

Effect of Personality on Marital Adjustment

Sindhu, S.

(12PCP008)

Thesis Submitted to

**Avinashilingam Institute for Home Science and Higher Education for Women
Coimbatore-641 043**

**In partial fulfillment of the requirement for the
Degree of Master of Science in Counselling Psychology**

March, 2014

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Certified as a Bonafide Research Work

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Abstract

ABSTRACT

The study on “Effect of Personality on Marital Adjustment” was conducted in the District of Coimbatore, Tamil Nadu by Convenient Sampling Method. One Fifty Couples served as the sample. They were in the age range of 20 years and above (M age Male = 43.54 and M age Female = 38.76). The tools used for assessment were Case Study Schedule, Marital Adjustment Questionnaire (Kumar and Rohatgi, 1976) and Riso- Hudson Enneagram Type Indicator (RHETI) (Riso and Hudson, 1995). The results indicate that Most of the couples (58%) have ‘Average’ to ‘Very Poor’ Marital Adjustment. It is evident from the correlation between Couple’s Marital Adjustment and Personality Type that Men tend to see marriage as a Helping relationship while women view it as an Intimate relationship. Since F and sig. value are not significant, it indicates that there is no overall relationship between Independent (Personality Type) and Dependent (Marital Adjustment) variables. Whereas there are few independent variables namely Male Enthusiast (Beta = 0.265), Male Helper (Beta = 0.261), Male Reformer (Beta = 0.231) and Male Romantic (Beta = 0.229) have relative influence on the dependent variables. The directions of influence of all these variables are positive.

Introduction

CHAPTER – I

INTRODUCTION

“Marriage is an alliance entered into by a man who can't sleep with the window shut, and a woman who can't sleep with the window open”.

- George Bernard Shaw

The evolution of the concept of marriage is difficult thing to trace because birth of man is the birth of marriage. Marriage is a practice that seems as old as the human race itself (Ratra, Kaur & Chhikara, 2006). Marriage is not a mere convention but an implicit condition of human society. It is an adjustment between biological purpose of nature and the sociological purpose of man (Radhakrishanan, 1956). Marriage was once considered as a “state”. Today marriage is considered not as a state, but as an “adjustment”. All couples discover that their marriage never lives up to all of their expectations. As a result couples go through a series of adjustment in which they try to modify their behaviour and relationship to achieve the greatest degree of satisfaction with a minimum degree of frustration (Razick & Sujatha, 2003).

All people of every ethnicity, race and nationality, are a unique feature of all abilities, actions, behavior, ways of thinking, the kind of relationships with others as well as the type compatibility, the capabilities of their reflects: the so-called science of psychology, called character (Goleman,1995). Personality includes stable and enduring traits that reveal themselves in various situations. Global assessments of personality have shown that the personality characteristics found among satisfied couples are different from those found among dissatisfied couples. The behaviors associated with specific personality characteristics can contribute to tranquility or conflict in the relationship (Craig & Olson, 1995).

MARITAL STYLES

There are three basic individual styles that people may desire in their marriage relationship: traditional, egalitarian or transitional. Each encompasses basic beliefs about the kinds of roles individual's plays and expect their spouse to play. It is important to understand that most couples don't fall neatly into one category or the other, many fit into different categories for different circumstances.

Traditional

Those who believe that men should be the head of the household, the primary provider and should have the most say in family matters are traditionalists. They also believe that woman should play a more submissive, supporting and nurturing role. Traditional women most often don't work outside the home, unless they need to for financial purposes. They may feel threatened when their husbands try to help in the kitchen or with the housework. They may think this is their job, and they know how to do it best. They gain a lot of satisfaction from doing these types of things for their families. Traditionalist men may typically takes care of the garbage and handle the household finances. They feel uncomfortable doing housework because they think it undermines their masculinity.

Couples who choose a traditional style of marriage typically have the most difficulty sharing household tasks. This approach can work well for some families if both partners are in agreement. But, their attitudes and beliefs can be so strong that they block new ideas or ways of doing things in times of crisis where flexibility is needed.

Egalitarian

Those who believe that all are equal in every way, and think men and women should have the same status, pay, work and say in decision making are considered egalitarians. They feel married couples should share housework, decision making and everything else equally. Many think egalitarians would have an easier time sharing household tasks, they don't really. Today, their thinking is different than what most of society thinks and feels, so these couples experience pressure from their families, friends and coworkers, who may have different expectations.

