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**Bylae 4.1 MMV-SQ-vraelys**

<h2>MMV SQ Questionnaire</h2>			
<p>The following statements listed below describe certain ways of looking at life. please indicate how often these statements are true for you, by marking</p> <p>A – never, B – seldom, C – frequently or D – always.</p> <p>Use your answer sheet SIDE 1 to answer questions.</p> <p>Please indicate your student number. Information that you complete is confidential.</p>			
A– never	B – seldom	C – frequently	D – always
1.	I spend time to think about what values are important to me.		
2.	I focus on what purpose my life has.		
3.	I can appreciate the spiritual quality of art.		
4.	I tend to feel nurturing love for all humanity.		
5.	I judge people according to their skin colour.		
6.	I can easily show kindness to everyone.		
7.	I like to question the reasons for things happening around me.		
8.	I try to understand the inner workings of everything.		
9.	My compassion about someone or something leads to active caring.		
10.	I do things for others in order to see their appreciation.		
11.	People often tell me that they feel good just being with me.		
12.	People appreciate my inner calmness.		
13.	I learn from my mistakes.		
14.	I grow in times of suffering or failure.		
15.	It is difficult for me to open up to others.		
16.	I follow my gut instincts, even if it means taking risks.		
17.	I am willing to stand by my convictions even though I can lose the support of others.		
18.	I am willing to be unpopular for a good cause.		
19.	I tend to look for the relationship between apparently different events in my life.		
20.	It is difficult for me to go outside my comfort zone when seeking new experiences.		
21.	I look at my problems from a distance to get a broader view.		
22.	I tend to act according to the values that are important to me.		
23.	I try to “read between the lines” to look for the truth.		
24.	I can be moved by artistic perfection in architecture.		
25.	I tend to discriminate against people according to gender.		



26.	It is easy for me to show gentleness to all life forms.
27.	I tend to ask if things could be better than they are.
28.	I experience personal growth when I am looking for answers about the way life works.
29.	I tend to give freely of myself, many times without counting the cost.
30.	I feel my life is without a sense of direction.
31.	When making future plans I keep in mind that I am but one player in a larger drama.
32.	I easily focus on the good qualities of others.
33.	I am comfortable with the notion that not all problems have solutions.
34.	I believe that one way to solve a problem is to be amused by it.
35.	Conditioned habits sometimes stand in my way to be spontaneous in some situations.
36.	I can enjoy my own company.
37.	I treat all people with respect, whether I like them or not.
38.	I have a sense that events that come to my attention are interconnected.
39.	I have experiences of anticipating or knowing the unspoken thoughts of others.
40.	In making decisions, it's difficult for me to imagine many possible outcomes.
41.	Without trying, I tend to analyse myself to see if I am growing inside.
42.	At the end of the day, I take time to reflect on the day's events.
43.	I am deeply touched by music.
44.	I try to understand other's behaviour by putting myself in their shoes.
45.	At a party, I tend to talk to people I already know, rather than to reach out to meet new people.
46.	I treat people of all ages with the same amount of respect.
47.	I try to understand the meaning behind rules.
48.	I like to understand where people's customs come from.
49.	I find that I recharge my own "batteries" by giving to others.
50.	I find that the saying "Love your work and work what you love" is true for me.
51.	I tend to get pre-occupied with my own assumed self-importance.
52.	I praise others for their achievements.
53.	I find that humour helps me to overcome rigidity.
54.	I tend to learn from and grow beyond past failures.
55.	I experience fear as a barrier to be spontaneous.
56.	I enjoy talking to young children.
57.	I feel comfortable about changing my own mind.
58.	I have firm convictions that I live by, even if these could isolate me from people around me.

59.	I tend to sense a flow of energy coming from other people.
60.	It is difficult for me to see the bigger picture.
61.	I can look at questions from many angles.
62.	I take time to reflect on things that happen in my life.
63.	I have a sense of a higher Presence in my life.
64.	I appreciate craftsmanship in good writing.
65.	When having a conversation with people I disagree with, it's difficult for me to see their side of the issue.
66.	My empathy with people from other cultures is genuine.
67.	I try not just to know other's feelings, but to feel their feelings.
68.	I try to understand other people's way of thinking about things.
69.	I reflect on cultural trends and wonder why they are that way.
70.	I tend to take things for granted.
71.	I think that I am making a difference in at least one other person's life.
72.	When someone does me a favour, I feel I should pass a gift on to the next person.
73.	When I am a leader, I help others to develop their own best talents.
74.	Healthy self-criticism helps me to be aware of my own limits.
75.	It is difficult for me to carry on when my problems can not be solved completely.
76.	I recover reasonably quickly from difficult periods in my life.
77.	I can allow myself to be vulnerable with people close to me.
78.	When in the company of young children, I can easily start playing with them.
79.	Sometimes I feel an ecstatic sense that the whole reason for my existence is present "in this moment".
80.	I dress to please others instead of myself.
81.	I can take a step back to see whether I am wrong about something.
82.	I get as much information as possible before I attend to the problem at hand.
83.	I am sensitive to the inner dynamics of groups.
84.	It is important to me to achieve excellence in everything I undertake.
85.	Some of my behaviour is motivated by a need for flattery.
86.	I am daily in conversation with God.
87.	An uplifting "goose flesh" moment is a spiritual experience for me, rather than only a pleasurable response.
88.	I try to really listen to people without evaluating what they say.
89.	In disagreements, I still highly value others for their differences, rather than despite those differences.
90.	It is difficult for me to respect others' point of view on religion when it is different from mine
91.	It's important for me to repay all the good things that have been given to me in life.

92	I think that my worthiness comes from something larger than myself.
93	I feel that I owe my talents to a deeper or higher source.
94	When I experience losses it tends to strengthen my faith.
95	When bad things happen to me, it's difficult for me to carry on despite of them.
96	I feel that an underlying sense of direction or inner compass is guiding me.
97	I can accept myself unconditionally.
98	I feel thankful for the things I have, rather than being over-conscious about the things I don't have.
99	I try to find the meaning of my experiences.
100.	When making decisions I stand back to look at the bigger picture.
101.	I am uncomfortable with silence.
102.	I spend time to meditate about spiritual writings that teach me more about God.
103.	I can appreciate the simplicity in great art.
104.	To me, truth is multifaceted - there is not only one "best way".
105.	I learn more from others when I am humble about my own opinion.
106.	I find it difficult to empathize with the pain and anger of people who radically disagree with me.
107.	I am consciously trying to make a difference in the community
108.	I feel a sense of responsibility to the community that goes beyond my official duty or commitments.
109.	I tend to remain open to the suggestions or contributions of others, even if they take me by surprise.
110.	I accept that, in everyday situations, there is only so much that I can do.
111.	I find some reason to hold on to ideals even at difficult times in my life.
112.	I can be deeply responsive to the moment.
113.	I am willing to take responsibility for my behaviour.
114.	I intend to be honest, without trying to hurt anyone's feelings.
115.	Some of my behaviour may be motivated by resentment.
116.	I have the ability to rethink the past with new information at hand.
117.	When dealing with difficult situations, I like to see things from a different perspective.
118.	I find that I can easily relate to people who are different from myself.
119.	I feel there is more than one way to solve a problem.
120.	I find that there are many ways to reach a goal.
121.	It is difficult for me to confront uncomfortable truths about myself.
122.	I appreciate my surroundings with all my senses.
123.	If I make a mistake, I can admit it gracefully.
124.	It is important to me that people have the freedom to make their own choices in life.

125.	I like to experience any new adventures life throws in my path.
126.	I think that knowledge is fulfilling.
127.	I feel a sincere love for all mankind.
128.	When someone has a strong point of view that is different from mine, I tend to get into an argument with them.
129.	I may ignore people's boundaries and fail to give them the privacy they need.
130.	When someone has a different opinion than me, I can easily respect their point of view.
131.	I feel frustrated towards some people because they ignore my needs.
132.	I tend to see others as the enemy that must be conquered.
133.	I find that I feel at peace with myself.
134.	I try to act from the values I see as important.
135.	I experience a constant restlessness in myself.
136.	I have a constant feeling that I need something more.
137.	I feel part of the wider interpersonal values of the people in my environment.
138.	I work hard to master the skills that I have.
139.	In making difficult decisions I react with caution, because later on I may have to defend myself.
140.	I avoid making difficult decisions because I have to protect myself against the opinion of others.
141.	I greet difficult circumstances with a "what can I make of this" attitude.
142.	I am motivated by ideals like helping others or serving some higher cause.
143.	I feel that it's a waste of time to learn new things that will not further my ends.
144.	I have a tendency to impose my will on others.
145.	In my relationship with people I can easily stay loyal towards them.
146.	I can be a negotiator when necessary.
147.	When I am angry I tend to blame others for my feelings.
148.	People may experience me as holding back.
149.	I feel called upon "to go that extra mile" to bring excellence to whatever I do.
150.	In my behaviour I am motivated by a sense of service to others.
151.	I feel inspired by great leaders.
152.	In dealing with problems, my strategies are a quick fix rather than a long-term plan.
153.	My visions are shared by the groups I belong to.
154.	When making difficult decisions I tend to seek answers through meditation or prayer.
155.	Fear may cause me to see others as enemies.
156.	Fear causes me to see challenges as possible threats.
157.	I have a childlike curiosity about what is happening around me.

