

物质主义对婚姻满意度的影响

——工具性婚姻目标与伴侣支持的作用

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摘要

基于婚姻满意度动态目标理论, 本研究旨在探讨物质主义对婚姻关系满意度的内在作用机制, 通过整合工具性婚姻目标的中介作用和伴侣支持的调节作用, 构建一个被调节的中介模型。本研究采用方便抽样法选取已婚参与者, 回收有效答卷417份。数据分析结果显示: 物质主义对婚姻关系满意度具有显著的负向直接作用, 对工具性婚姻目标具有显著的正向作用; 工具性婚姻目标对关系满意度具有显著的正向作用, 工具性婚姻目标在物质主义与关系满意度间的中介作用显著; 伴侣支持显著调节了工具性婚姻目标与关系满意度的关系, 且调节了物质主义通过工具性婚姻目标影响关系满意度的中介效应, 形成被调节的中介模型。本研究为物质主义和婚姻中的关系满意度的作用机制提供了更细微的理解, 阐明了在婚姻满意度动态模板理论下工具性婚姻目标对物质主义倾向高的伴侣关系满意度的影响, 并为伴侣支持对不重视工具性目标的配偶的作用提供了支持。

关键词

关系满意度, 婚姻满意度, 物质主义, 婚姻目标, 伴侣支持, 婚姻满意度动态目标理论

The Effect of Materialism on Marital Satisfaction

—The Role of Instrumental Marital Goals and Partner Support

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Abstract

The current study explores the mechanism of materialism on marital satisfaction based on the

dynamic goal theory of marital satisfaction, constructing a moderated mediation model by integrating the mediating role of the instrumental marital goal and the moderating role of partner support to explain the relationship between materialism and marital satisfaction. In this study, married participants were selected by convenient sampling method, and 417 valid responses were collected. Results of data analysis show that materialism has a negative direct effect on the satisfaction of marriage relationship and a positive effect on the instrumental marital goal. Instrumental marital goal has a positive effect on relationship satisfaction and a mediating role between materialism and relationship satisfaction. Partner support moderates the relationship between instrumental marital goal and relationship satisfaction and moderates the mediating effect of materialism on relationship satisfaction through instrumental marital goals, forming a moderated mediation model. This study provides a more nuanced understanding of the mechanism of how materialism affect relationship satisfaction in marriage, clarifies the influence of instrumental marital goals on relationship satisfaction in partners with high materialistic tendency under the dynamic goal theory of marital satisfaction, and provides support for the role of partner support in couples who do not prioritize instrumental goals.

Keywords

Relationship Satisfaction, Marital Satisfaction, Materialism, Marital Goals, Partner Support, The Dynamic Goal Theory of Marital Satisfaction

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1. 引言

物质主义指人对拥有财产、物质的重视(Belk, 1984), 以及对获取和消费的强烈兴趣(Rassuli & Hollander, 1986)。物质主义倾向较强的人需要获取外物才能获得幸福感, 也常通过拥有财物的数量和质量评价一个人成功与否(Christopher et al., 2004)。然而大量研究显示了物质主义对人的自尊、情绪、心理健康、态度、行为、幸福感、归属感、人际关系均有负面影响(Segev et al., 2015), 包括降低人的主观幸福感(Burroughs & Rindfleisch, 2002)、生活满意度(Ryan & Dziurawiec, 2001)、自尊(Kasser, 2002; Chaplin & John, 2007)、正向情绪(Kasser, 2008)、归属感(Kasser, 2002)、环保主义(Sreen et al., 2020), 以及加剧负面情绪(Kasser, 2008)、焦虑(Kasser & Ahuvia, 2002)、抑郁(Saunders & Munro, 2000; Teng et al., 2022)、冲动购物行为(Seinauskiene et al., 2016; Islam et al., 2017)、风险行为(Christopher & Schlenker, 2004)和反社会行为(Sadrieh et al., 2016; Shek et al., 2020)等等对自我、他人、社会均有明显伤害力的后果。