Both egalitarian men and women want careers and are willing to share equally in all aspects of home life and child rearing. But, even in the work place, there are stereotypes to overcome. Although things may be equal within their family life, they are still not equal within society.

Transitional

Men and women, who share some of the beliefs of traditionalists and egalitarians, are considered transitionalists. They are probably most in sync with society today. So, although they break out of traditional roles, they do so in certain areas that is more acceptable to most people.

Transitional couples typically have the easiest time sharing tasks. Men and women who fall into this category tend to go with the flow. They also accept some of the expectations of their partner without much fuss, even if they don't fully agree (Walker, 1997).

Choosing a style that works for an individual is a matter of personal belief and preference. Problems arise only when the couples are in different places.

Marital Adjustment

Marital Adjustment is the process during which partners in a marriage adapt and change to their new roles complementing each other acting as a team opposed to two separate units, it is also important to unify the following- interests and values, maintaining open lines of communication and encouraging the expression of each other's communication (Psychology Dictionary).

Marital adjustment is the capacity to meet the demands of married life, especially

- The sharing of experiences, interests and values.
- Respect for the spouse's individuality
- The ability to communicate freely
- Clarity of roles and responsibilities
- Cooperation and
- Sex (Basavanna, 2000).

According to Blood and Wolfe (1960) there are about eight areas of marital adjustments namely money, children, recreation, personality, in law, roles, religion and gender.

TYPES OF MARITAL ADJUSTMENT

Marital adjustment is the process couples use to modify their relationship as needed throughout their married life. The need for adjustment is must to develop and maintain a high level of marital quality. Couples have to adjust with each other to lead a happy and successful married family life. Some would adjust for their children and others for each other. There are many types of adjustments done by the married couples (Ratra, Kaur & Chhikara, 2006).

'For' Adjustment

'For' Adjustment is mutual agreement on various issues. Here couple instead of enjoying themselves, spend their time, energy and money primary for the rearing of a family. Both make

sacrifice for adjustment. Family expenditure takes priority over personal purpose of marriage is to be attained. This requires strong sense of dedication, religious values, willingness to sacrifice and maturity of character. This is also referred to as vertical adjustment by some social scientists.

‘We’ Adjustment

Adjustment cannot be complete unless both have learned to adjust to each other- their habits, preferences, needs and values. ‘We’ Adjustment is that which is made between husband and wife. It removes incompatibility. Since, men and women are by nature incompatible, the life together requires the blending of their male and female differences. This is also referred to as horizontal adjustment by some social scientists (Ratra, Kaur & Chhikara, 2006).

MARRIAGE AND COMPATIBILITY

Compatibility is a term that describes the capability of two things or people working or co-existing in mutual terms or with a good relationship. It is the capacity for two systems to work together without having to be altered to do so (WhatIs.com).

Every couple does not have problems but a small amount of friction and clash in personality, outlook and thought process become an essential gradient of marriage. Man and women are not only two different sexual beings but their aspirations and expectations from life at any given time are different. Living in a social world and leaning the specific gender and sex roles of the society individuals enact and expect others to do according to their ideal aspirations (Ratra, Kaur & Chhikara, 2006).

The following recommendations can help the couple to adapt to the challenges of Married life

Acknowledge and Handle Hostility

It’s natural to feel anger and hostility at times when one is in an intimate relationship, but it’s important to acknowledge their feelings and address them in a constructive way.

Tolerate Minor Imperfections and Differences

It’s true that no two people are alike. So, be understanding and accepting, and try to view the differences with spouse as strength for the marital relationship.

Separate from families of origin

When an individual is marrying someone, he/she is marrying their family, like it or not. Individuals should be aware of the values and preferences they bring from their family of origin and share the expectations with the partner. While both family are an important source of support to the marriage, don't allow them to interfere and use them against each other (Walker 1997).

Be Committed

Marriage is a lifetime commitment, day-in and day-out. Help oneself by remembering this ongoing commitment. Conflict is normal and inevitable, so use the opportunities to resolve conflicts as away to strengthen the marriage.

Realize that Marriage has its Ups and Downs

Through marriage, couple will experience some of the best times in life. But there are also many struggle and challenge to meet. If the couple sticks together through these ups and downs, then they can find opportunities for personal growth and increased marital compatibility (Walker, 1997).