158.	I like to learn new things.
159.	I become upset when people do not show the respect I need.
160.	People see me as a warm person.
161.	It is difficult for me to forgive people when they reject me.
162.	I can become spiteful when my point of view is not heard.
163.	I focus more on having self-control, than on controlling others.
164.	My actions are centred in deep personal values.
165.	In solving problems, I want instant results.
166.	I tend to want things other people have.
167.	In dealing with people I try to value the skills of others.
168.	I tend to see possible innovations others don't.
169.	When working in a team, I will go through a great deal of trouble to avoid being criticised by others.
170.	I don't take risks so that I can't be criticised by others.
171.	I need people to make me feel strong inside.
172.	The only person I need to be in control of, is myself.
173.	I have a constant feeling that others "owe" me something.
174.	In my visions, I try to accommodate other people's values.
175.	As I tend to feel very vulnerable, I have to protect myself all the time.
176.	I hide my aspirations, because I don't want to draw attention to myself.
177.	If I did something that is dishonest, I find myself telling the truth to the people that matter to me.
178.	I go through a lot of trouble to make sure I am surrounded by things that is beautiful to me.
179.	It is easy for me to treat all people the same, regardless of what they do for a living.
180.	I make a conscious decision to put others first.

## Bylae 4.2 Studierigting van proefpersone : Ontwikkeling van SQ-vraelys

Studierigting	Frekwensie	%
Nie aangedui nie	10	5.1
*	9	4.5
BA	11	5.6
BA (Beeldende Kunste)	1	0.5
BA (Menslike bewegingskunde)	1	0.5
BA (Visuele studies)	2	1.0
BCom: Informatika	6	3.0
BCom: Menslike hulpbronne bestuur	6	3.0
BEd: VOO (Algemeen)	1	0.5
BEd: VOO (Natuurwetenskappe)	1	0.5
BHCS (Hons): Geskiedenis	1	0.5
BIng: (Bedryfsingenieurswese)	7	3.5
BIng: (Chemiese Ingenieurswese)	1	0.5
BIng: (Elektriese Ingenieurswese)	3	1.5
BIng: (Elektroniese Ingenieurswese)	13	6.6
BIng: (Meganiese Ingenieurswese)	4	2.0
BIng: (Rekenaar-ingenieurswese)	1	0.5
BIS: Inligtingkunde	1	0.5
BIS: Multimedia	3	1.5
B Maatskaplike Werk	1	0.5
BMus	1	0.5
BSc (Arch)	2	1.0
BSc(IT): Inligting & Kennisstelsels	1	0.5
BSc: Mensfis Genetika & Sielkunde	3	1.5
BSc: Rekenaarwetenskap	1	0.5
BSocSci (Hons): Sielkunde	16	8.1
BSocSci: Sielkunde	45	22.7
BTh	22	11.1
Geesteswetenskappe Spesiaal (Nagraads)	1	0.5
GW: Honneurs Voorbereidend	3	1.5
MA: Antieke Taal & Kultuurstudie (Gedos.)	2	1.0
MDiv (Leergang AA)	15	7.6
MIng: (Elektroniese Ingenieurswese)	1	0.5

MSc: Mikrobiologie	2	1.0
Totaal	198	100.0

**Bylae 4.3 Geslag van proefpersone: Ontwikkeling van SQ-vraelys**

Geslag	Frekwensie	%
Vroulik	100	50.5
Manlik	79	39.9
Totaal	179	90.4
Onvoldoende inligting	19	9.6
Totaal	198	100.0

### Bylae 4.4 Biografiese vraelys

1.	Naam en van				
2.	Egpaarnommer				
3.	Geslag	manlik		vroulik	
4.	Ouderdom				
5.	Woonarea				
6.	Hoe lank woonagtig in huidige woonarea?				
7.	Selnommer				
8.	Huistaal				
9.	Hoogste graad op skool voltooi	Graad 10	11	12	
10.	Naskoolse opleiding Spesifiseer kursus/se en opleidingsinstansie/s.				
11.	Beroep				
12.	Beskryf kortliks wat jou beroep behels.				
13.	Werkverskaffer (self; instansie)				
14.	Hoeveel uur verg beroep per week?				
15.	Hoeveel uur per week bestee jy weg van jou huweliksmaat deur werk, studies, reis, ens.?				
16.	Behels beroep ongewone ure? Indien wel, dui aan in watter opsig.	saans	snags	naweke	ander
17.	Wat is jou individuele gemiddelde inkomste per jaar?				
18.	Het jul saamgewoon voordat jul getroud is?				
19.	Indien wel, vir hoe lank?				
20.	Hoe lank in huidige huwelik?				
21.	Hoeveelste huwelik	eerste	tweede	derde	vierde
22.	Kinders	Geslag	Ouderdom	Uit hoeveelste huwelik	
				_____	
				_____	
				_____	
				_____	
23.	Indien voorheen getroud, rede vir				



	beëindiging			
24.	Is enige van jul ouers geskei? Spesifiseer man/vrou se ouers/albei.			
25.	Kerkverband			
26.	Hoe gereeld woon erediens by? Onderstreep wat van toepassing is.	1 x p. week 2-3 x p. maand	selde (1 x elke paar maande) nooit 1 x p. maand	
27.	Beoordeel jou mate van betrokkenheid by die kerk.	1 – min tot geensins betrokke nie 2 – gematig	3 – baie betrokke	
28.	Is daar enige ander familie of vriende wat by jul woon? Indien wel, spesifiseer.			
29.	Hoe sal jy jou gesondheid beskryf?			
30.	Het jul as egpaar oor 'n ondersteuningsstelsel? (familie, vriende, kerk, ens.) Spesifiseer.			
31.	Wie is hoofsaaklik die broodwinner in jul huishouding?			
32.	Wie verrig meeste huistake?	man	vrou	albei ander
33.	Wie behartig meestal die versorging van die kinders?	man	vrou	albei ander
34.	Enige huweliksvoorbereiding-, -verrykingskursus of -terapie bygewoon? Spesifiseer.			
35.	Enige aspekte nie bo genoem nie, wat wil u vermeld?			

### Biographic Questionnaire

1.	Name and Surname			
2.	Couple number			
3.	Sex	male	female	
4.	Age			
5.	Residential area			
6.	How long have you been living in your current area?			
7.	Cell number			
8.	Home Language			
9.	Highest grade completed in school	Grade 10	11	12
10.	Post-school education Specify course/s and			

	college/university	
11.	Occupation	
12.	Briefly describe the nature of your occupation	
13.	Employer (self; organization)	
14.	How many hours in a week do you spend working?	
15.	How many hours per week do you spend away from your partner (job, studies, travelling, etc.)	
16.	Do you work irregular hours? If so, in what way.	evenings      nightly      weekends      other
17.	What is your individual average income per year?	
18.	Were you living together before you were married?	
19.	If so, for how long?	
20.	How long in current marriage?	
21.	How many times were you married before?	Once    twice    three times    four times
22.	Children	Sex      Age      Born in what marriage (first, second) _____ _____ _____ _____
23.	If married before, reason for ending the marriage	
24.	Are any of your parents divorced? Specify husbands/wife's parents/both.	
25.	Your religion	
26.	How often do you attend church services?	1 x p. week      less

	Underline.	2-3 x p. month 1 x p. month	never	
27.	Rate your level of participation at your church.	1 – a little to not committed at all	2 – moderate	3 – very committed
28.	Any friends or family staying with you? If so, specify.			
29.	How will you describe your health?			
30.	Do you as a couple have a support system? (family, friends, church, etc.) Specify.			
31.	Who is mainly the breadwinner in your household?	husband	wife	both other
32.	Who does most of the household tasks?	husband	wife	both other
33.	Who is mostly taking care of the children?	husband	wife	both other
34.	Have you attended any marital preparation, enrichment course or therapy? Specify.			
35.	Anything else you would like to mention?			

## Bylae 4.5 EQ Questionnaire

<h1>Emotional Intelligence Questionnaire</h1>	<p>N.S. Schutte    J.T. Cooper</p> <p>J.M. Malouff    C.J. Golden</p> <p>L.E. Hall    L. Dornheim</p> <p>D.J. Haggerty</p>
<p>Please indicate to which extent each item describe you:</p> <p>A – strongly disagree</p> <p>B – Slightly disagree</p> <p>C – neutral</p> <p>D – slightly agree</p> <p>E – strongly agree</p> <p>Use your answer sheet (side 2) to answer the following questions. Information that you complete is confidential</p>	
1. I know when to speak about my personal problems to others.	
2. When I am faced with obstacles, I remember times I faced similar obstacles and overcame them.	
3. I expect that I will do well on most things I try.	
4. Other people find it easy to confide in me.	
5. I find it hard to understand the non-verbal messages of other people.	
6. Some of the major events of my life have led me to re-evaluate what is important and not important.	
7. When my mood changes, I see new possibilities.	
8. Emotions are one of the things that make my life worth living.	
9. I am aware of my emotions as I experience them.	
10. I expect good things to happen.	
11. I like to share my emotions with others.	
12. When I experience a positive emotion, I know how to make it last.	
13. I arrange events others enjoy.	
14. I seek out activities that make me happy.	
15. I am aware of the non-verbal messages I send to others.	
16. I present myself in a way that makes a good impression on others.	
17. When I am in a positive mood, solving problems is easy for me.	
18. By looking at their facial expressions, I recognize the emotions people are experiencing.	
19. I know why my emotions change.	
20. When I am in a positive mood, I am able to come up with new ideas.	