物质主义对人际关系也常常有消极影响。物质主义倾向对父子关系(Allsop et al., 2021)、恋爱伴侣对关系满意度、性生活满意度和忠诚度(Leavitt et al., 2019)都有负面影响。这可能是由于注重物质获取容易导致对生活中更有意义的方面例如人际关系和家庭关系的忽略(Kasser & Ryan, 1993), 也可能是由于物质主义的人采取了获取物质的方式来获取归属感和社会认可(Rose & DeJesus, 2007), 而这样的策略忽视了对关系更重要的深层因素。低水平的人际关系也会反过来促进人的物质主义水平提高。被同伴社交排挤的经历会导致自尊受损, 进一步导致物质主义倾向上升(Jiang et al., 2015), 年轻人的焦虑型依恋类型以及低质量家庭关系也预测了物质主义倾向(Zhao et al., 2022)。

然而已有研究对物质主义对婚姻感情的作用和后果探索尚不明确。初步研究结果发现物质主义对亲密关系伴侣的关系满意度有消极影响(Cappetto & Tadros, 2021), 且与已婚对象的婚姻满意度负相关(Dean

et al., 2007); 然而物质主义对恋爱中自身的性生活满意度有积极影响并对未来的关系满意度无直接相关性(Leavitt et al., 2019), 且近期研究显示不同文化中物质主义对关系幸福感的影响不同(Yoo et al., 2021), 尤其是东方文化中的高水平物质主义未对关系幸福感造成负面影响, 因此物质主义对婚姻关系中的关系满意度的直接作用有待确认。关系满意度是婚姻研究中的重要构念(Fincham & Beach, 2006), 是感情忠诚度(Baker et al., 2017; Le & Agnew, 2003)、关系破裂(Jacobson, 1985; Røsand et al., 2014; Vangelisti, 2006)、自尊和主观幸福感(Al-Darmaki et al., 2017)、抑郁发作和复发(Hollist et al., 2007)以及婚姻关系存续(Curtis et al., 2017)等关键指标和结果的核心表现和通路, 常用于表示关系质量的标志。研究表明, 配偶的价值观(Becker, 2013)、自尊(Sciangula & Morry, 2009; Tackett et al., 2013)、依恋类型(Diamond et al., 2018)、性格(Stroud et al., 2010)、生活方式(Mohammadi et al., 2016)都对婚姻中的关系满意度具有重要影响, 而消费行为(Britt et al., 2008)以及财务相关的问题、压力与冲突(Karademas & Roussi, 2017; Dean et al., 2007; Wilmarth et al., 2014)也是导致婚内关系满意度下降的重要因素。因此, 本研究认为高水平的物质主义会因未达预期等容易激化冲突的心理过程为伴侣生活带来压力和不满, 并提出假设 1: 物质主义负向预测关系满意度。更进一步, 由于物质主义对关系满意度的作用的通路尚不明确, 因此本研究结合婚姻目标理论, 提出工具性婚姻目标的中介作用和伴侣支持的调节作用。

