

The Role of Marital Attitudes in Predicting Life Satisfaction Across Generations

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Abstract : Background: Previous studies showed that marriage delay has become a common phenomenon in recent years, raising questions about whether shifting views on marriage continue to influence life satisfaction across generations. Exploring this phenomenon can contribute to understanding the relationship between marital attitudes and life satisfaction. Therefore, this study examined the role of marital attitudes in shaping life satisfaction among Millennials and Gen Z. Methods: An online survey was conducted with 557 participants (Mage = 29; SDage = 4.96; Female = 77.2%; Millennials = 57.6%), who completed the Marital Attitude Scale and Life Satisfaction Scale. Results: Hierarchical regression analyses showed that marital attitude significantly predicted life satisfaction after controlling for generations (R^2 change = 0.0274; $p < 0.001$). Simultaneously, marital attitudes and generational differences contribute 17.4% to life satisfaction. Independent samples t-tests revealed that Millennials scored significantly higher on marital attitudes (Cohen's $d = 0.270$; $p < 0.002$) and life satisfaction (Cohen's $d = 0.444$; $p < 0.001$). Conclusion: This study provides empirical evidence that marriage continues to play a role in predicting life satisfaction across generations. While the effect size for marital attitudes is small, the effect size for life satisfaction is moderate, suggesting that generational differences play a meaningful role in these variables. The findings highlight those marital attitudes and generational factors are linked to overall well-being, especially life satisfaction in the modern era.

Keywords : marital attitudes, gen Z, millennials, life satisfaction

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