21. I have control over my emotions.
22. I easily recognize my emotions as I experience them.
23. I motivate myself by imagining a good outcome to tasks I take on.
24. I compliment others when they have done something well.
25. I am aware of the non-verbal messages other people send.
26. When another person tells me about an important event in his or her life, I almost feel as though I have experienced this event myself.
27. When I feel a change in emotions, I tend to come up with new ideas.
28. When I am faced with a challenge, I give up because I believe I will fail.
29. I know what other people are feeling just by looking at them.
30. I help other people feel better when they are down.
31. I use good moods to help myself keep trying in the face of obstacles.
32. I can tell how people are feeling by listening to the tone of their voice.
33. It is difficult for me to understand why people feel the way they do.

### Bylae 5.1 Die gemiddelde tellings op die SQ-vraelys

SQ Subskaal	Geslag	Gemiddeld	Standaard-afwyking
<b>SIN EN BETEKENIS</b>			
Meditatiewe bewustheid	M	37.06	3.87
	V	37.15	4.39
Estetiese bewustheid	M	21.18	3.52
	V	22.25	3.55
Oop, empatiese aanvaarding van ander	M	58.91	5.94
	V	60.88	6.18
Om te vra 'hoekom'?	M	26.79	3.34
	V	26.90	3.60
Onselfsugtige geroepenheid	M	26.76	3.30
	V	27.81	3.72
Nederigheid	M	36.15	3.57
	V	37.35	3.49
Positiewe aanwend van moeilike omstandighede	M	33.26	2.90
	V	32.81	3.73
Spontaniteit	M	28.38	2.81
	V	29.33	3.56
Veld-onafhanklikheid	M	31.71	2.78
	V	31.00	3.49
Holistiese perspektief	M	36.03	3.59
	V	35.56	3.81
<b>MOTIVERING</b>			
Bemeestering (+4)	M	76.84	6.90
	V	78.13	10.79
Mag-van-binne (+3)	M	80.67	8.06
	V	81.55	8.94
Gemeenskapsgevoel en samewerking (+2)	M	77.65	10.53
	V	77.92	9.39
Eksplorاسie (+1)	M	77.48	9.85
	V	72.98	10.42
Selfgesentreerdheid (-1)	M	59.07	10.97
	V	56.944	12.47
Woede (-2)	M	56.20	13.46

	V	57.44	14.97
Drange & begeertes (-3)	M	58.30	11.39
	V	60.57	14.13
Vrees (-4)	M	57.54	10.50
	V	59.64	13.10
<b>WAARDES</b>			
Self-waardes	M	21.06	2.27
	V	22.13	2.46
Ander-waardes	M	20.00	2.58
	V	22.25	2.85

Manlik (M) N = 34

Vroulik (v) N = 48

### Bylae 5.2 Gemiddelde EQ-tellings vir mans en vrouens, SSRI

Subskaal	Geslag	Gemiddeld	Standaard-afwyking
Optimisme/ gemoedsregulering	M	37.63	4.57
	V	36.90	6.02
Herkenning van emosies	M	34.56	3.42
	V	34.17	4.92
Sosiale vaardighede	M	41.03	5.83
	V	42.90	5.70
Toepassing van emosies	M	16.28	2.04
	V	16.19	2.88
Totaaltelling	M	129.50	11.87
	V	130.15	17.01

Manlik (M) N = 32

Vroulik (V) N = 48

### Bylae 5.3. Die Levine-toets vir onafhanklike groepe

Toets/Subskaal	F	Bet.	t	vg	Bet. vol- heidspeil 2-kantig
Meditatiewe bewustheid	0.564	0.455	-0.093	80	0.926
Estetiese bewustheid	0.002	0.965	1.355	80	0.179
Oop, empatiese aanvaarding van ander	0.437	0.511	1.440	80	0.154
Om te vra "hoekom"	1.074	0.303	-0.122	80	0.903
Onselfsugtige geroopenheid	0.352	0.554	1.315	80	0.192
Nederigheid	0.020	0.888	1.528	80	0.130
Positiewe aanwend van moeilike omstandighede	2.796	0.098	0.591	80	0.556
Spontaniteit	1.617	0.207	1.298	80	0.198
Veld onafhanklikheid	1.050	0.309	0.979	80	0.330
Holistiese perspektief	0.066	0.798	0.560	80	0.577
Bemeestering(+4)	6.486	0.013	-0.658	79.288	0.512
Mag-van-binne(+3)	0.757	0.387	-0.455	80	0.651
Gemeenskapsgevoel en samewerking (+2)	0.543	0.463	-0.122	80	0.903
Eksplorاسie (+1)	0.264	0.609	1.970	80	0.052
Selfgesentreerdheid (-1)	1.169	0.283	0.798	80	0.427
Woede (-2)	0.223	0.638	-0.386	80	0.701
Drange & begeertes (-3)	1.528	0.220	-0.774	80	0.441
Vrees (-4)	2.977	0.088	-0.774	80	0.441
Self-waardes	0.240	0.626	1.994	80	0.050
Ander-waardes	0.328	0.569	2.847	80	0.006
DAS: Huwelikstevredenheid	2.343	0.130	-0.742	74	0.460
DAS: Huwelikskonsensus	0.000	1.000	-0.092	74	0.927



DAS: Huwelikskohesie	0.775	0.382	0.224	74	0.824
DAS: Affeksionele ekspressie	1.427	0.236	-0.463	74	0.645
EQ: Optimisme/ Gemoedsregulering	1.010	0.318	0.582	78	0.562
EQ: Herkenning van emosies	0.607	0.438	0.395	78	0.694
EQ: Sosiale vaardighede	0.415	0.521	1.421	78	0.159
EQ: Toepassing van emosies	3.062	0.084	0.159	78	0.874
EQ: Totaaltelling	0.214	0.645	-0.186	78	0.853

**Bylae 5.4 Gemiddelde tellings vir afgepaarde groepe (afhanklike groepe)**

Pare	Subskaal	Geslag	Gemiddelde	N	Standaard afwyking
1	Meditatiewe bewustheid	M	37.00	33	3.91
		V	37.03	33	4.77
2	Estetiese bewustheid	M	21.18	33	3.57
		V	22.55	33	3.84
3	Oop, empatiese aanvaarding van ander	M	58.73	33	5.93
		V	61.91	33	6.40
4	Om te vra "hoekom"	M	26.76	33	3.38
		V	26.79	33	4.04
5	Onselfsugtige geroepenheid	M	26.76	33	3.35
		V	27.88	33	4.08
6	Nederigheid	M	36.09	33	3.61
		V	37.39	33	3.87
7	Positiewe aanwend van moeilike omstandighede	M	33.27	33	2.94
		V	32.79	33	4.04
8	Spontaniteit	M	28.39	33	2.85
		V	29.52	33	3.61
9	Veld onafhanklikheid	M	31.67	33	2.81
		V	31.33	33	3.51
10	Holistiese perspektief	M	36.00	33	3.64
		V	35.36	33	4.23
11	Bemeestering(+4)	M	76.64	33	6.90
		V	78.16	33	10.10
12	Mag-van-binne(+3)	M	80.63	33	8.18
		V	81.82	33	8.86
13	Gemeenskapsgevoel en samewerking (+2)	M	77.43	33	10.62
		V	78.64	33	9.21
14	Eksplorاسie (+1)	M	77.65	33	9.95
		V	73.86	33	11.50
15	Selfgesentreerdheid (-1)	M	59.47	33	10.89
		V	53.54	33	10.47
16	Woede (-2)	M	56.71	33	13.33
		V	52.16	33	10.33
17	Drange & begeertes (-3)	M	58.87	33	11.05

		V	56.93	33	10.29
18	Vrees (-4)	M	57.58	33	10.66
		V	54.83	33	11.11
19	Self-waardes	M	21.03	33	2.30
		V	21.76	33	2.36
20	Ander-waardes	M	20.61	33	2.55
		V	22.21	33	2.74
21	DAS: Huwelikstevredenheid	M	39.35	34	8.68
		V	41.47	34	4.63
22	DAS: Huwelikskonsensus	M	48.12	34	10.08
		V	49.71	34	7.18
23	DAS: Huwelikskohesie	M	14.62	34	4.73
		V	14.74	34	4.78
24	DAS: Affeksionele ekspressie	M	8.12	34	3.04
		V	8.53	34	2.45
25	EQ: Optimisme/ gemoedsregulering	M	37.68	31	4.63
		V	37.23	31	4.70
26	EQ: Herkenning van emosies	M	34.61	31	3.46
		V	35.23	31	3.57
27	EQ: Sosiale vaardighede	M	41.19	31	5.85
		V	44.52	31	4.04
28	EQ: Toepassing van emosies	M	16.29	31	2.07
		V	16.10	31	2.12
29	EQ: Totaaltelling	M	129.77	31	11.96
		V	133.06	31	11.47

