

Characteristics of Couples in Late Middle Age through Conjoint Kinetic Couple Drawings

– Focusing on couples married for over 25 years –

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In this study, Conjoint Kinetic Couple Drawings (CKCDs) were devised, which helped in the study of the interactions of married couples compared to before married life. This study aims to examine how the characteristics of mentally healthy couples who have managed to continue their relationships for a long time appear in CKCD. Research was also conducted into the significance of CKCD.

The participants consisted of seven sets of couples in late middle age who had past the childrearing stage. They have no experience of divorce or remarriage. We analyzed the data of the drawings, the drawing process, conversations from after the drawing, and post-drawing questionnaires.

It was found that the following characteristics were common to seven sets of couples: (1) special various changes occurred in the couples during late middle age (they can adapt themselves to change), (2) they laughed when making their drawings and jokingly pointed out how weak their drawings were, (3) including childrearing, the couples did various things together without being concerned about male/female roles regarding the division of chores or role allotment, (4) they supported each other, and (5) they were able to express their opinions and emotions in the drawings. They regarded their overall relationships as being meaningful and positive.