



**Sanctification: A Meta-Analytic Review**  
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**Interesting Findings**

- ❖ *Sanctification of **marriage*** is moderately related ( $zr = .32$ ) to greater levels of marital satisfaction (e.g., quality, adjustment, perceived benefits), marital commitment (e.g. investment), positive coping and communication styles, and lower levels of marital dissatisfaction (e.g., conflict) in self-report, behavioral, cross-sectional, and longitudinal methods.
- ❖ *Sanctification of **parent-child relationships*** is moderately associated ( $zr = .19$ ) with a better self-reported parenting experience (e.g., lower parental stress, positive parenting strategies, relationship satisfaction, investment, parental self-efficacy, open communication, and spiritual disclosure) throughout the child's infancy to young adulthood.
- ❖ *Sanctification of **pregnancy*** is highly related ( $zr = .88$ ) to positive spiritual outcomes (e.g., spiritual investment, spiritual emotions, and spiritual coping).
- ❖ Sanctification of **sexuality** is moderately associated ( $zr = .22$ ) with relational, emotional, and spiritual outcomes (e.g., sexual satisfaction, sexual intimacy, marital satisfaction, spiritual intimacy, positive emotions about sex, more frequent sex) in a married community sample and unmarried college students.
- ❖ *Sanctification of **strivings*** is moderately related ( $zr = .33$ ) to higher levels of commitment, interest, time devoted to strivings, greater meaning, and joy and happiness derived from pursuing strivings (e.g., family relationships, self-development, career, finances, spiritual growth, health, and travel).
- ❖ *Sanctification of **the body*** is modestly associated ( $zr = .11$ ) with positive psychological and health-protective behavioral variables (e.g., body satisfaction and exercise).
- ❖ *Sanctification of **work*** is moderately related ( $zr = .22$ ) to positive job-related variables (e.g., job satisfaction, commitment, and low turnover intention).
- ❖ *Sanctification of **the environment*** is modestly related ( $zr = .12$ ) to pro-environmental attitudes and behavior
- ❖ *Sanctification of **forgiveness*** is moderately associated ( $zr = .20$ ) with self-reported forgiveness.

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