requirement for the degree of Doctor of Philosophy. The members of the Supervisory Committee were as follows:

Siti Aishah Hassan, PhD

Associate Professor
Faculty of Educational Studies
Universiti Putra Malaysia
(Chairman)

Mansor Abu Talib, PhD

Associate Professor
Faculty of Human Ecology
Universiti Putra Malaysia
(Member)

Noor Syamilah Zakaria, PhD

Senior Lecturer
Faculty of Educational Studies
Universiti Putra Malaysia
(Member)

ROBIAH BINTI YUNUS, PhD

Professor and Dean
School of Graduate Studies
Universiti Putra Malaysia

Date:

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Signature: _____

Name of Chairman

of Supervisory Committee: Siti Aishah Hassan

Signature: _____

Name of Member

of Supervisory Committee: Mansor Abu Talib

Signature: _____

Name of Member

of Supervisory Committee: Noor Syamilah Zakaria

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LIST OF ABBREVIATIONS

AG	Agape
AIC	Akaike Information Criterion
APIM	Actor-Partner Interdependence Model
APS-R	Almost Perfect Scale-Revised
ATTSPPHS	Attitudes toward Seeking Professional Psychological Help Scale
AVE	Average Variance Extracted
CFA	Confirmatory Factor Analysis
CFI	Comparative Fit Index
CHSA / ATT	Counseling help-seeking attitudes
DAPS	Dyadic Almost Perfect Scale
DDC	dyadic discrepancy
DHS	dyadic high standards
ER	eros
F-MPS	Frost's Multidimensional Perfectionism Scale
HF-MPS	Hewitt and Fleet's Multidimensional Perfectionism Scale
LAS	Love Attitudes Scale
LAS-SF	Love Attitudes Scale-Short Form
MEIL	Marburger Einstellungs-Inventar für Liebesstile (MEIL) [Marburg attitude inventory of love styles]

MS	marital satisfaction
MSS	Marital Satisfaction Scale
PM	pragma
RMSEA	Root Mean Square Error of Approximation
SD	standard deviation
SDC	self-discrepancy
SEM	structural equation modeling
SHS	self-high standards
ST	storge

CHAPTER 1

INTRODUCTION

This chapter covers the background of research, statement of problem, the significance of research, research objectives, research questions, research hypotheses, and the definition of terms.

1.1 Background of Research

The landscape of tertiary education in Malaysia has changed in the recent years. The government envisioned for having more human capital with postgraduate qualifications, targeting for having 60,000 doctoral degree holders by 2023 (Department of Information Services Malaysia, 2015). Between 1991 to 2000, the enrollment of postgraduate students had increased dramatically, with an increment of ten times (Ministry of Education Malaysia, 2015). Research university, namely Universiti Malaya, Universiti Kebangsaan Malaysia, Universiti Sains Malaysia, Universiti Putra Malaysia, and Universiti Teknologi Malaysia, have invest a great deal of effort in research publications and postgraduate education (Ministry of Education Malaysia, 2015; Ramli, Zainol, Aziz, Ali, Hassim, Hussein, Markom, Dahalan, & Yaakob, 2013).

As an ongoing effort to promote students' well-being, the counseling services are provided by the university to the students (Kay & Schwatz, 2010). Counseling is "a systematic process of helping relationship based on psychological principles performed by a registered counselor in accordance with the counseling code of ethics to achieve a voluntary favorable holistic change, development and adjustment of the client" (Counsellors Act 1998, p. 8). It provides a safe space for clients to explore and resolve their concerns, such as personal development, marital issue, and career-related concerns.

A glimpse of the history would note that the counseling services in Malaysia have grown from infancy to pubescent stage (See & Ng, 2010). It was started as a school guidance to coping with drug problems in 1980. It grows progressively since then. The Counsellors Act 1998 was set for governing the standard of practice of counseling services. To date, there are at least 6,688 registered counselors (Board of Counsellor Malaysia, 2016) and 15,000 counseling teachers in the primary and secondary schools (Kamarudin, 2014). In the higher learning institutions, the ratio of counselor to students varies, ranging from 1: 5,000 to 1: 10,000 (Abu & Othman, 2009).