PERSONALITY

According to Allport (1937) "Personality is the dynamic organization with in the individual of those psycho-physical systems that determine his characteristic behaviour and thought".

Catell (1950) defines personality as that which permits a prediction of what a person will do in a given situation.

The Nine Personality Types of ENNEAGRAM

The ENNEAGRAM can be seen as a set of nine distinct personality types, with each number on the ENNEAGRAM denoting one type. It is common to find a little of oneself in all nine of the types, although one of them should stand out as being closest to the self. This is *ourbasic personality type*.



These one-word descriptors can be expanded into four-word sets of traits.

Type **One** is principled, purposeful, self-controlled, and perfectionist.

Type **Two** is generous, demonstrative, people-pleasing, and possessive.

Type **Three** is adaptable, excelling, driven, and image-conscious.

Type **Four** is expressive, dramatic, self-absorbed, and temperamental.

Type **Five** is perceptive, innovative, secretive, and isolated.

Type **Six** is engaging, responsible, anxious, and suspicious.

Type **Seven** is spontaneous, versatile, acquisitive, and scattered.

Type **Eight** is self-confident, decisive, willful, and confrontational.

Type **Nine** is receptive, reassuring, complacent, and resigned.

Basic Description of the Types

Reformer

The underlying motivation of the reformer is to be right and to avoid being wrong. The reformers are the most compulsively rational of the 9 types. This type is sometimes called the perfectionist, but that is too small a term for the reformers who also aspire to be idealists,

moralists and judges of good and evil. People in this type are driven by their “inner critic”, an inner set of standards that tends to be quite rigorous, and independent of what other people might tell them. The reformers are those who get much of their energy from anger, and at best, this energy is channeled into discipline, organization, a strong work ethic and a love of fairness, justice and truth.

Helper

The helpers focus their lives on giving and receiving love. They want to know that they are first in people’s hearts, and enjoy the challenge of drawing people into their emotional web, often by seductive means. They are attracted very strongly in two seemingly opposite directions: toward people with power, whose agenda they can support, and towards the needy. They are charming people who add a personal touch to almost everything they do, which makes other feel very special. They help others spontaneously, give astonishingly appropriate gifts and make themselves indispensable without expecting anything in return. They feel others needs more than their own, and both like to have positive feelings for others (Riso & Hudson, 1995).

Motivators

The motivators admire success and want others to admire their success. They are impressive people with impressive credentials, accomplishments and personal contacts. They are adaptable people who recognize success and are able to win the admiration of varied groups of people. They are often brought out by organizations as spokespersons who can make a dynamic impression on an audience. They are charming and smooth talking people who use their networking skills to augment their image and their career, which are often closely linked. People are more likely to promote themselves through competence and skillful performance than through showmanship.

Romantics

The romantics are those who combine emotional intensity, sensitivity and intuition all in one person. They don’t settle for the ordinary or shallow, and are disturbed that most people around them do. They are often painfully self-aware people, which also make them the most interested in emotional awareness, they know how to be extremely kind, but also know how to rile people up. They are attracted to mysterious, distant partners, which may lead to push-pull

relationships in which the other is pulled in, only to them become more familiar and therefore less interesting and therefore rejected. This makes them distant again and the cycle repeats.

Thinkers

The thinkers are most likely to think before they act, whereas men of other types think only in the aftermath. The significant method comes naturally to thinkers, in that they like to generate hypotheses which are tested with intensity and focus. At best, the thinkers are excellent intensity and focus. At best, the thinkers are excellent investigators, sharp observers and good foresight. They are highly independent and can work for years on their own interests without encouragement or recognition. This need for privacy can be so strong that others have no idea what the thinkers working on until it is finished (Riso & Hudson, 1995).

Loyalists

The loyalists are both affectionate and skeptical. They like people, but also fear the power that people have over them. They value trust, but also are afraid of putting their trust into the wrong person. They are both very analytical and very people-oriented, but are ambivalent about taking action on their own. When they are extremely loyal to an individual, they fight harder for him than for themselves and are most forceful when reacting to someone outside themselves, either supporting or challenging it. They are often brilliant in the early stages of their career, but if they actually succeed in positions of power and leadership which is actually quite stressful for them.

Enthusiasts

The enthusiasts hate boredom and love stimulating activity. Hence they are adventurous, enthusiastic and accumulate wider and wider experiences as they get older. They are naturally entertaining, with quick wits, lively stories but sometimes have a tendency toward sensationalism. They are exuberant and eternally youthful and have a talent for doing several things at the same time. They are also called generalists, because they can quickly master several areas of expertise. They are extremely productive while still having fun in their work.