### Bylae 5.5 Korrelasies vir afhanklike groepe (egpare)

Paar	Subtoets (Mans & Vrouens)	N	Korrelasie	Bet. (Sig.)
1	Meditatiewe bewustheid	33	-0.032	0.860
2	Estetiese bewustheid	33	0.277	0.119
3	Oop, empatiese aanvaarding	33	0.299	0.091
4	Om te vra "hoekom"	33	0.309	0.080
5	Onselfsugtige geroopenheid	33	0.107	0.552
6	Nederigheid	33	0.098	0.587
7	Positiewe aanwend van moeilike omstandighede	33	0.294	0.097
8	Spontaniteit	33	0.007	0.969
9	Veld onafhanklikheid	33	0.382	0.028
10	Holistiese perspektief	33	0.179	0.320
11	Bemeestering(+4)	33	0.102	0.571
12	Mag-van-binne(+3)	33	0.416	0.016
13	Gemeenskapsgevoel en samewerking (+2)	33	0.530	0.001
14	Eksplorاسie (+1)	33	0.323	0.067
15	Selfgesentreerdheid (-1)	33	0.097	0.592
16	Woede (-2)	33	-0.123	0.494
17	Drange & begeertes (-3)	33	-0.028	0.876
18	Vrees (-4)	33	-0.327	0.064
19	Self-waardes	33	0.232	0.194
20	Ander-waardes	33	0.313	0.077
21	DAS: Huwelikstevredenheid	34	0.511	0.002
22	DAS: Huwelikskonsensus	34	0.339	0.050
23	DAS: Huwelikskohesie	34	0.367	0.033
24	DAS: Affeksionele ekspressie	34	0.430	0.011
25	EQ: Optimisme/ gemoedsregulering	31	0.005	0.979
26	EQ: Herkenning van emosies	31	-0.184	0.321
27	EQ: Sosiale vaardighede	31	0.258	0.161

28	EQ: Toepassing van emosies	31	0.237	0.200
29	EQ: Totaaltelling	31	0.096	0.606

### Bylae 5.6 t-toets vir afhanklike groepe

Paar	Subtoets (Mans & Vrouens)	Gem. T	Standaard afwyking vg	2-ledige standaardfoutgem. p
1	Meditatiewe bewustheid	-0.028	32	0.978
2	Estetiese bewustheid	-1.755	32	0.089
3	Oop, empatiese aanvaarding van ander	-2.500	32	<b>0.018</b>
4	Om te vra 'hoekom'?	-0.040	32	0.969
5	Onselfsugtige geroepenheid	-1.289	32	0.207
6	Nederigheid	-1.489	32	0.146
7	Positiewe aanwend van moeilike omstandighede	0.656	32	0.516
8	Spontaniteit	-1.406	32	0.169
9	Veld onafhanklikheid	0.538	32	0.594
10	Holistiese perspektief	0.722	32	0.475
11	Bemeestering (+4)	-0.748	32	0.460
12	Mag-van-binne (+3)	-0.742	32	0.464
13	Gemeenskapsgevoel en samewerking (+2)	-0.719	32	0.477
14	Eksplorاسie (+1)	1.735	32	0.092
15	Selfgesentreerdheid (-1)	2.374	32	<b>0.024</b>
16	Woede (-2)	1.464	32	0.153
17	Drange & begeertes (-3)	0.731	32	0.470
18	Vrees (-4)	0.890	32	0.380
19	Self-waardes	-1.448	32	0.157
20	Ander-waardes	-2.974	32	<b>0.006</b>
21	DAS: Huwelikstevredenheid	-1.656	33	0.107
22	DAS: Huwelikskonsensus	-0.908	33	0.371
23	DAS: Huwelikskohesie	-0.128	33	0.899

24	DAS: Affeksionele ekspressie	-0.807	33	0.426
25	EQ: Optimisme/ gemoedsregulering	0.382	30	0.705
26	EQ: Herkenning van emosies	-0.631	30	0.533
27	EQ: Sosiale vaardighede	-2.987	30	<b>0.006</b>
28	EQ: Toepassing van emosies	0.416	30	0.680
29	EQ: Totaaltelling	-1.163	30	0.254

**Bylae 5.7 Gemiddelde waardes in die ondersoek na die invloed van egskending van die egpaar se ouers op die egpaar se huweliksaanpassing**

		59. Enige van egpaarlede se ouers geskei?			
		geen	Man se ouers	vrou se ouers	beide se ouers
Spanier - huwelikstevredenheid	Gem.	41.77	41.00	36.71	28.33
	Standaard afwyking	4.36	5.53	9.78	12.23
	Totaal N	52	11	7	6
Spanier- huwelikskonsensus	Gem.	50.50	47.36	42.57	39.83
	Standaard afwyking	4.88	5.87	15.22	20.10
	Totaal N	52	11	7	6
Spanier - huwelikskohesie	Gem.	15.13	14.27	10.29	15.67
	Standaard afwyking	4.26	4.58	5.71	8.16
	Totaal N	52	11	7	6
Spanier affeksionele ekspressie	Gem.	8.71	8.91	6.57	6.00
	Standaard afwyking	1.99	3.02	4.20	4.29
	Totaal N	52	11	7	6

**Tabel 5.8 Eenrigtingvariensie-ontleding (ANOVA) in die ondersoek na die invloed van egskeiding (egpaar se ouers) op die egpaar se huweliksaanpassing**

		Som van Vierkante	Df	Gem. vierkant	F	Bet.
Spanier - huwelikstevredenheid	Tussen groepe	1064.692	3	354.897	9.836	0.000
	Binne groepe	2597.993	72	36.083		
	Totaal	3662.684	75			
Spanier - huwelikskonsensus	Tussen groepe	918.854	3	306.285	4.437	0.006
	Binne groepe	4970.093	72	69.029		
	Totaal	5888.947	75			
Spanier-huwelikscohesie	Tussen groepe	153.156	3	51.052	2.208	0.095
	Binne groepe	1665.001	72	23.125		
	Totaal	1818.158	75			
Spanier affeksionele ekspressie	Tussen groepe	65.480	3	21.827	3.199	0.028
	Binne groepe	491.296	72	6.824		
	Totaal	556.776	75			



**Bylae 5.9 Scheffe-toets vir post-hoc-vergelyking van groepe: die invloed van egskending (egpaar se ouers) op die egpaar se huweliksaanpassing**

Afhanklike veranderlike	(I) 59. Enige van egpaarlede se ouers geskei?	(J) 59. Enige van egpaarlede se ouers geskei?	Gem. Verskil (I-J)	Std. fout	Bet.
Spanier - huwelikstevredenheid	geen	man se ouers	.76923	1.99354	0.985
		vrou se ouers	5.05495	2.41840	0.234
		beide se ouers	13.43590(*)	2.58994	0.000
	man se ouers	geen	-.76923	1.99354	0.985
		vrou se ouers	4.28571	2.90431	0.540
		beide se ouers	12.66667(*)	3.04863	0.001
	vrou se ouers	geen	-5.05495	2.41840	0.234
		man se ouers	-4.28571	2.90431	0.540
		beide se ouers	8.38095	3.34195	0.108
	beide se ouers	geen	-13.43590(*)	2.58994	0.000
		man se ouers	-12.66667(*)	3.04863	0.001
		vrou se ouers	-8.38095	3.34195	0.108
Spanier - huwelikskonsensus	geen	man se ouers	3.13636	2.75733	0.731
		vrou se ouers	7.92857	3.34496	0.142
		beide se ouers	10.66667(*)	3.58222	0.038
	man se ouers	geen	-3.13636	2.75733	0.731
		vrou se ouers	4.79221	4.01705	0.701
		beide se ouers	7.53030	4.21666	0.370
	vrou se ouers	geen	-7.92857	3.34496	0.142
		man se ouers	-4.79221	4.01705	0.701
		beide se ouers	2.73810	4.62235	0.950
	beide se ouers	geen	-10.66667(*)	3.58222	0.038
		man se ouers	-7.53030	4.21666	0.370
		vrou se ouers	-2.73810	4.62235	0.950
Spanier-huwelikscohesie	geen	man se ouers	.86189	1.59593	0.961

		vrou se ouers	4.84890	1.93605	0.109
		beide se ouers	-.53205	2.07337	0.996
	man se ouers	geen	-.86189	1.59593	0.961
		vrou se ouers	3.98701	2.32505	0.407
		beide se ouers	-1.39394	2.44058	0.955
	vrou se ouers	geen	-4.84890	1.93605	0.109
		man se ouers	-3.98701	2.32505	0.407
		beide se ouers	-5.38095	2.67540	0.266
	beide se ouers	geen	.53205	2.07337	0.996
		man se ouers	1.39394	2.44058	0.955
		vrou se ouers	5.38095	2.67540	0.266
Spanier affeksionele ekspressie	geen	man se ouers	-.19755	.86692	0.997
		vrou se ouers	2.14011	1.05167	0.256
		beide se ouers	2.71154	1.12627	0.132
	man se ouers	geen	.19755	.86692	0.997
		vrou se ouers	2.33766	1.26298	0.338
		beide se ouers	2.90909	1.32574	0.196
	vrou se ouers	geen	-2.14011	1.05167	0.256
		man se ouers	-2.33766	1.26298	0.338
		beide se ouers	.57143	1.45329	0.984
	beide se ouers	geen	-2.71154	1.12627	0.132
		man se ouers	-2.90909	1.32574	0.196
		vrou se ouers	-.57143	1.45329	0.984

\* Betekenisvol op die 0.05-vlak

### Bylae 5.10 Huistake en versorging van kinders

<b>Meeste huistake</b>	<b>Frekwensie</b>	<b>%</b>	<b>Meeste Kinderversorging</b>	<b>Frekwensie</b>	<b>%</b>
Man	5	6 0	Man	0	0 0
Vrou	32	38 1	Vrou	42	50 0
Beide	32	38 1	Beide	34	40 5
Ander	7	8 3	Totaal	76	90 5
Totaal	76	90 5	Nie gemeld nie	8	9 5
Nie gemeld nie	8	9 5	Totaal	84	100 0
Totaal	84	100 0			

## Bylae 5.11 Die verband tussen kerkbywoning en SQ

	Hoe gereeld word eredienste bygewoon?														
	nooit			1 x elke paar mnde			1 x p. mnd.			2-3 x p. mnd.			1 x p. week		
	Gem.	Std. afw.	Tot N	Gem.	Std. afw.	N	Gem.	Std. afw.	N	Gem.	Std. afw.	N	Gem.	Std. afw.	N
Meditatiewe bewustheid	36.38	4.81	10	36.00	5.03	7	37.60	1.14	5	37.00	4.20	28	37.88	4.48	26
Estetiese bewustheid	20.88	5.25	10	21.43	3.36	7	21.60	3.51	5	21.68	3.66	28	22.23	3.42	26
Empatiese aanvaarding en openheid	62.25	7.48	10	61.00	6.90	7	58.00	7.00	5	61.39	5.43	28	58.88	6.50	26
Vra hoekom?	27.63	4.72	10	26.71	4.15	7	25.80	1.48	5	26.04	3.85	28	27.50	3.49	26
Onselfsugtige Geroepenheid	29.25	4.33	10	26.43	3.10	7	25.40	2.70	5	26.43	3.44	28	28.27	3.67	26
Nederigheid	37.00	5.81	10	36.43	2.51	7	36.60	2.61	5	36.57	4.02	28	37.35	3.02	26
Positiewe aanwend van moeilike omstandigh.	34.13	3.91	10	33.43	4.20	7	31.40	3.21	5	32.75	3.52	28	33.19	3.32	26
Spontaniteit	28.63	3.16	10	28.43	1.13	7	28.20	3.96	5	29.04	3.06	28	28.92	4.13	26
Veld onafhanklikheid	33.25	2.87	10	30.71	2.69	7	31.20	4.76	5	31.46	2.83	28	31.12	3.58	26
Holistiese Perspektief	36.63	4.10	10	34.43	3.10	7	36.40	2.88	5	35.11	3.70	28	36.19	4.20	26
Bemeestering	76.04	10.39	10	78.57	6.10	7	75.83	6.18	5	78.42	8.57	28	76.76	10.35	26
Mag-van-binne	84.38	11.12	10	76.53	5.40	7	79.29	6.87	5	82.02	9.14	28	80.77	8.69	26
Gemeenskaps gevoel en samewerking	81.88	15.10	10	75.71	8.86	7	76.00	11.94	5	78.75	9.09	28	78.08	8.61	26
Eksplorاسie	82.42	12.04	10	74.55	7.53	7	71.88	7.33	5	73.66	11.42	28	74.28	10.51	26
Self-Gesentreerdheid	58.85	13.63	10	51.19	11.47	7	59.17	11.56	5	54.91	10.76	28	58.17	11.70	26
Woede	58.04	15.71	10	53.06	9.98	7	57.14	13.83	5	52.55	10.60	28	55.77	14.47	26

Drange en begeertes	61.61	12.48	10	59.69	9.61	7	52.14	8.96	5	55.23	11.23	28	60.03	12.58	26
Vrees	53.52	16.66	10	53.57	8.73	7	58.75	10.46	5	56.03	9.81	28	59.86	11.58	26
Self-waardes	22.00	2.83	10	21.00	1.41	7	21.00	2.45	5	21.32	2.94	28	21.81	1.96	26
Ander- waardes	22.25	2.96	10	21.43	1.51	7	18.60	2.61	5	21.82	2.94	28	21.54	2.90	26

## Bylae 5.12 ANOVA-verband tussen SQ en kerkbywoning

### ANOVA

		Som van vierkante	df	Gemiddelde vierkant	F	Betekenisvolheid
Meditatiewe bewustheid	Tussen groepe	29.623	4	7.406	0.394	0.812
	Binne groepe	1297.729	69	18.808		
	Totaal	1327.351	73			
Estetiese bewustheid	Tussen groepe	13.110	4	3.277	0.234	0.918
	Binne groepe	964.512	69	13.978		
	Totaal	977.622	73			
Empatiese aanvaarding en openheid	Tussen groepe	145.722	4	36.430	0.922	0.456
	Binne groepe	2726.832	69	39.519		
	Totaal	2872.554	73			
Vra hoekom?	Tussen groepe	39.527	4	9.882	0.700	0.594
	Binne groepe	973.568	69	14.110		
	Totaal	1013.095	73			
Onselfsugtige geroepenheid	Tussen groepe	99.465	4	24.866	1.962	0.110
	Binne groepe	874.387	69	12.672		
	Totaal	973.851	73			
Nederigheid	Tussen groepe	10.249	4	2.562	0.183	0.946
	Binne groepe	965.656	69	13.995		
	Totaal	975.905	73			
Positiewe aanwend van moeilike omstandighede	Tussen groepe	26.868	4	6.717	0.536	0.710
	Binne groepe	865.078	69	12.537		
	Totaal	891.946	73			
Spontaniteit	Tussen groepe	4.854	4	1.214	0.102	0.981
	Binne groepe	819.200	69	11.872		
	Totaal	824.054	73			
Veld onafhanklikheid	Tussen groepe	32.937	4	8.234	0.779	0.543
	Binne groepe	729.347	69	10.570		
	Totaal	762.284	73			
Holistiese perspektief	Tussen groepe	36.710	4	9.177	0.621	0.649
	Binne groepe	1019.506	69	14.775		
	Totaal	1056.216	73			

Bemeestering	Tussen groepe	76.442	4	19.111	0.228	0.922
	Binne groepe	5791.848	69	83.940		
	Totaal	5868.290	73			
Mag-van-binne	Tussen groepe	274.657	4	68.664	0.881	0.480
	Binne groepe	5376.370	69	77.918		
	Totaal	5651.027	73			
Gemeenskapsgevoel en samewerking	Tussen groepe	182.006	4	45.501	0.467	0.760
	Binne groepe	6723.400	69	97.441		
	Totaal	6905.405	73			
Eksplorاسie	Tussen groepe	551.343	4	137.836	1.211	0.314
	Binne groepe	7853.561	69	113.820		
	Totaal	8404.904	73			
Selfgesentreerdheid	Tussen groepe	420.245	4	105.061	0.791	0.535
	Binne groepe	9169.657	69	132.894		
	Totaal	9589.902	73			
Woede	Tussen groepe	296.354	4	74.089	0.450	0.772
	Binne groepe	11354.914	69	164.564		
	Totaal	11651.269	73			
Drange en begeertes	Tussen groepe	615.051	4	153.763	1.138	0.346
	Binne groepe	9325.655	69	135.154		
	Totaal	9940.706	73			
Vrees	Tussen groepe	433.083	4	108.271	0.850	0.498
	Binne groepe	8786.855	69	127.346		
	Totaal	9219.938	73			
Self-waardes	Tussen groepe	8.341	4	2.085	0.341	0.849
	Binne groepe	422.146	69	6.118		
	Totaal	430.486	73			
Ander-waardes	Tussen groepe	49.504	4	12.376	1.561	0.194
	Binne groepe	546.983	69	7.927		
	Totaal	596.486	73			

### Bylae 5.13 ANOVA-toets vir die verband tussen SQ en kerkbetrokkenheid

		Som van Vierkante	Df	Gem. vierkant	F	Bet.
Meditatiewe bewustheid	Tussen groepe	162.259	3	54.086	3.250	0.027
	Binne groepe	1165.093	70	16.644		
	Totaal	1327.351	73			
Estetiese bewustheid	Tussen groepe	122.154	3	40.718	3.332	0.024
	Binne groepe	855.468	70	12.221		
	Totaal	977.622	73			
Empatiese aanvaarding en openheid	Tussen groepe	158.283	3	52.761	1.361	0.262
	Binne groepe	2714.271	70	38.775		
	Totaal	2872.554	73			
Vra hoekom?	Tussen groepe	88.728	3	29.576	2.240	0.091
	Binne groepe	924.367	70	13.205		
	Totaal	1013.095	73			
Onselfsugtige geroepenheid	Tussen groepe	104.203	3	34.734	2.796	0.046
	Binne groepe	869.648	70	12.424		
	Totaal	973.851	73			
Nederigheid	Tussen groepe	120.799	3	40.266	3.296	0.025
	Binne groepe	855.106	70	12.216		
	Totaal	975.905	73			
Positiewe aanwend van moeilike omstandighede	Tussen groepe	90.832	3	30.277	2.646	0.056
	Binne groepe	801.113	70	11.444		
	Totaal	891.946	73			
Spontaniteit	Tussen groepe	34.749	3	11.583	1.027	0.386
	Binne groepe	789.305	70	11.276		
	Totaal	824.054	73			
Veld onafhanklikheid	Tussen groepe	49.040	3	16.347	1.604	0.196
	Binne groepe	713.244	70	10.189		
	Totaal	762.284	73			
Holistiese perspektief	Tussen groepe	129.176	3	43.059	3.251	0.027
	Binne groepe	927.040	70	13.243		



	Totaal	1056.216	73			
Bemeestering	Tussen groepe	551.546	3	183.849	2.421	0.073
	Binne groepe	5316.744	70	75.953		
	Totaal	5868.290	73			
Mag-van-binne	Tussen groepe	468.628	3	156.209	2.110	0.107
	Binne groepe	5182.399	70	74.034		
	Totaal	5651.027	73			
Gemeenskapsgevoel en samewerking	Tussen groepe	309.720	3	103.240	1.096	0.357
	Binne groepe	6595.686	70	94.224		
	Totaal	6905.405	73			
Eksplorاسie	Tussen groepe	1163.633	3	387.878	3.750	0.015
	Binne groepe	7241.271	70	103.447		
	Totaal	8404.904	73			
Self-gesentreerdheid	Tussen groepe	329.660	3	109.887	0.831	0.481
	Binne groepe	9260.242	70	132.289		
	Totaal	9589.902	73			
Woede	Tussen groepe	694.529	3	231.510	1.479	0.228
	Binne groepe	10956.739	70	156.525		
	Totaal	11651.269	73			
Drange en begeertes	Tussen groepe	294.213	3	98.071	0.712	0.548
	Binne groepe	9646.493	70	137.807		
	Totaal	9940.706	73			
Vrees	Tussen groepe	1320.170	3	440.057	3.899	0.012
	Binne groepe	7899.768	70	112.854		
	Totaal	9219.938	73			
Self-waardes	Tussen groepe	15.286	3	5.095	0.859	0.467
	Binne groepe	415.200	70	5.931		
	Totaal	430.486	73			
Ander-waardes	Tussen groepe	29.338	3	9.779	1.207	0.314
	Binne groepe	567.149	70	8.102		
	Totaal	596.486	73			

**5.14 Scheffe-toets vir meervoudige vergelyking: Verband tussen SQ en kerkbetrokkenheid**

Afhanklike veranderlike	(I) Mate van kerkbetrokkenheid	(J) Mate van kerkbetrokkenheid	Gem. Verskil (I-J)	Std. Afw.	Bet.	95% sekerheidsinterval	
						Boonste grens	Onderste grens
Meditatiewe bewustheid	geensins	min betrokke	-2.41304	3.00762	0.886	-11.0290	6.2029
		matig	-3.83333	2.95785	0.643	-12.3067	4.6401
		baie betrokke	-6.80000	3.16014	0.211	-15.8529	2.2529
	min betrokke	geensins	2.41304	3.00762	0.886	-6.2029	11.0290
		matig	-1.42029	1.07258	0.627	-4.4929	1.6524
		baie betrokke	-4.38696	1.54534	0.053	-8.8139	0.0400
	matig	geensins	3.83333	2.95785	0.643	-4.6401	12.3067
		min betrokke	1.42029	1.07258	0.627	-1.6524	4.4929
		baie betrokke	-2.96667	1.44610	0.249	-7.1093	1.1760
	baie betrokke	geensins	6.80000	3.16014	0.211	-2.2529	15.8529
		min betrokke	4.38696	1.54534	0.053	-.0400	8.8139
		matig	2.96667	1.44610	0.249	-1.1760	7.1093
Estetiese bewustheid	geensins	min betrokke	.36957	2.57717	0.999	-7.0133	7.7525
		matig	-1.70513	2.53453	0.929	-8.9658	5.5556
		baie betrokke	-3.50000	2.70787	0.645	-11.2573	4.2573
	min betrokke	geensins	-.36957	2.57717	0.999	-7.7525	7.0133
		matig	-2.07469	.91908	0.175	-4.7076	0.5582

		baie betrokke	-3.86957(*)	1.32418	0.044	-7.6630	-0.0762
	matig	geensins	1.70513	2.53453	0.929	-5.5556	8.9658
		min betrokke	2.07469	.91908	0.175	-.5582	4.7076
		baie betrokke	-1.79487	1.23913	0.556	-5.3446	1.7549
	baie betrokke	geensins	3.50000	2.70787	0.645	-4.2573	11.2573
		min betrokke	3.86957(*)	1.32418	0.044	.0762	7.6630
		matig	1.79487	1.23913	0.556	-1.7549	5.3446
Empatiese aanvaarding en openheid	geensins	min betrokke	4.73913	4.59059	0.785	-8.4116	17.8899
		matig	1.58974	4.51463	0.989	-11.3434	14.5229
		baie betrokke	2.60000	4.82340	0.962	-11.2177	16.4177
	min betrokke	geensins	-4.73913	4.59059	0.785	-17.8899	8.4116
		matig	-3.14939	1.63711	0.304	-7.8392	1.5405
		baie betrokke	-2.13913	2.35869	0.844	-8.8961	4.6179
	matig	geensins	-1.58974	4.51463	0.989	-14.5229	11.3434
		min betrokke	3.14939	1.63711	0.304	-1.5405	7.8392
		baie betrokke	1.01026	2.20721	0.976	-5.3128	7.3333
		baie betrokke	geensins	-2.60000	4.82340	0.962	-16.4177
		min betrokke	2.13913	2.35869	0.844	-4.6179	8.8961
		matig	-1.01026	2.20721	0.976	-7.3333	5.3128
Om te vra hoekom?	geensins	min betrokke	2.30435	2.67895	0.863	-5.3701	9.9788
		matig	1.28205	2.63462	0.971	-6.2654	8.8295
		baie betrokke	-1.20000	2.81481	0.980	-9.2636	6.8636
	min betrokke	geensins	-2.30435	2.67895	0.863	-9.9788	5.3701

		matig	-1.02230	.95537	0.767	-3.7592	1.7146
		baie betrokke	-3.50435	1.37647	0.100	-7.4475	0.4388
	matig	geensins	-1.28205	2.63462	0.971	-8.8295	6.2654
		min betrokke	1.02230	.95537	0.767	-1.7146	3.7592
		baie betrokke	-2.48205	1.28807	0.303	-6.1720	1.2079
	baie betrokke	geensins	1.20000	2.81481	0.980	-6.8636	9.2636
		min betrokke	3.50435	1.37647	0.100	-.4388	7.4475
		matig	2.48205	1.28807	0.303	-1.2079	6.1720
Onself-sugtige geroopenheid	geensins	min betrokke	.67391	2.59845	0.995	-6.7699	8.1177
		matig	.67949	2.55545	0.995	-6.6412	8.0001
		baie betrokke	-2.80000	2.73022	0.789	-10.6213	5.0213
	min betrokke	geensins	-.67391	2.59845	0.995	-8.1177	6.7699
		matig	.00557	.92666	1.000	-2.6491	2.6602
		baie betrokke	-3.47391	1.33511	0.089	-7.2986	.3508
	matig	geensins	-.67949	2.55545	0.995	-8.0001	6.6412
		min betrokke	-.00557	.92666	1.000	-2.6602	2.6491
		baie betrokke	-3.47949	1.24936	0.060	-7.0586	.0996
	baie betrokke	geensins	2.80000	2.73022	0.789	-5.0213	10.6213
		min betrokke	3.47391	1.33511	0.089	-.3508	7.2986
		matig	3.47949	1.24936	0.060	-.0996	7.0586
Nederigheid	geensins	min betrokke	-5.63043	2.57663	0.199	-13.0118	1.7509
		matig	-6.78205	2.53399	0.076	-14.0412	0.4771
		baie	-7.80000(*)	2.70730	0.048	-15.5557	-0.0443

		betrokke					
	min betrokke	geensins	5.63043	2.57663	0.199	-1.7509	13.0118
		matig	-1.15162	.91888	0.667	-3.7840	1.4807
		baie betrokke	-2.16957	1.32390	0.448	-5.9622	1.6230
	matig	geensins	6.78205	2.53399	0.076	-.4771	14.0412
		min betrokke	1.15162	.91888	0.667	-1.4807	3.7840
		baie betrokke	-1.01795	1.23887	0.879	-4.5670	2.5311
	baie betrokke	geensins	7.80000(*)	2.70730	0.048	.0443	15.5557
		min betrokke	2.16957	1.32390	0.448	-1.6230	5.9622
		matig	1.01795	1.23887	0.879	-2.5311	4.5670
Positiewe aanwending van moeilike omstandighede	geensins	min betrokke	0.52174	2.49396	0.998	-6.6228	7.6662
		matig	-1.64103	2.45269	0.930	-8.6673	5.3852
		baie betrokke	-2.40000	2.62044	0.840	-9.9068	5.1068
	min betrokke	geensins	-0.52174	2.49396	0.998	-7.6662	6.6228
		matig	-2.16276	.88940	0.126	-4.7107	0.3851
		baie betrokke	-2.92174	1.28142	0.168	-6.5926	0.7492
	matig	geensins	1.64103	2.45269	0.930	-5.3852	8.6673
		min betrokke	2.16276	.88940	0.126	-.3851	4.7107
		baie betrokke	-0.75897	1.19912	0.940	-4.1941	2.6762
	baie betrokke	geensins	2.40000	2.62044	0.840	-5.1068	9.9068
		min betrokke	2.92174	1.28142	0.168	-.7492	6.5926
		matig	0.75897	1.19912	0.940	-2.6762	4.1941
Spontaniteit	geensins	min	0.19565	2.47551	1.000	-6.8960	7.2873

		betrokke					
		matig	-0.24359	2.43455	1.000	-7.2179	6.7307
		baie betrokke	-2.00000	2.60105	0.898	-9.4513	5.4513
	min betrokke	geensins	-0.19565	2.47551	1.000	-7.2873	6.8960
		matig	-0.43924	.88282	0.969	-2.9683	2.0898
		baie betrokke	-2.19565	1.27194	0.401	-5.8394	1.4481
	matig	geensins	0.24359	2.43455	1.000	-6.7307	7.2179
		min betrokke	0.43924	.88282	0.969	-2.0898	2.9683
		baie betrokke	-1.75641	1.19025	0.540	-5.1662	1.6533
	baie betrokke	geensins	2.00000	2.60105	0.898	-5.4513	9.4513
		min betrokke	2.19565	1.27194	0.401	-1.4481	5.8394
		matig	1.75641	1.19025	0.540	-1.6533	5.1662
Veld	geensins	min betrokke	2.80435	2.35321	0.702	-3.9369	9.5456
onafhennklich		matig	2.14103	2.31427	0.836	-4.4887	8.7708
eid		baie betrokke	0.40000	2.47255	0.999	-6.6832	7.4832
	min betrokke	geensins	-2.80435	2.35321	0.702	-9.5456	3.9369
		matig	-0.66332	.83921	0.890	-3.0674	1.7408
		baie betrokke	-2.40435	1.20910	0.275	-5.8681	1.0594
	matig	geensins	-2.14103	2.31427	0.836	-8.7708	4.4887
		min betrokke	.66332	.83921	0.890	-1.7408	3.0674
		baie betrokke	-1.74103	1.13145	0.504	-4.9823	1.5003
	baie betrokke	geensins	-0.40000	2.47255	0.999	-7.4832	6.6832
		min betrokke	2.40435	1.20910	0.275	-1.0594	5.8681

Holistiese Perspektief	geensins	matig	1.74103	1.13145	0.504	-1.5003	4.9823
		min	0.15217	2.68282	1.000	-7.5334	7.8377
		betrokke					
		matig	-1.26923	2.63843	0.972	-8.8276	6.2891
	min betrokke	baie	-4.10000	2.81888	0.552	-12.1753	3.9753
		betrokke					
		geensins	-0.15217	2.68282	1.000	-7.8377	7.5334
		matig	-1.42140	.95675	0.534	-4.1622	1.3194
	matig	baie	-4.25217(*)	1.37846	0.029	-8.2011	-0.3033
		betrokke					
		geensins	1.26923	2.63843	0.972	-6.2891	8.8276
		min	1.42140	.95675	0.534	-1.3194	4.1622
	baie betrokke	betrokke	-2.83077	1.28993	0.196	-6.5261	0.8645
		geensins	4.10000	2.81888	0.552	-3.9753	12.1753
min		4.25217(*)	1.37846	0.029	.3033	8.2011	
betrokke							
Bemeesterin g	geensins	matig	2.83077	1.28993	0.196	-.8645	6.5261
		min	-10.14493	6.42488	0.481	-28.5504	8.2606
		betrokke					
		matig	-10.25641	6.31857	0.457	-28.3573	7.8445
	min betrokke	baie	-16.25000	6.75071	0.132	-35.5889	3.0889
		betrokke					
		geensins	10.14493	6.42488	0.481	-8.2606	28.5504
		matig	-0.11148	2.29126	1.000	-6.6753	6.4523
	matig	baie	-6.10507	3.30116	0.339	-15.5620	3.3518
		betrokke					
		geensins	10.25641	6.31857	0.457	-7.8445	28.3573
		min	0.11148	2.29126	1.000	-6.4523	6.6753
	baie betrokke	betrokke	-5.99359	3.08915	0.297	-14.8432	2.8560
		geensins	16.25000	6.75071	0.132	-3.0889	35.5889
min		6.10507	3.30116	0.339	-3.3518	15.5620	
betrokke							

		betrokke							
		matig	5.99359	3.08915	0.297	-2.8560	14.8432		
Mag-van- binne	geensins	min	0.15528	6.34319	1.000	-18.0162	18.3267		
		betrokke							
		matig	-2.93040	6.23823	0.974	-20.8012	14.9404		
		baie	-7.85714	6.66488	0.709	-26.9501	11.2359		
		min betrokke	geensins	-0.15528	6.34319	1.000	-18.3267	18.0162	
			matig	-3.08568	2.26212	0.604	-9.5660	3.3947	
			baie	-8.01242	3.25919	0.120	-17.3491	1.3242	
		matig	geensins	2.93040	6.23823	0.974	-14.9404	20.8012	
			min	3.08568	2.26212	0.604	-3.3947	9.5660	
			betrokke						
		baie betrokke	geensins	-4.92674	3.04988	0.461	-13.6638	3.8103	
			min	7.85714	6.66488	0.709	-11.2359	26.9501	
	betrokke		8.01242	3.25919	0.120	-1.3242	17.3491		
		matig	4.92674	3.04988	0.461	-3.8103	13.6638		
Gemeenskap sgevoel en samewerking	geensins	min	9.13043	7.15603	0.655	-11.3696	29.6305		
		betrokke							
		matig	6.15385	7.03762	0.858	-14.0070	26.3147		
		baie	4.00000	7.51894	0.963	-17.5397	25.5397		
		min betrokke	geensins	-9.13043	7.15603	0.655	-29.6305	11.3696	
			matig	-2.97659	2.55200	0.716	-10.2874	4.3342	
			baie	-5.13043	3.67683	0.586	-15.6635	5.4027	
		matig	geensins	-6.15385	7.03762	0.858	-26.3147	14.0070	
			min	2.97659	2.55200	0.716	-4.3342	10.2874	
			betrokke						
			baie	-2.15385	3.44070	0.942	-12.0105	7.7028	



Eksplorاسie	baie betrokke	geensins	-4.00000	7.51894	0.963	-25.5397	17.5397
		min betrokke	5.13043	3.67683	0.586	-5.4027	15.6635
		matig	2.15385	3.44070	0.942	-7.7028	12.0105
	geensins	min betrokke	14.47011	7.49807	0.301	-7.0098	35.9500
		matig	11.81891	7.37400	0.468	-9.3055	32.9434
		baie betrokke	3.12500	7.87833	0.984	-19.4442	25.6942
	min betrokke	geensins	-14.47011	7.49807	0.301	-35.9500	7.0098
		matig	-2.65120	2.67398	0.805	-10.3114	5.0090
		baie betrokke	-11.34511(*)	3.85258	0.041	-22.3817	-0.3085
	matig	geensins	-11.81891	7.37400	0.468	-32.9434	9.3055
		min betrokke	2.65120	2.67398	0.805	-5.0090	10.3114
		baie betrokke	-8.69391	3.60516	0.131	-19.0217	1.6339
baie betrokke	geensins	-3.12500	7.87833	0.984	-25.6942	19.4442	
	min betrokke	11.34511(*)	3.85258	0.041	.3085	22.3817	
	matig	8.69391	3.60516	0.131	-1.6339	19.0217	
Self- gesentreerdh eid	geensins	min betrokke	-3.26087	8.47917	0.985	-27.5513	21.0296
		matig	-.64103	8.33886	1.000	-24.5295	23.2475
		baie betrokke	-6.66667	8.90918	0.905	-32.1890	18.8556
	min betrokke	geensins	3.26087	8.47917	0.985	-21.0296	27.5513
		matig	2.61984	3.02386	0.861	-6.0427	11.2824
		baie betrokke	-3.40580	4.35668	0.893	-15.8865	9.0749
	matig	geensins	.64103	8.33886	1.000	-23.2475	24.5295
		min betrokke	-2.61984	3.02386	0.861	-11.2824	6.0427

Woede	baie betrokke	baie	-6.02564	4.07688	0.539	-17.7048	5.6535		
		betrokke							
	geensins	baie betrokke	geensins	6.66667	8.90918	0.905	-18.8556	32.1890	
		min betrokke	min betrokke	3.40580	4.35668	0.893	-9.0749	15.8865	
	geensins	matig	matig	6.02564	4.07688	0.539	-5.6535	17.7048	
		min betrokke	min betrokke	-3.49379	9.22322	0.986	-29.9157	22.9282	
	min betrokke	matig	matig	2.06044	9.07061	0.997	-23.9243	28.0452	
		baie betrokke	baie betrokke	5.35714	9.69097	0.959	-22.4048	33.1191	
	matig	geensins	geensins	3.49379	9.22322	0.986	-22.9282	29.9157	
		min betrokke	matig	5.55423	3.28921	0.421	-3.8684	14.9769	
	Drange en begeertes	matig	baie betrokke	8.85093	4.73898	0.330	-4.7249	22.4268	
			geensins	-2.06044	9.07061	0.997	-28.0452	23.9243	
		baie betrokke	min betrokke	min betrokke	-5.55423	3.28921	0.421	-14.9769	3.8684
			matig	matig	3.29670	4.43463	0.907	-9.4073	16.0007
baie betrokke		geensins	geensins	-5.35714	9.69097	0.959	-33.1191	22.4048	
		min betrokke	min betrokke	-8.85093	4.73898	0.330	-22.4268	4.7249	
geensins		matig	matig	-3.29670	4.43463	0.907	-16.0007	9.4073	
		min betrokke	min betrokke	2.09627	8.65420	0.996	-22.6956	26.8881	
min betrokke		matig	matig	6.08974	8.51100	0.916	-18.2919	30.4714	
		baie betrokke	baie betrokke	6.07143	9.09309	0.930	-19.9777	32.1206	
matig		geensins	geensins	-2.09627	8.65420	0.996	-26.8881	22.6956	
		min betrokke	matig	3.99347	3.08628	0.644	-4.8479	12.8348	
matig		geensins	baie betrokke	3.97516	4.44661	0.849	-8.7631	16.7134	
		min betrokke	geensins	-6.08974	8.51100	0.916	-30.4714	18.2919	
		min betrokke	-3.99347	3.08628	0.644	-12.8348	4.8479		

Vrees	baie betrokke	betrokke						
		baie	-0.01832	4.16104	1.000	-11.9385	11.9019	
		betrokke						
	geensins	geensins	-6.07143	9.09309	0.930	-32.1206	19.9777	
		min	-3.97516	4.44661	0.849	-16.7134	8.7631	
		betrokke						
	geensins	matig	0.01832	4.16104	1.000	-11.9019	11.9385	
		min	-24.38859(*)	7.83158	0.027	-46.8239	-1.9533	
		betrokke						
	min betrokke	matig	-21.35417	7.70199	0.062	-43.4182	0.7099	
		baie	-16.87500	8.22875	0.250	-40.4481	6.6981	
		betrokke						
	matig	geensins	24.38859(*)	7.83158	0.027	1.9533	46.8239	
		matig	3.03442	2.79292	0.758	-4.9665	11.0353	
		baie	7.51359	4.02394	0.330	-4.0139	19.0410	
baie betrokke	betrokke							
	geensins	21.35417	7.70199	0.062	-7.0999	43.4182		
	min	-3.03442	2.79292	0.758	-11.0353	4.9665		
geensins	baie	4.47917	3.76551	0.703	-6.3080	15.2663		
	betrokke							
	geensins	16.87500	8.22875	0.250	-6.6981	40.4481		
Self-waardes	baie betrokke	min	-7.51359	4.02394	0.330	-19.0410	4.0139	
		betrokke						
		matig	-4.47917	3.76551	0.703	-15.2663	6.3080	
geensins	min	0.95652	1.79544	0.963	-4.1869	6.1000		
	betrokke							
	matig	0.48718	1.76573	0.994	-4.5711	5.5455		
min betrokke	baie	-0.50000	1.88649	0.995	-5.9043	4.9043		
	betrokke							
	geensins	-0.95652	1.79544	0.963	-6.1000	4.1869		
matig	matig	-0.46934	.64029	0.910	-2.3036	1.3649		
	baie	-1.45652	.92251	0.481	-4.0993	1.1862		
	betrokke							
geensins	geensins	-0.48718	1.76573	0.994	-5.5455	4.5711		

Ander- waardes		min betrokke	0.46934	.64029	0.910	-1.3649	2.3036
		baie betrokke	-0.98718	.86327	0.728	-3.4602	1.4858
	baie betrokke	geensins	0.50000	1.88649	0.995	-4.9043	5.9043
		min betrokke	1.45652	.92251	0.481	-1.1862	4.0993
		matig	0.98718	.86327	0.728	-1.4858	3.4602
	geensins	min betrokke	-0.54348	2.09841	0.995	-6.5548	5.4679
		matig	-0.96154	2.06369	0.975	-6.8734	4.9504
		baie betrokke	-2.50000	2.20483	0.733	-8.8162	3.8162
	min betrokke	geensins	0.54348	2.09841	0.995	-5.4679	6.5548
		matig	-0.41806	.74834	0.957	-2.5618	1.7257
		baie betrokke	-1.95652	1.07818	0.356	-5.0452	1.1322
	matig	geensins	0.96154	2.06369	0.975	-4.9504	6.8734
		min betrokke	0.41806	.74834	0.957	-1.7257	2.5618
		baie betrokke	-1.53846	1.00894	0.512	-4.4288	1.3519
	baie betrokke	geensins	2.50000	2.20483	0.733	-3.8162	8.8162
		min betrokke	1.95652	1.07818	0.356	-1.1322	5.0452
		matig	1.53846	1.00894	0.512	-1.3519	4.4288

\* Die gemiddelde verskil is betekenisvol op die .05 vlak.

**Bylae 6.1 In die ontwikkeling van 'n egpaar se huweliksaanpassing sou daar as volg te werk gegaan kan word:**

1. Daar kan bepaal word in watter fase die egpaar verkeer en die gepaardgaande emosionele aspekte en take van die betrokke fase (soos die van Becvar & Becvar, 2000) sou uitgelig word. Probleme in die egpaar met voorskoolse kinders kan genormaliseer word.
2. Die huweliksaanpassing van die egpaarlede van bepaal word deur middel van 'n vraelys soos die DAS van Spanier (1976).

<b>Aspekte van huweliksaanpassing</b>	<b>Telling behaal deur man</b>	<b>Telling behaal deur vrou</b>
Huweliksconsensus (mate van saamstem, openlikheid)		
Huweliskohesie		
Affektiewe uitdrukking		
Huwelikstevredenheid		

3. Die spesifieke stressors, aanpassing of faktore wat 'n rol in die huwelik kan speel, kan geïdentifiseer word.

<b>Faktore wat 'n rol speel in huweliksaanpassing</b>	<b>Man</b> (1 – geensins problematies tot 10 – grootliks problematies)	<b>Vrou</b> (1 – geensins problematies tot 10 – grootliks problematies)
1. Eise van ouerskap		
2. Loopbane (enkel/ dubbelloopbaan)		
3. Rolverdeling		
4. Kommunikasie en konflikthantering		

5. Kameraadskap		
6. Intimiteit		
7. Konflik van persoonlikhede		
8. Pogings om betekenisloosheid (vakuum) te vul met angs, depressie, substansafhanklikheid ens.		
9. Ander individuele faktore		

Indien daar probleme by persoonlikheidsverskille sou voorkom, kan die 16-Persoonlikheidsvraelys van by beide egpaarlede afgeneem en bespreek word.

4. Die emosionele intelligensie (EQ), wat 'n rol speel in die hantering van eise in die huwelik en gesin, kan by beide egpaarlede afgeneem word.

<b>Faktore van EQ</b> (volgens vraelys van Schutte <i>et al.</i> , 1998)	<b>Telling van Man</b>	<b>Telling van Vrou</b>
1. Optimisme gemoedsregulering		
2. Herkenning van emosies		
3. Sosiale vaardighede		
4. Toepassing van emosies		

5. Die Spirituele Intelligensie (SQ) wat veral in tye van krisis 'n rol speel, kan by beide egpaarlede afgeneem en bespreek word.

<b>SIN &amp; BETEKENIS</b>	<b>Telling man</b>	<b>MOTIVERING-SKAAL</b>	<b>Telling man</b>	<b>WAARDES</b>	<b>Telling Man</b>
<b>Om geïnspireerd te wees</b>		+ 4 Bemeestering		Selfwaardes	

1. Meditatiewe bewustheid		+3 Mag-van-binne		Ander waardes	
2. Estetiese bewustheid		+2 Gemeenskapsgevoel en samewerking			
3. Vra hoekom		+1 Verkenning			
4. Nederigheid		0			
5. Positiewe aanwending van moeilike omstandighede		-1 Selfhandhawing			
<b>Om te inspireer</b>		-2 Woede			
6. Oop, empatiese aanvaarding		-3 Drange en begeertes			
7. Onselfsugtige geroepenheid		-4 Vrees			
8. Spontaniteit					
9. Veld onafhanklikheid					
10. Holistiese perspektief					

<b>SIN &amp; BETEKENIS</b>	<b>Telling Vrou</b>	<b>MOTIVERING-SKAAL</b>	<b>Telling Vrou</b>	<b>WAARDES</b>	<b>Telling Vrou</b>
<b>Om geïnspireerd te wees</b>		+ 4 Bemeestering		Selfwaardes	
1. Meditatiewe bewustheid		+3 Mag-van-binne		Ander waardes	

2. Estetiese bewustheid		+2 Gemeenskapsgevoel en samewerking			
3. Vra hoekom		+1 Verkenning			
4. Nederigheid		0			
5. Positiewe aanwending van moeilike omstandighede		-1 Selfhandhawing			
<b>Om te inspireer</b>		-2 Woede			
6. Oop, empatiese aanvaarding		-3 Drange en begeertes			
7. Onselfsugtige geroopenheid		-4 Vrees			
8. Spontaniteit					
9. Veld onafhanklikheid					
10. Holistiese perspektief					

Gesamentlike doelwitte kan gestel word ten opsigte van die ontwikkeling van EQ, asook SQ by een of beide egpaarlede. Laasgenoemde word gehanteer ten opsigte van die vind van sin en betekenis (watter faktore by watter egpaarlede aandag geniet), motivering (watter vlak van motivering beide egpaarlede sou wou bereik) asook waardes (watter waardes verhoog wil word.)

mariki.smith@telkomsa.net