In addition, the government agencies such as the Department of Social Welfare Malaysia (Department of Social Welfare Malaysia, 2016) and National Population and Family Development Board Malaysia (National Population and Family Development Board Malaysia, 2016) also provides counseling services to the nation. For example, the National Population and Family Development Board Malaysia provides counseling services and programs to cater family needs across developmental stages. Among the programs are: (1) *SMARTSTART* which is a premarital marriage education program for the newly wedded, (2) *Parenting@Work* which is a parenting program for working parents, and (3) *I'm in Control* is a social education for adolescents and parents (National Population and Family Development Board Malaysia, 2016). The government has also put in considerable effort in developing innovative initiatives in strengthening the family, such as 1 Malaysia Family First, Malaysia Family Well-Being Index (Noor, Gandhi, Ishak, & Wok, 2012), and One Stop Family Centre (Doshi-Gandhi, 2012).

As much as the increment of the postgraduate students in the universities, the counseling services in the university do not allocate much attention to the postgraduate students as compared the undergraduate students (Fairchild, 2003; Fauman & Hopkinson, 2010; Rahman, 2015). As the postgraduate students are mature adults and have prior experience in attending a university, they were expected to be self-sufficient and have lower needs for social and emotional resources provided by the university (Fairchild, 2003; Fauman & Hopkinson, 2010; Wormus, 2009). However, being older and the prior university experience neither shield the postgraduate students from life challenges nor reducing the needs for counseling services. A mature adult would have more life commitment such as marriage or/and work, and the prior university experience may not be fully applicable in the postgraduate study context. Having said that, this suggests that the postgraduate students need the counseling services as much as the undergraduate students.

Postgraduate students are facing many problems and challenges. It involves the process of transition and adjustment of commitments, and it could be more complicated for the married postgraduate students (Benshoff, Cashwell, & Rowell, 2015; Fairchild, 2003). The literature reported negative effects of postgraduate education on marital satisfaction (Gonzalez, Marin, Perez, Figueroa, Moreno, & Navia, 2001; Katz, Monnier, Libet, Shaw, & Beach, 2000; Legako & Sorenson, 2000). The married postgraduate students reported more concerns in financial, time management, and relational intimacy (Katz et al., 2000). They also experience emotional estrangement from families (Gonzalez et al., 2001). In addition, the spouse of postgraduate students also reported more intense emotional and financial stress (Legako & Sorenson, 2000). Moreover, the postgraduate students often underestimate the effect of postgraduate education on their marriage (Benshoff et al., 2015). In the worst-case scenario, some postgraduate students divorce either the study or the marriage (Wormus, 2009).

Student services provided by the university, such as counseling services would be beneficial in promoting and maintaining the healthy marital relations of the postgraduate students (Fauman & Hopkinson, 2010; Zavadil, & Kooyman, 2013). As a measure to understand the marital satisfaction among the postgraduate students, the factors related to marital satisfaction was examined in this research. Specifically, the influence of perfectionism and love styles on marital satisfaction was investigated. Findings from literature reported perfectionism and love styles are related to marital satisfaction (Arcuri, 2013; Goodboy, Myers, & Communication, 2010; Kim, 2008; Shea, Slaney, & Rice, 2006).

Perfectionism is “the tendency to demand others or of oneself a higher level of performance than is required by the situation” (VandenBos, 2006, p. 685). Perfectionism is a common issue among the high achieving postgraduate students (Fredrickson, 2015). Perfectionism can further categorize into self-perfectionism and dyadic perfectionism (Shea et al., 2006; Slaney, Rice, Mobley, Trippi, & Ashby, 2001). Self-perfectionism is the perfectionistic requirement towards self while the dyadic perfectionism is the perfectionistic requirements toward romantic partner. Past research found that both self-perfectionism and dyadic perfectionism were related to marital satisfaction. When people are perfectionistic, they are highly critical to themselves or their spouse, hence resulting lower marital satisfaction (Gol, Rostami, & Goudarzi, 2013; Haring, Hewitt, & Fleet, 2003; Kim, 2008; Safarzadeh, Esfahaniasl, & Bayat, 2011; Shariati, Ahmadi, & Amiri, 2014; Sweeney, 2009).

Love styles are the “personal and social expression of the various conception of love... that involved in intimate adult affiliation” (Lee, 1977, p. 173). There are six love styles, eros focus on physical appearance, storge focus on friendship, ludus focus on playfulness, manic focus on intense emotions and obsession, pragma focus on compatibility, and agape focus on altruism (Hendrick & Hendrick, 2006; Hendrick, 1995; Lee, 1977). Past research reported that each love styles is related to marital satisfaction and the summary is presented in Section 2.2.3 Love Styles and Relationship/Marital Satisfaction. In short, by identifying the relationship between perfectionism, love styles, and marital satisfaction, it could help the counselor in case conceptualizing when dealing with the married postgraduate students for marital concerns.