婚姻目标指人们在婚姻中想要达到的目标, 是婚姻满意度动态目标理论的核心要素(Li & Fung, 2011)。婚姻满意度动态目标理论认为, 现实中的婚姻是复杂的, 通常不只是一个婚姻目的, 婚姻目标主要分为三类: 个人成长目标、陪伴目标和工具性目标(Li et al., 2020)。然而通常在个人的婚姻目的中会有重要性的不同, 有先后之分。婚姻窒息模式提出, 在美国, 三种婚姻目标的优先级随着社会文化的演变而产生相应转换(Amato, 2012; Finkel et al., 2014)。1850 年以前, 婚姻以工具性需求为主, 当时资源有限, 个人需要通过婚姻来满足基本需求。从 1850 年到 1965 年, 当个人在婚姻中对情感支持的需求超过了对工具支持的需求时, 陪伴目标变得普遍。从 1965 年开始, 个人成长目标变得越来越重要。婚姻满意度动态目标理论提出, 婚姻中优先的婚姻目标是否实现, 以及婚姻是否满足某一发展阶段的优先婚姻目标, 决定了婚姻满意度, 因此影响不同婚姻目标下的婚姻满意度的指标也会不同。衡量三类不同婚姻目标的子量表在回归分析中分别对应不同的心理特点, 自我成长目标与成就动机(Lang & Fries, 2006)相对应, 陪伴目标与爱情三角理论中的伴侣关系(Sternberg, 1997)相对应, 而与工具性目标相对应的则是物质主义(Li et al., 2016), 即重视和追求世俗财富的人倾向于相信婚姻应该提供实际的支持和满足一个人的实际需求, 成就动机趋近倾向高的个体会优先利用婚姻来支持和拓展个人潜能, 优先考虑与伴侣的深情结合和陪伴的人更倾向与伴侣体验感情中的亲密和承诺。虽然过往证据显示了物质主义对亲密关系存在负面影响, 但工具性目标和物质主义对关系满意度共同形成的作用很可能更加复杂。亲密关系伴侣自身的目标达成、伴侣的目标达成、以及关系中共同目标的达成都对伴侣关系满意度起到积极作用(Holding et al., 2020; Avivi et al., 2009)。婚姻满意度动态目标理论研究进一步发现, 婚姻目标的实现不仅会正向促进婚内的关系满意度, 且越是高优先级的婚姻目标的实现越能正面影响婚内关系满意度(Li et al., 2020)。这意味着当工具性目标作为当前婚姻的首要目标时, 其促进会对关系满意度起到正向作用。因此, 当物质主义对外物获取的诉求能够通过工具性目标实现时, 其匹配性也能对婚姻中的关系满意度起到促进作用。因此, 本文提出假设 2: 工具性婚姻目标在物质主义和关系满意度之间起中介作用。

伴侣支持是亲密关系、婚姻关系中双方实现日常个人目标的重要资源, 获取伴侣支持是婚姻关系中实现个人目标的普遍策略(Hoppmann & Gerstorf, 2016; Mejia & Hooker, 2014), 并能对目标的完成进度以及伴侣关系满意度均起到积极影响(Rosta-Filep et al., 2023; Zambrano et al., 2022)。日常的伴侣支持对目标完成的支持也会进一步增进心理的、生理的、以及伴侣关系的质量(Jakubiak & Feeney, 2016)。这些研究为伴侣支持的潜在调节作用提供了良好的支持。伴侣间为彼此的具体目标提供支持的过程与关系满意度(Hofmann et

al., 2015)以及个人的自我调节过程有着深刻的交互关系(Fitzsimons et al., 2015; Fitzsimons & van Dellen, 2015),而有效的应对方式能够缓冲目标实现困难对关系满意度的冲击。应对方式是指个体面对压力事件时,采用的认知调节和行为努力的策略和方法,可区分为消极应对与积极应对(姜乾金等, 1993)。消极应对包括易陷入幻想和回忆之中不能摆脱,通常会苦苦思索矛盾重重等,而积极应对包括当作事情根本没发生,能较快地将消极因素转化为积极因素。有优先工具性目标的人更关注社会关系的实际方面,更愿意改变配偶以满足自己的需要,更喜欢积极的情绪调节策略(Blanchard-Fields et al., 2004),因此更可能忽略伴侣没有提供支持的事实,或直接提出改变的要求,进而减缓伴侣不提供支持带来的冲击;而主要婚姻目标是陪伴目标的个体不想与配偶发生冲突,因此在常常不改变配偶态度或行为的情况下使用被动情绪调节策略来避免负面情绪,结果是仅有伴侣主动提供支持时才能获得伴侣支持带来的裨益,而伴侣不支持时则更容易收到缺乏支持带来的负面情绪冲击。因此,本文提出假设 3: 伴侣支持在工具性婚姻目标与关系满意度之间起调节作用,即伴侣支持水平越高,工具性婚姻目标对关系满意度的促进性影响越小。