Leaders

The leaders are assertive, speak their minds, make quick decisions and respect others who do the same. They like to own their own power base and resist working for others or being controlled by any authority. They are often shrewd in using circumstances to their material advantage. They do not like threats to their dominance or people who hide information from them, and may force confrontations with just to get at the truth. They like to be in control, but may also give tremendous autonomy to subordinates they trust. They are the prototypical “father figures”. Many historically great world leaders are of this type, but so are many ordinary people.

Mediators

The underlying motivation of the mediators’ type is peaceful acceptance of their surroundings. They try to minimize conflicts, and avoid the intense stimulation that some of the more active types crave. They can identify with a lot of other types and are usually good and patient listeners. People of this type suppress their anger, but they still aim to harmonize with others. They learn to assert themselves even when this creates temporary conflict (Riso & Hudson, 1995).

PERSONALITY AND MARITAL ADJUSTMENT

Personality determines to a large extent the happiness or unhappiness of a person in marriage, it stands to reason that some of the background factors that help personality are basically important. Marriage is such an intimate prolonged relationship that frequently without conscious conflict with one’s personality absorbs the others. In the very devoted marriage, beautiful as it is in many ways, there is a dangerous tendency for each to merge his personality so fully with others that neither has a distant personality (Nappinnai & Julias, 2005).

Jung’s theoretical concept of marital relations states that the relationship of husband and wife in a marriage should be viewed as a psychological relationship leading to a harmonious marriage. As a Psychological relationship, the relationship of husband and wife can be linked to a ‘box’ and ‘filler’, which means it contains the concept of ‘mutual’. The concept of ‘mutual’ can only be done properly if the husband and wife mutually recognize their own personality and their partner’s (Earns, 2012).

Formula for a Successful Marriage

Building a successful marriage takes time and it starts before an individual gets married. It requires constant attention and a steadfast commitment. But the rewards of great marriage are

well worth it. While there is no one secret to a good relationship, Walker (1997) suggests there are eight factors which can make the couple's chances of staying together for a lifetime more likely.

Being Good Friends

The first important factor is that couple should be good friends. Putting the needs of loved one first results in putting one's need first. When their needs are being met they can focus more on the spouse. And, looking out for each other will build cooperation and intimacy- things that are essential in a lasting relationship.

Self Esteem

Self esteem will increase the level of success of a marriage. The ability to love oneself will take precedence over one's ability to love another. First one needs to feel secure and self confident before one can be giving and loving to the partner.

Being Independent

The third factor which helps the marriage to succeed is ensuring that both partners are secure as individuals. Being independent and mature before marriage will make it easier to develop interdependence which leads to intimacy. Both independent and maturity tend to increase with age and so does the knowledge of what one wants in a relationship.

Spending Time Alone

While it's given that couple who marry enjoy spending time together, it's necessary for a good marriage that they are also comfortable spending time alone. The ideal is to find a good balance of separateness and togetherness. This will help both the partner value the time together even more.

Established Career

Another factor that strengthens a marriage is when both individuals are well established in their careers before they get married. Having a stable work environment provides each of the partners with financial and emotional security. When the couples don't have to worry about job and finances then they put more time and energy into marriage.

Taking Responsibility

A sixth predictor of a successful marriage is how well each partner knows themselves. Being able to understand their personal strengths, as well as accept their own weakness, will help each of the partners for taking responsibility for their own problems. Being willing to admit mistakes, apologize and ask for forgiveness are vital, too.

Being Assertive

An additional factor in making a marriage last is the ability of each partner to express them assertively. Assertiveness allows sharing their personal thoughts and feeling without forcing them on one's partner. It helps create acceptance and increases intimacy.

Faith

A vital part of the formula for a successful marriage is a shared faith in god. Centering their marriage in god will strengthen their faith, help get them through the rough times, and keep the couple together forever.

