

7 - 9 November 2025

Bangkok , Thailand

Love Languages, Communication Patterns, and Relationship Satisfaction: Evidence from Married Couples in the Maldives

Aishath Shanoora

The Maldives National University

Abstract

Romantic relationships are central to psychological well-being, and the ways in which partners express and receive love play a crucial role in shaping relationship quality. Guided by Chapman's (1992) Five Love Languages framework, this study investigated the links between love language alignment, communication patterns, and marital satisfaction among couples in the Maldives. While prior research highlights the role of emotional congruence and communication in strengthening bonds, little is known about how these dynamics function in non-Western contexts. Using a correlational survey design, standardized questionnaires assessed participants' primary love languages, communication styles, and satisfaction. An online survey distributed via social media yielded 128 responses, with data from 98 individuals (49 couples) analyzed, as both partners were required to complete the questionnaire. Results showed that 52.6% of couples were mismatched in their primary love languages. Although overall satisfaction was high (86.7%), paired-samples t-test results indicated significantly greater satisfaction among couples with similar primary love languages, $t(96) = -6.93$, $p < .001$. Correlational analyses further revealed that Quality Time was positively associated with negative communication ($r = .28$, $p = .005$), whereas Receiving Gifts was negatively associated with negative communication ($r = -.28$, $p = .006$). Findings underscore the importance of emotional compatibility and communication styles in marital satisfaction, highlighting the need for culturally sensitive counseling approaches in the Maldivian context.

Keywords: Love Languages; Relationship Satisfaction; Communication Patterns; Marital Alignment; Maldives