



Prayer, Relationship Satisfaction, & Relational Humility



Zainab Akef, B.A., & Stephanie Winkeljohn Black, Ph.D.

Introduction

- Prayer types: religious prayer, meditative prayer, impulsive prayer, and petitionary prayer. (Banziger et al., 2008)
- Prayer is associated with well-being (Poloma & Pendleton, 1989), attachment to God and to romantic partners (Kirkpatrick & Shaver, 1992), and to humility (Davis, Hook, McAnnally-Linz, Choe, & Placeres, 2017)
- High humility can counteract potential instability in relationships that is caused by situations of conflict (Davis, Worthington, et al., 2010)

Participants & Method

- Recruited adults in romantic relationships
 - $N = 148$
 - 76.1% female
 - $M_{age} = 20.48$, $SD = 2.44$ years
 - 91% Heterosexual
 - 64.8% Caucasian
- Cross sectional, online survey

Measures

- **Humility**: rate romantic partner's humility, Relational Humility scale (Hook, Davis et al., 2011)
- **Prayer Types**: Prayer Types scale; subscales: meditative, religious, impulsive, and petitionary (Banziger et al., 2008)
- **Partner Prayer**: Partner Prayer scale (Fincham & Beach, 2014)
- **Relationship Satisfaction**: Relationship Satisfaction Scale (Hendrick, Dicke, & Hendrick, 1998)
- **Couple Conflict Explanation**: Meaning of Conflict Scale, subscales: self-attribution, partner-attribution, and couple-attribution (Quirk, n.d)

What are the associations among types of prayer and relationship satisfaction?

- **Negative correlations** among prayer types and relationship satisfaction:
 - $r_{meditative} = -.27$, $p = .002$
 - $r_{petitionary} = -.37$, $p < .001$
 - $r_{religious} = -.34$, $p < .001$
- Unexpected results: previous research suggests that prayer experiences are positively associated with secure attachment to romantic partners (Kirkpatrick & Shaver, 1992).

Is a higher rating of a partner's relational humility associated with an increase in praying for one's partner?

- **Significant positive relation** between relational humility and partner prayer:
 - $r = .39$, $p < .001$
- Expected results (Davis et al., 2010; Davis et al., 2017) suggest a complex relationship among all variables, calling for a need for further research.
- **Directionality of relation unknown**; does praying for one's partner lead to a more humble perception of the partner, or do people pray more for individuals who are perceived as more humble?

What associations exist among prayer types, including praying for one's partner, and how an individual explains conflict in their relationship?

- **Significant positive correlations** among prayer types and attributing conflict to one's partner:
 - $r_{meditative} = .31$, $p = .001$
 - $r_{petitionary} = .34$, $p < .001$
 - $r_{religious} = .33$, $p < .001$
- **No significant correlations** found among these prayer types and attributing conflict to self
- Unexpected results: Lack of correlations among prayer types and attribution of conflict to self but its existence among conflict attribution to one's partner suggests a possibility of a relationship between prayer types, relationship satisfaction, and attribution of conflict.