Need for the Study

“Getting married is easy. Staying married is difficult. Staying happily married for a lifetime should rank among the most challenging tasks in life”

- Walker

Marriage and family are not optional they are necessary. They meet man's deepest needs. Marriage is the most intimate of all human interactions. At its heart, marriage is an interpersonal relationship between a man and a woman. The institution of the marriage is the basis for the institution of the family. It involves sympathetic understanding by two individuals of each other's difficulties, problems and much depends upon the attitude of the individual concerned. Marriage is celebrated with happiness and begins with high hopes and expectations. It is glorious in the beginning. But this romantic view soon begins to clash with realities. Though, most marriage are happy and do not end into breakups. However, all marriages pass through the phase of sweet and sour experiences. Partners have to make adjustments. More they are prepared for adjustment better will be the quality of marital adjustment. Personality characteristics are important factors which have significant effects on marital adjustment. Since personality traits play silent roles in all aspects of human life, as well as social affairs, it can influence marital adjustment and living satisfactions. Hence, the present study aims to analyze the Effect of Personality on Marital Adjustment.

Review of Literature

CHAPTER – II

REVIEW OF LITERATURE

The reviews of earlier studies conducted in related area are of prime importance in any research to formulate an effective methodology. The literature pertaining to present study, “**Effect of Personality on Marital Adjustment**”, is reviewed and discussed on the basis of the following headings:

- Marital Satisfaction
- Marital Adjustment
- Relationship between Personality and Marital Satisfaction
- Marital Satisfaction in Newly Married couples
- Marital Satisfaction in Middle aged and Older Couples

Marital Satisfaction

Miller, Mason, Canlas, Wang, Nelson and Hart (2013) did a research on Marital Satisfaction and Depressive Symptoms in Beijing and Hangzhou, China. The sample of 391 couples completed a questionnaire containing measures of actor-partner interdependence model strategy which indicated that husbands' and wives' marital satisfaction was significantly predictive of their own depressive symptoms. In addition, wives' marital satisfaction significantly predicted husbands' depressive symptoms. These results provide evidence that the marital discord model of depression is useful in understanding the role of marital dissatisfaction as a risk factor for depressive symptoms in collectivistic societies, such as China.

Rostami, Ghazinour and Richter (2013) have done a cross-sectional study investigating the relationship between social and spousal support and marital satisfaction of medical staff in Iran. Data was collected from 653 medical staff using socio-demographic questions, the ENRICH Marital Satisfaction Inventory and the Social Support Questionnaire. Women and men did not differ in total social support satisfaction and the total number of supporting people but, women were more often support providers for their husbands than men were for their wives. Spouse support was a more important indicator of marital satisfaction for women than for men. Also results revealed that spouse support was more important than social support from other

resources to explain marital satisfaction. Job satisfaction had an explanatory effect on marital satisfaction especially in men. Furthermore, the findings showed that social support could decrease the explanatory impact of job satisfaction on scales of marital satisfaction.

Johnson and Anderson (2013) did a study using three waves of dyadic data collected at 18-month intervals from a community-based sample of 610 newly married heterosexual couples (1220 individuals), to examine the relationship between marital confidence, time spent together, and marital satisfaction using a modified actor-partner interdependence model. Results indicate that after controlling for marital satisfaction and time spent together at Time 1, marital confidence around the time of marriage was associated with marital satisfaction approximately 3 years later. In addition, marital confidence was associated with how much time husbands and wives spent together at Time 2, which was related to marital satisfaction at Time 3. Tests of the mediating paths from marital confidence to marital satisfaction trended toward significance. The results suggest the importance of assessing for relationship confidence when working with couples in the early stages of their relationship.

A cross-sectional study by Amiri et al. (2013) explained the role of family processes, social support and demographic factors in marital satisfaction of women with Major Depressive Disorder (MDD). A sample of 188 women with MDD was randomly selected among the patients who visited Bozorgmehr Clinic of Tabriz University of Medical Sciences. Data were collected using Index of Marital Satisfaction (IMS), Family Process Scale (FPS) and Norbeck Social Support Questionnaire (NSSQ). The Mann Whitney U, Multivariate and ANOVA tests were used to analyze the data. The results indicated no relationship was observed between age, educational level, age difference of couples and number of children with family processes and marital satisfaction ($p \geq 0.05$). The patients with low educational level reported less social support ($p \geq 0.05$). Marital satisfaction and family coherence were lower when the husband had a psychiatric disorder ($P \leq 0.01$). The family processes (family coherence, problem-solving skills, communication skills and religious beliefs) and social support positively predicted marital satisfaction, while the husband's psychiatric disorders negatively predicted marital satisfaction. The findings highlight the significance of family processes, social support and husband's psychiatric disorders in marital satisfaction of women with MDD.