此外,本文尝试整合工具性目标的中介作用和伴侣支持的调节作用,构建一个被调节的中介模型。根据婚姻满意度动态目标理论,伴侣对彼此的实际支持和心理支持支持是婚姻的重要目标之一,能够在伴侣个人目标和关系目标实现困难时起到情绪调节和伴侣关系压力的缓冲作用。具体而言,配偶支持水平高的伴侣能够缓解物质主义倾向对关系带来的工具性目标要求从而促进对关系满意度的正向影响,而配偶支持水平低的伴侣难以调节物质主义倾向对关系带来的工具性目标要求,进而对关系满意度的提升起到消极作用。因此,本文提出假设 4: 伴侣支持可以调节物质主义通过工具性婚姻目标影响关系满意度的中介效应,即被调节的中介模型。

综上,本文的理论模型如图 1 所示。

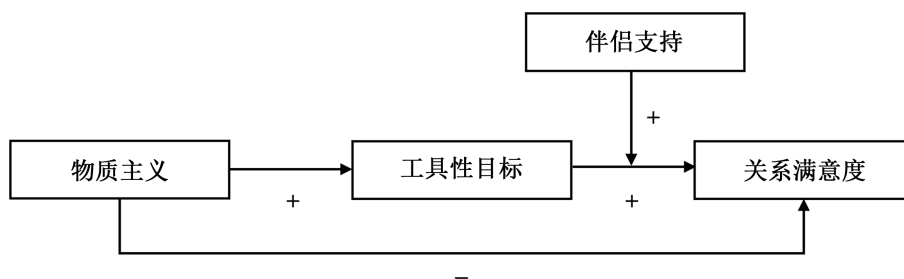


Figure 1. Theoretical model
图 1. 理论模型

2. 方法

2.1. 被试

本研究采用方便抽样法,在全国 28 个省市共发放问卷 430 份,回收有效答卷 417 份,回收率为 97.00%,提供的人口统计信息包括性别、年龄、教育背景和婚姻状况。其中,其中男 174 人(41.7%),女 243 人(58.3%);年龄 22~51 岁(36.3 岁 \pm 14.7 岁);初中及以下 43 人(10.3%),高中或中专 76 人(18.2%),大学专科 114 人(27.3%),大学本科 172 人(41.2%),研究生及以上 12 人(2.9%);已婚同居 380 人(91.1%),已婚分居 14 人(3.4%),再婚同居 23 人(5.5%),无未婚、离异、丧偶状况参与者。

2.2. 工具

2.2.1. 物质主义

本研究采用物质主义价值观量表(Richins & Dawson, 1992)的修订版(Richins, 2004)中的 3 题项简版,

具体题项如“我喜欢物质条件优越的生活”和“如果我能买得起更多的东西，我会更幸福”等。每个项目都被分为5个等级，从很不同意到非常同意。本研究中物质主义价值观量表的 Cronbach's α 系数为 0.82。

2.2.2. 工具性婚姻目标

本研究采用婚姻目标量表(Li et al., 2020)中的工具性目标子量表评估工具性婚姻目标，包括 20 个题项。具体题项如“与伴侣共同培养教育下一代”、“与伴侣共同承担生活的压力”和“日常生活有人照顾”等。每个项目都被分为 4 个等级，从根本不重要或不太重要到极其重要。本研究中工具性目标子量表的 Cronbach's α 系数为 0.90。

2.2.3. 伴侣支持

本研究沿用了 Zambrano 等(2022)测量伴侣对彼此日常目标支持的研究方法，请参与者列出三项近期生活中对其很重要的三个具体目标，不论是个人还是关系相关的都可以。参与者需要将每个目标分类为一个领域(健康、财务、职场等 10 个不同领域或其他)，并回答其伴侣是否至少参与了这三个具体目标之中至少一个的完成。

2.2.4. 关系满意度

本研究采用夫妻关系评估量表(Hendrick, 1988)评估关系满意度，包括 7 个题项。具体题项如“你的关系在多大程度上满足了你最初的期望”和“你的关系中有多少问题”等。每个项目都被分为 5 个等级(例如，从非常少到非常多，从不满意到非常满意)。本研究中夫妻关系评估量表的 Cronbach's α 系数为 0.92。

