

*Stronger Without a Bond:*  
**A Qualitative Study on the Coping and Adjustments among  
Childless Couples**

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Agnes DR. Crisostomo, PhD  
Nerie Celine E. Pascual  
Jamaica Agatha Sagun  
Katherine Joy Torres  
Carmela Dawn Yumul

**Department of Psychology, Bulacan State University, Philippines**

**Abstract:** This qualitative study focused on the coping and adjustments among childless couples. The researchers used the purposive technique in gathering the eight (8) participants-2 couples and four female spouses. The tool used in the study is an in depth interview guide. The participants of the study are six married couples that have been childless from 6 to 49 years. All of the wives participated in the study but only two husbands joined their wives for the interview because the four others refused to answer the sensitive questions. Four (4) out of six (6) couple-participants are already married for 5 up to 20 years and only two are married for 21 up to 50 years. Results showed that the participants have undergone periods of depression, felt socially pressured by relatives and friends. However most admitted they are still sexually active despite the situation. The researchers found out that most of the coping strategies of the childless couples are problem-focused. As for the adjustments, communicating and being open to one another was a good factor to maintain an intact relationship. In order to adjust to their situation, the couples gave the deeper understanding to each other and maintained a good communication. Two respondents said that they still treat each other like they did before they got married. They were also considering adopting a child or taking care of a nephew or a niece. It was found out that being childless has a great impact in the life of the Filipino couple's participants, yet they still managed to keep their marriage intact.

**Keywords:** *childless couples, coping, adjustments*