Chi, Epstein, Fang, Lam and Li (2013) conducted a study to examine the relationship standards and communication patterns in relation to marital satisfaction among 297 community couples in a northern city in mainland China. Results indicated that the similarity of relationship standards of members of real couples was significantly higher than randomly matched male-female pairs. A hypothesized conceptual model predicting marital satisfaction from partners' similarity of relationship standards and communication patterns was tested using structural equation modeling. Similarity of relationship standards affected couple's marital satisfaction indirectly, through perceived communication patterns.

Marital Adjustment

Ijaz, Kazmi and Tahir (2010) explored the association between marital adjustment and economic resources. A sample of 200 married women was drawn employing simple random strategy from the different localities of Abbottabad (NWFP). Survey technique was adopted for data collection. Two Sub-scales of locally developed marital adjustment scale-Urdu (MAS-U) i.e. 'General factor' and 'Economic resources' were used by the researcher in face to face interview to collect the data. To assess the significance of results, t- test and ANOVA was applied. Results indicated that economic resources play significant role in marital adjustment. Significant difference exists between economic resources of working and non-working women. Non-working married women have to face more economic problems in their married life as compared to working married women and consequently they faced more stress and less adjusted. Working women were more adjusted as compared to non-working women.

Aminjafari, Prdash, Baghban & Abedi (2010) did a study on marital adjustment in employers' dual career families of Isfahan state universities. Random sampling was used and 1200 (600 pairs) of World Health Organization Quality Of Life (WHOQOL-100) and Revised Dyadic Adjustment Scale (RDAS) questionnaires were distributed. Then 200 pairs (400 numbers) were related to dual career families and 200 (400 numbers) to earner career. Dependent T-Test and stepwise Regression analysis showed there is a significant difference between marital adjustment in dual career families and earner career ($P=0/002$). Also of 25 quality of life factors, just 8 ones such as sexual activity, pain and unhappiness, work capacity, social support, physical environment, positive feeling and a chance to get new skills and information predict significantly marital adjustment scores.

Hashmi, Khurshid & Hassan (2007) aimed at exploring the relationship between marital adjustment, stress and depression. Sample of the study consisted of 150 working and non-working married women (working married women = 75, non-working married women = 75). Their age ranged between 18 to 50 years. Their education was at least gradation and above. They belong to middle and high socio-economic status. Urdu Translation of Dyadic Adjustment Scale (2000), Beck Depression Inventory (1996) and Stress Scale (1991) were used. Results indicated highly significant relationship between marital adjustment, depression and stress. The findings of the results also show that working married women have to face more problems in their married life as compared to non-working married women. The results further show that highly educated working and non-working married women can perform well in their married life and they are free from depression as compared to educated working and non-working married women.

Relationship between Personality and Marital Satisfaction

Knabb & Vogt (2013) examined the relationship between personality and marital adjustment on distressed couples. The actor-partner interdependence model and Sixteen Personality Factor Fifth Edition (16PF Fifth Edition) was utilized to investigate the impact that personality has on marital adjustment in a sample of 270 couples ($N = 540$) in marital distress that presented to an intensive outpatient marital therapy program. The results revealed significant personality differences between husbands and wives, as well as significant actor and partner effects, suggesting that certain personality traits of one partner predict his or her own, as well as his or her spouse's, marital adjustment. Gender effects also were evident among the sample, suggesting that a number of personality correlates of marital adjustment tended to be different for the husbands and wives in this study.

Shakerian (2012) did an investigation on the role of personality trait dimensions and gender in predicting marital adjustment. The sample of 224 couples was selected from students using two phases clustering sampling method. Short NEO-form tests and Lack-Wallas marital adjustment tests were used for data collection. Findings showed significant correlation coefficient between extraversion ($P < 0/05$), agreeableness ($P < 0/01$), consciousness ($P < 0/01$), neuroticism ($P < 0/01$), and gender ($P < 0/05$) to predict the marital adjustment characteristics. Also, impact factors of gender coefficient variable ($B = 0/436$) with regard to T statistics,

indicates that sexuality variable by 0/99 certainty could predict marital adjustment variation. Women's marital adjustment was more frequent than men in this study. Research findings of the role of personality trait dimensions and gender in predicting marital adjustment indicated that extraversion personality trait, agreeableness, consciousness, neuroticism, and gender all could predict marital adjustment.

Fatehizadeh, Etemad, Ghasemi, Abedi & