

The Relationship between Spousal Communication and Financial Arguments and Stress between Young Married Couples

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ABSTRACT Finances are regarded as one of many argument matters between spouses, which in turn can cause financial stress. This article investigated the relationship between spousal communication, financial arguments and financial stress matters within a marriage. Questionnaires were distributed to 300 young married couples of which 75 couples responded with respect of their level of communication, occurrence of arguments and levels of stress regarding their finances. Results indicated that spousal communication influences the frequency of arguments between spouses regarding their finances, indicating a definite lack in communication about money. High financial stress levels also contribute to the increase of financial arguments. An increase in spousal communication about finances can lead to less stress about finances and thus will result in fewer arguments about finances. Identification of patterns of communication regarding financial matters could contribute to improving financial communication in young married couples.