2.2.5. 控制变量

本研究将人口统计学变量的性别、年龄、教育背景、婚姻状况作为控制变量。

3. 结果

3.1. 共同方法偏差检验

由于本研究采用了问卷收集的单一方法，因此可能受到共同方法偏差影响。根据 Podsakoff, MacKenzie, Lee 和 Podsakoff (2003)的建议，采用 Harman 单因子检验共同方法偏差的影响。未旋转的主成分分析的结果表明，共有 7 个因子的特征根大于 1，且第一个因子解释的变异量为 25.0%。这表明并不存在可解释超过 40%方差的单一公因子，表明共同方法偏差造成的影响有限(周浩，龙立荣，2004)。

3.2. 验证性因子分析

本研究使用 Mplus8.3 对量表项目进行验证性因子分析(CFA)来检验变量间的区分效度。首先，为控制多个项目造成潜变量的膨胀测量误差，本研究在构建模型之前对项目进行打包，将一个量表的中的多个题目打包成一个新指标。按照平衡法(吴艳，温忠麟，2011)，本研究工具性婚姻目标子量表和关系满意度量表将因子载荷按高到低排列，高低因子载荷组合，将工具性婚姻目标的单维度 20 个题项打包为 3 个指标，关系满意度的单维度 7 个题项打包为 3 个指标，随后进行 CFA 分析。结果显示，相比其它因子模型(见表 1)，三因子模型具有较好的拟合度($\chi^2 = 94.51$, $df = 24$, $p < 0.001$, CFI = 0.96, TLI = 0.94, RMSEA = 0.084, SRMR = 0.05)满足测量要求，拟合度良好，可知本研究的共同方法偏差并不严重。

3.3. 变量的描述性统计与相关分析

本研究对主要变量进行了描述性统计和相关分析，结果如表 2 所示：物质主义与工具性婚姻目标具有显著的正相关($r = 0.15$, $p < 0.005$)，与关系满意度($r = -0.21$, $p < 0.001$)和伴侣支持($r = -0.15$, $p < 0.005$)呈显著负相关，工具性婚姻目标与关系满意度($r = 0.31$, $p < 0.001$)和伴侣支持($r = 0.12$, $p < 0.05$)呈显著正

相关, 而伴侣支持又与关系满意度呈显著正相关($r = 0.13, p < 0.01$)。相关分析结果与研究假设一致, 且满足进一步检验中介效应的条件。

Table 1. Confirmatory factor analysis result

表 1. 验证性因子分析结果

模型	χ^2	df	CFI	TLI	RMSEA	SRMR
三因子模型	94.51	24	0.96	0.94	0.08	0.05
两因子模型	395.03	26	0.80	0.72	0.18	0.15
单因子模型	750.21	27	0.61	0.48	0.25	0.18

注: 三因子模型: 物质主义、工具性婚姻目标、关系满意度; 两因子模型: 物质主义 + 工具性婚姻目标、关系满意度; 单因子模型: 物质主义 + 工具性婚姻目标 + 关系满意度。

Table 2. Descriptive statistics and correlational analysis result ($n = 417$)

表 2. 描述性统计和相关分析结果($n = 417$)

变量	M	SD	1	2	3	4	5	6	7
1) 性别	1.58	0.49	1						
2) 年龄	36.29	5.35	-0.13**	1					
3) 教育背景	3.08	1.06	0.20***	-0.29***	1				
4) 物质主义	3.48	0.91	-0.09	0.11*	-0.20***	1			
5) 工具性婚姻目标	2.50	0.52	0.07	-0.17***	0.14**	0.15**	1		
6) 伴侣支持	1.90	0.30	0.02	-0.15**	0.12*	-0.15**	0.12*	1	
7) 关系满意度	3.24	0.39	0.04	-0.36***	0.36***	-0.21***	0.31***	0.13**	1

注: *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$, 下同。

3.4. 模型拟合评价

本研究依照图 1 构建结构方程模型, 并根据 Hu 和 Bentler (1999) 推荐的拟合指标, 对模型配适度进行评价。结果显示, 构建模型与样本数据整体拟合较好($\chi^2(59) = 183.43, p < 0.001, CFI = 0.92, TLI = 0.90, RMSEA = 0.07, SRMR = 0.06$), 可以进行下一步分析。

3.5. 假设检验

本研究使用 SPSS 进行层级回归分析和使用宏程序 Process 插件进行 Bootstrap 分析来检验中介效应和调节效应(Hayes, 2013; Preacher & Hayes, 2004)。回归分析如表 3 所示: 物质主义对关系满意度具有显著的负向作用($\beta = -0.21, t = -4.46, p < 0.001$), 检验结果支持假设 1; 物质主义对工具性婚姻目标具有显著的正向作用($\beta = 0.15, t = 3.17, p < 0.005$), 工具性婚姻目标对关系满意度具有显著的正向作用($\beta = 0.31, t = 6.66, p < 0.001$)。其次, 本研究使用宏程序 Process 的 Model 4 检验工具性婚姻目标在物质主义与关系满意度间的中介作用, 结果显示: 物质主义对工具性婚姻目标的正向预测作用显著($\beta = 0.09, p < 0.005, 95\% CI = [0.03, 0.14]$), 工具性婚姻目标对关系满意度的正向预测作用显著($\beta = 0.26, p < 0.001, 95\% CI = [0.20, 0.33]$), 物质主义通过工具性婚姻目标影响关系满意度的间接作用显著($\beta = 0.02, 95\% CI = [0.009, 0.04]$),

检验结果支持假设 2。

Table 3. Regression analysis result ($n = 417$)

表 3. 回归分析结果($n = 417$)

预测变量	因变量	R ²	F	B	β	t
物质主义	工具性婚姻目标	0.02	10.05**	0.09	0.15	3.17**
物质主义	关系满意度	0.05	19.86***	-0.09	-0.21	-4.46***
工具性婚姻目标	关系满意度	0.10	44.40***	0.23	0.31	6.66***

其次, 本研究使用 Model 14 检验伴侣支持的调节作用, 结果显示工具性婚姻目标与伴侣支持的交互项对关系满意度的负向预测作用显著($\beta = -0.33, p < 0.01, 95\% \text{ CI} = [-0.56, -0.09]$)。简单斜率分析如图 2 所示, 工具性婚姻目标对关系满意度在伴侣对目标达成未进行支持时($\beta = 0.56, t = 4.84, p < 0.001$)以及在伴侣对目标达成进行支持时($\beta = 0.23, t = 6.42, p < 0.001$)都有显著的正向作用, 但伴侣对目标达成不提供支持会强化低工具性婚姻目标对关系满意度带来的负面影响, 说明了伴侣对目标达成提供的支持可以缓解低水平的工具性婚姻目标对关系满意度的消极作用, 假设 3 得到验证。有调节的中介效应 index 为-0.03, 95% CI 为[-0.07, -0.002], 说明伴侣支持对工具性婚姻目标在物质主义与关系满意度间的中介效应的调节作用显著, 假设 4 获得检验结果支持。

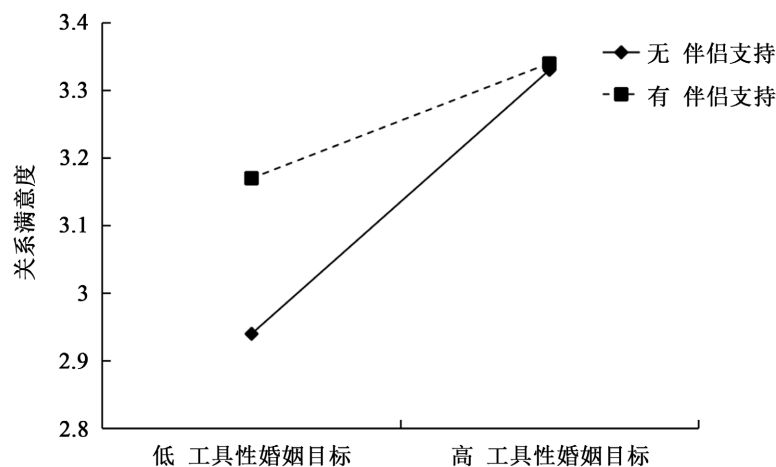


Figure 2. The moderating effect of partner support between instrumental marital goal and relationship satisfaction

图 2. 伴侣支持在工具性婚姻目标和关系满意度之间的调节效应

4. 讨论

基于婚姻满意度动态目标理论, 本研究探讨了物质主义与婚姻中的关系满意度的关系, 以及工具性目标的中介作用和伴侣支持的调节作用, 研究结果如下。

第一, 工具性婚姻目标中介了物质主义与关系满意度的关系。结合婚姻满意度动态目标理论(Li & Fung, 2011; Li et al., 2016), 物质主义虽然在先前的大量研究中以及本研究中都对关系满意度呈消极影响, 但对于将工具性婚姻目标在目前的婚姻阶段中置于高优先级的伴侣来说, 高水平的物质主义对于在婚姻中重视工具性目标的伴侣来说能够促进关系满意度。这符合了优先目标与实现目标的匹配性会促进关系满意度的过往研究发现(Li et al., 2020), 也为探索物质主义对人们的生活与情感关系更细微、复杂的可能

性给出了支持。以往的跨文化研究虽然发现在中国文化中物质主义对人的关系幸福感不造成影响(Yoo et al., 2021), 但本文为婚姻中的物质主义对婚姻关系造成的影响提供了更进一步的证据和探讨。在不断更新的社会形态和关系形势下, 过往研究中已发现的作用因素对关系满意度和稳定性的影响都产生了更加复杂的变化和交互关系(Karney & Bradbury, 2020)。本研究的发现拓展了物质主义对婚姻关系影响的丰富性和复杂性, 为未来的研究提出了更广泛的可能性。

第二, 伴侣支持在工具性婚姻目标和关系满意度之间起调节作用, 即伴侣对配偶的日常重要目标给出的支持有助于减少低水平的工具性婚姻目标为关系满意度带来的消极影响。伴侣支持近年在目标追求领域中受到了越来越多的关注, 并被认为是增进关系亲密度和满意度的重要作用机制(Orehek & Forest, 2016)。本研究探讨了在日常的目标完成过程中的伴侣支持在工具性婚姻目标与关系满意度之间的缓冲作用, 拓展了在目标追求过程中的伴侣支持作用的相关文献丰富度, 也增强了对伴侣支持在婚姻关系中的作用的机制性理解。近期元分析确认了伴侣支持对目标完成的重要作用(Vowels & Carnelley, 2022), 而本文为伴侣支持在亲密关系中的作用和局限添加了更加细微理解的证据。另一方面, 该元分析在分析了大量伴侣支持文献后提出, 该领域目前的最大问题是缺乏可靠的测量方式。本文的研究成果也因此有进一步提升的空间, 为未来的研究方向提供了支持性线索。

综上, 本文报告了物质主义对婚姻中的关系满意度的作用机制, 使我们更加全面地了解物质主义在婚姻中的作用效果及其积极和消极影响。本研究发现了伴侣支持对工具性婚姻目标水平低的伴侣关系的缓冲作用。这为工具性婚姻水平低的伴侣在关系中容易受到伴侣支持低的冲击提供了解释, 也对婚姻关系的实践具有一定的启示作用。本研究发现拥有高优先级工具性目标的伴侣比起不重视工具性目标的伴侣更少受到伴侣实际支持的影响, 这一点说明伴侣间的工具性对关系幸福感很可能非常重要, 但在不重视工具性目标的伴侣中容易得到忽视。这一点启示对于亲密关系的研究者和践行者都具有理论和实践指导意义。具体而言, 亲密关系尤其是婚姻关系中的伴侣应考虑增强对工具性目标的重视和优先程度, 这不仅不会使关系恶化, 反而会调节关系中的目标追求、自我调节、关系功能, 从而适应更多的价值观和生活方式范围、增强人们对伴侣支持状况的适应情况, 最终达到提升关系满意度的效果。

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