Although the counseling services are available at the university, not all postgraduate students who experience challenges would come for counseling. As much as the acknowledgment and awareness that counseling could be a helpful resource in coping with the challenges (VandenBos, 2006), some may have negative attitudes towards counseling help-seeking (Fischer & Turner, 1970). Some people have a stigma for seeking help outside of the family system (Pasupuleti, 2013). The culture of face-saving is common among Malaysian, whereby one should not disclose personal and family matters to outsiders who are not the immediate family (Talib, 2010). By identifying the help-seeking attitudes among the postgraduate students, the counselors could develop advertising and promotion strategies that are more relevant, thus bridging the

counseling service gap in the university. Also, the testing of the moderating effect of counseling help-seeking attitudes on the relationship between perfectionism, love, and marital satisfaction, as a lens to scrutinize the relationship, should there is any different between the positive attitudes and negative attitudes toward counseling help-seeking groups.

1.2 Statement of Problem

The married postgraduate students experience greater challenges in meeting the demand for marriage, family, and postgraduate education (Benshoff et al., 2015; Rahman, 2015; Wormus, 2009). Despite having many problems, their need for counseling services often neglected (Fairchild, 2003; Fauman & Hopkinson, 2010; Rahman, 2015). In addition, they tend to delay in help-seeking (Benshoff et al., 2015). Applying the Theory of Planned Behavior in the context of counseling, people who have negative attitudes toward counseling help-seeking are less likely to engage in counseling services (Marsh & Wilcoxon, 2015; Seyfi, Poudel, Yasuoka, Otsuka, & Jimba, 2013). Therefore, as the married postgraduate students have more problems, it is critical to explore their counseling help-seeking attitudes.

Postgraduate students with low marital satisfaction have more issues in their marriage. Yet, the literature indicates there is a negative association between marital satisfaction and help-seeking (Adams, Aducci, Anderson, Johnson, Zheng, & Liu, 2013; Fleming & Córdova, 2012; Onsy & Amer, 2014). People tends to seek help from family and friends (Adams et al., 2013), or reading relationship-oriented books, workshops, retreats, and meetings (Doss, Rhoades, Stanley, & Markman, 2009) rather than professional therapy. People who have low marital satisfaction have negative attitudes toward help-seeking (Onsy & Amer, 2014) and less likely to seek help (Fleming & Córdova, 2012). In addition, literature reported that there is a negative relationship between perfectionism and help-seeking. People who have high perfectionism have negative attitudes toward psychological help-seeking (DeRosa, 2000; Rasmussen, Yamawaki, Moses, Powell, & Bastian, 2013).

A good marriage help buffers life challenges and provides space for growth (Li & Fung, 2011). Marriage and love cannot be separated (Hendrick, 2004; Lee, 1977; Riehl-Emde, Thomas, & Willi, 2003). Love is a deciding factor for remained committed in a marriage even in an abusive and aggressive relationship (Langhinrichsen-Rohling, Schlee, Monson, Ehrensaft, & Heyman, 1998; Rasool, 2013). Literature reported relationship between love styles and relationship satisfaction, whereby eros and storge were positively related to relationship satisfaction while ludus, pragma, and manic were negatively related to relationship satisfaction (Fricker & Moore, 2002; Mosher, 2000; Rohmann, Fuhrer, & Bierhoff, 2016; Tang, 2007; Vedes, Hilpert, Nussbeck, Randall, Bodenmann, & Lind, 2016). The present research is needed to bridge the

research gap as a few past research was focused exclusively on the married individuals (Kiasari, Danesh, & Pashang, 2014; Sokolski, 1995).

In this research, it is crucial to explore counseling help-seeking attitudes as a moderating variable as literature supported that help-seeking is related with marital satisfaction (Adams et al., 2013; Fleming & Córdova, 2012; Onsy & Amer, 2014) and perfectionism (Burke, 2011; DeRosa, 2000; Rasmussen et al., 2013). The counseling help-seeking attitudes may enhance or weaken the relationship between perfectionism, love styles, and marital satisfaction. However, when the relationship remain similar between the positive attitudes and negative attitudes toward counseling help-seeking group, it shows that the relationship is robust.

Lastly, this may contribute for the individual and couple counseling. Applying the Adler's theory of personality (Adler, 1992; Sweeney, 2009), the counselors would focus on the clients' perfectionism to themselves and the spouse. Also, by understanding the clients' love styles, the clients would be aware of their way of perceiving and experiencing love in the marital life (Hendrick, 2004; Lee, 1977). Applying the theory of planned behaviors (Ajzen, 1991) in the context of counseling help-seeking, those with negative attitudes are less likely to seek counseling. This research is certainly needed as it provides the empirical evidence of the investigation based on local context. The findings would be useful to counselors for counseling the married postgraduate students.

1.3 Significance of Research

The research contribution could be viewed from the theoretical and practical perspectives (Ary, Jacobs, & Sorensen, 2010). The theoretical significance of the present research is that it added knowledge to the body of knowledge on marital relationship and it enhances the quality of services rendered by counselors. It examined the influence of perfectionism and love styles on marital satisfaction, and the moderating effect of help-seeking attitudes to the relationship between perfectionism, love styles, and marital satisfaction. It also added a new perspective for conceptualizing marital relationship based on local context among the postgraduate students.

This research was worth to be conducted for its implications for the counseling services. In the old days, the universities are mainly composed of undergraduate students. In recent years, the enrolment of postgraduate students had growth rapidly in Malaysia (Ministry of Education Malaysia, 2015). The research universities are targeting at a fifty-fifty ratio of undergraduate and postgraduate students' enrolment (Ministry of Education Malaysia, 2012). Hence, there will be more postgraduate students in the demographic composition of a university. The counselors need to be well-equipped when dealing with postgraduate students, as their development and challenges are different with the undergraduate population (Benshoff et al., 2015).

The pursuing of postgraduate education involves transition and adjustment for the married students. Counseling could be a helpful support system for students' wellbeing. The counselors shall be sensitive and alert to the needs of the postgraduate students. On the other hand, the counseling help-seeking attitudes among postgraduate students remained unknown. By understanding their counseling help-seeking attitudes, the counselors could design the awareness campaign and customize programs that are more relevant to them. For example, psychoeducation may work well for students with negative attitudes toward counseling help-seeking. Among the possible psychoeducational programs includes conjoint decision making for pursuing postgraduate education (Gold, 2006a), stress management, study skills, and time management (Wormus, 2009). Counseling sessions, in the format of individual, support-group, couple, and family counseling could help the clients to cope with the challenges in personal and family aspects.

The findings of this research could assist counselors for case management as well. Based on the identified relationship patterns of the variables, counselors could adapt intervention strategies to promote marital satisfaction. For example, the personality-guided couple psychotherapy highlights the process of helping couples from the personality perspective (Stanton & Nurse, 2009). Similarly, exploring the perfectionistic dimension and love styles could be part of the counseling goals. The results could also be useful to counselors in the advertising and promoting counseling services.

In conclusion, this research provided empirical evidence on the relationship between perfectionism, love styles, and marital satisfaction based on local context. These findings are useful to counselors for the service promotions and the case management of the counseling services for the postgraduate students.

1.4 Research Objectives

1.4.1 General Objective

To examine the moderating effect of counseling help-seeking attitudes on the relationship between perfectionism, love styles, and marital satisfaction among postgraduate students.

1.4.2 Specific Objectives

1. To examine the influence of perfectionism (self-high standards, self-discrepancy, dyadic high standards, and dyadic discrepancy) and love styles (eros, storge, pragma, and agape) on marital satisfaction.

- a. To examine the influence of self-high standards on marital satisfaction.
 - b. To examine the influence of self-discrepancy on marital satisfaction.
 - c. To examine the influence of dyadic high standards on marital satisfaction.
 - d. To examine the influence of dyadic discrepancy on marital satisfaction.
 - e. To examine the influence of eros on marital satisfaction.
 - f. To examine the influence of storge on marital satisfaction.
 - g. To examine the influence of pragma on marital satisfaction.
 - h. To examine the influence of agape on marital satisfaction.
2. To examine the latent mean difference in perfectionism (self-high standards, self-discrepancy, dyadic high standards, and dyadic discrepancy), love styles (eros, storge, pragma, and agape), and marital satisfaction by counseling help-seeking attitudes (positive and negative attitudes).
- a. To examine the latent mean difference in self-high standards by counseling help-seeking attitudes (positive and negative attitudes).
 - b. To examine the latent mean difference in self-discrepancy by counseling help-seeking attitudes (positive and negative attitudes).
 - c. To examine the latent mean difference in dyadic high standards by counseling help-seeking attitudes (positive and negative attitudes).
 - d. To examine the latent mean difference in dyadic discrepancy by counseling help-seeking attitudes (positive and negative attitudes).
 - e. To examine the latent mean difference in eros by counseling help-seeking attitudes (positive and negative attitudes).
 - f. To examine the latent mean difference in storge by counseling help-seeking attitudes (positive and negative attitudes).
 - g. To examine the latent mean difference in pragma by counseling help-seeking attitudes (positive and negative attitudes).
 - h. To examine the latent mean difference in agape by counseling help-seeking attitudes (positive and negative attitudes).
 - i. To examine the latent mean difference in marital satisfaction by counseling help-seeking attitudes (positive and negative attitudes).
3. To examine the moderating effect of counseling help-seeking attitudes on the relationship between perfectionism (self-high standards, self-discrepancy, dyadic high standards, and dyadic discrepancy), love styles (eros, storge, pragma, and agape), and marital satisfaction.
- a. To examine the moderating effect of counseling help-seeking attitudes on the relationship between self-high standards and marital satisfaction.
 - b. To examine the moderating effect of counseling help-seeking attitudes on the relationship between self-discrepancy and marital satisfaction.
 - c. To examine the moderating effect of counseling help-seeking attitudes on the relationship between dyadic high standards and marital satisfaction.

- d. To examine the moderating effect of counseling help-seeking attitudes on the relationship between dyadic discrepancy and marital satisfaction.
- e. To examine the moderating effect of counseling help-seeking attitudes on the relationship between eros and marital satisfaction.
- f. To examine the moderating effect of counseling help-seeking attitudes on the relationship between storge and marital satisfaction.
- g. To examine the moderating effect of counseling help-seeking attitudes on the relationship between pragma and marital satisfaction.
- h. To examine the moderating effect of counseling help-seeking attitudes on the relationship between agape and marital satisfaction.

1.5 Research Questions

1. What is the influence of perfectionism (self-high standards, self-discrepancy, dyadic high standards, & dyadic discrepancy) and love styles (eros, storge, pragma, agape) on marital satisfaction?
 - a. What is the influence of self-high standards on marital satisfaction?
 - b. What is the influence of self-discrepancy on marital satisfaction?
 - c. What is the influence of dyadic high standards on marital satisfaction?
 - d. What is the influence of dyadic discrepancy on marital satisfaction?
 - e. What is the influence of eros on marital satisfaction?
 - f. What is the influence of storge on marital satisfaction?
 - g. What is the influence of pragma on marital satisfaction?
 - h. What is the influence of agape on marital satisfaction?

2. Is there any latent mean difference in perfectionism (self-high standards, self-discrepancy, dyadic high standards, and dyadic discrepancy), love styles (eros, storge, pragma, and agape), and marital satisfaction by counseling help-seeking attitudes (positive and negative attitudes)?
 - a. Is there any latent mean difference in self-high standards by counseling help-seeking attitudes (positive and negative attitudes)?
 - b. Is there any latent mean difference in self-discrepancy by counseling help-seeking attitudes (positive and negative attitudes)?
 - c. Is there any latent mean difference in dyadic high standards by counseling help-seeking attitudes (positive and negative attitudes)?
 - d. Is there any latent mean difference in dyadic discrepancy by counseling help-seeking attitudes (positive and negative attitudes)?
 - e. Is there any latent mean difference in eros by counseling help-seeking attitudes (positive and negative attitudes)?
 - f. Is there any latent mean difference in storge by counseling help-seeking attitudes (positive and negative attitudes)?
 - g. Is there any latent mean difference in pragma by counseling help-seeking attitudes (positive and negative attitudes)?
 - h. Is there any latent mean difference in agape by counseling help-seeking attitudes (positive and negative attitudes)?

- i. Is there any latent mean difference in marital satisfaction by counseling help-seeking attitudes (positive and negative attitudes)?
3. Is there any moderating effect of counseling help-seeking attitudes on the relationship between perfectionism (self-high standards, self-discrepancy, dyadic high standards, and dyadic discrepancy), love styles (eros, storge, pragma, and agape), and marital satisfaction?
 - a. Is there any moderating effect of counseling help-seeking attitudes on the relationship between self-high standards and marital satisfaction?
 - b. Is there any moderating effect of counseling help-seeking attitudes on the relationship between self-discrepancy and marital satisfaction?
 - c. Is there any moderating effect of counseling help-seeking attitudes on the relationship between dyadic high standards and marital satisfaction?
 - d. Is there any moderating effect of counseling help-seeking attitudes on the relationship between dyadic discrepancy and marital satisfaction?
 - e. Is there any moderating effect of counseling help-seeking attitudes on the relationship between eros and marital satisfaction?
 - f. Is there any moderating effect of counseling help-seeking attitudes on the relationship between storge and marital satisfaction?
 - g. Is there any moderating effect of counseling help-seeking attitudes on the relationship between pragma and marital satisfaction?
 - h. Is there any moderating effect of counseling help-seeking attitudes on the relationship between agape and marital satisfaction?

1.6 Research Hypotheses

1.6.1 Research Hypotheses One (Ha1)

The research hypotheses one (Ha1) focus on testing on the influence of perfectionism and love styles on marital satisfaction. The Ha1 is subdivided into eight specific research hypotheses.

Ha1: There is a significant influence of (a) self-high standards, (b) self-discrepancy, (c) dyadic high standards, (d) dyadic discrepancy, (e) eros, (f) storge, (g) pragma, (h) agape, on marital satisfaction.

Ha1a: There is a significant influence of self-high standards on marital satisfaction.

Ha1b: There is a significant influence of self-discrepancy on marital satisfaction.

Ha1c: There is a significant influence of dyadic high standards on marital satisfaction.

Ha1d: There is a significant influence of dyadic discrepancy on marital satisfaction.

- Ha1e: There is a significant influence of eros on marital satisfaction.
Ha1f: There is a significant influence of storge on marital satisfaction.
Ha1g: There is a significant influence of pragma on marital satisfaction.
Ha1h: There is a significant influence of agape on marital satisfaction.

1.6.2 Research Hypotheses Two (Ha2)

The research hypotheses two (Ha2) focus on testing on the latent mean difference in the variables by counseling help-seeking attitudes. The Ha2 is subdivided into nine specific research hypotheses.

Ha2: There is a significant latent mean difference in (a) self-high standards, (b) self-discrepancy, (c) dyadic high standards, (d) dyadic discrepancy, (e) eros, (f) storge, (g) pragma, (h) agape, (i) marital satisfaction by counseling help-seeking attitudes.

Ha2a: There is a significant latent mean difference in the self-high standards by counseling help-seeking attitudes.

Ha2b: There is a significant latent mean difference in self-discrepancy by counseling help-seeking attitudes.

Ha2c: There is a significant latent mean difference in the dyadic high standards by counseling help-seeking attitudes.

Ha2d: There is a significant latent mean difference in dyadic discrepancy by counseling help-seeking attitudes.

Ha2e: There is a significant latent mean difference in eros by counseling help-seeking attitudes.

Ha2f: There is a significant latent mean difference in storge by counseling help-seeking attitudes.

Ha2g: There is a significant latent mean difference in pragma by counseling help-seeking attitudes.

Ha2h: There is a significant latent mean difference in agape by counseling help-seeking attitudes.

Ha2i: There is a significant latent mean difference in marital satisfaction by counseling help-seeking attitudes.

1.6.3 Research Hypotheses Three (Ha3)

The research hypotheses three (Ha3) focus on testing on the moderating effect of counseling help-seeking on the relationship between independent variable and dependent variable. The Ha3 is subdivided into eight specific research hypotheses.

Ha3: There is a significant moderating effect between (a) self-high standards and marital satisfaction, (b) self-discrepancy and marital satisfaction, (c) dyadic high standards and marital satisfaction, (d) dyadic discrepancy and marital satisfaction, (e) eros and marital satisfaction, (f) storge and marital satisfaction, (g) pragma and marital satisfaction, and (h) agape and marital satisfaction.

Ha3a: There is a significant moderating effect of counseling help-seeking attitudes on the relationship between self-high standards and marital satisfaction.

Ha3b: There is a significant moderating effect of counseling help-seeking attitudes on the relationship between self-discrepancy and marital satisfaction.

Ha3c: There is a significant moderating effect of counseling help-seeking attitudes on the relationship between dyadic high standards and marital satisfaction.

Ha3d: There is a significant moderating effect of counseling help-seeking attitudes on the relationship between dyadic discrepancy and marital satisfaction.

Ha3e: There is a significant moderating effect of counseling help-seeking attitudes on the relationship between eros and marital satisfaction.

Ha3f: There is a significant moderating effect of counseling help-seeking attitudes on the relationship between storge and marital satisfaction.

Ha3g: There is a significant moderating effect of counseling help-seeking attitudes on the relationship between pragma and marital satisfaction.

Ha3h: There is a significant moderating effect of counseling help-seeking attitudes on the relationship between agape and marital satisfaction.

1.7 Definition of Terms

1.7.1 Marital Satisfaction

Conceptual: Marital satisfaction is the evaluation of marital domain, namely “communication, conflict resolution, partner style and habits, family and friends, financial management, leisure activities, sexual relationship, spiritual beliefs, and roles and responsibilities” (Olson & Larson, 2008, p. 17).

Operational: Marital satisfaction was measured by using the Marital Satisfaction Scale (MSS) developed by Olson and Larson (2008). It consists of 10 items. As the total score goes higher, it indicates that one is satisfied in his/her marriage.

1.7.2 Perfectionism

Conceptual: Perfectionism is defined as “the tendency to demand others or of oneself a higher level of performance than is required by the situation” (VandenBos, 2006, p. 685). Specifically, self-perfectionism refers to the tendency to demand oneself a higher level of performance than is required by the situation and critical evaluation of the performance by oneself (Slaney et al., 2001). For dyadic perfectionism, it refers to one’s tendency to demand his/her spouse’s a higher level of performance than is required by the situation and one’s critical evaluation of spouse’s performance (Shea et al., 2006).

Operational: Perfectionism was measured by two scales, Almost Perfect Scale-Revised (APS-R) and Dyadic Almost Perfect Scale (DAPS). APS-R was used to measure self-perfectionism. It was developed by Slaney, Rice, Mobley, Trippi, and Ashby (2001). The instrument consists of 23 items. As the total score goes higher, it indicates that one set high standards to self and the high discrepancy between expectation and actual achievement.

DAPS was used to measure dyadic perfectionism. It was developed by Shea, Slaney, and Rice (2006). The scale consists of 26 items. As the total score goes higher, it indicates that one set high standards to his/her spouse and there is a high discrepancy between the expectation and actual achievement of a spouse.

1.7.3 Love Styles

Conceptual: Love styles are the “personal and social expression of the various conception of love... that involved in intimate adult affiliation” (Lee, 1977, p. 173). There are six love styles: (1) Eros focus on physical appearance, (2) storge focus on friendship, (3) ludus focus on playfulness, (4) manic focus on intense emotions, obsession, and jealousy, (5) pragma focus on compatibility, and (6) agape focus on altruism (Hendrick & Hendrick, 2006; Hendrick, 1995; Lee, 1977).

Operational: Love styles were measured by using Love Attitudes Scale-Short Form (LAS-SF) developed by Hendrick, Hendrick, and Dicke (1998). It consists of 24 items. It measures the six types of love, namely storage, eros, ludus, pragma, agape, and mania. As the total score goes higher, it indicates that the specific dimension is high.

1.7.4 Counseling Help-Seeking Attitudes

Conceptual: Counseling help-seeking attitudes is defined as “attitude and personality domain which applies to one’s tendency to seek or to resist *counseling aid* during a personal crisis or following prolonged psychological discomfort” (Fischer & Turner, 1970, p. 79).

Operational: Counseling help-seeking attitudes was measured using Attitudes toward Seeking Professional Psychological Help Scale (ATSPPHS) developed by Fischer and Turner (1970). It consists of 29 items. It measures recognition of the need for counseling help, stigma tolerance, interpersonal openness, and confident in mental health practitioners. As the total score goes higher, it indicates one have positive attitudes toward counseling help-seeking.

1.7.5 Postgraduate Students

Conceptual: People who “continuing formal education after graduation from high school or college” (Mish, 2003, p. 970)

Operational: Student who currently registered with Universiti Malaya for pursuing the master’s degree or doctoral degree.

1.8 Chapter Summary

This chapter presents the overview of the research. The research problem and significance of the research are explained. The research objectives, research questions, and research hypotheses are presented. The terms are also defined conceptually and operationally. Next, the selected literature is presented in Chapter 2 Literature Review.

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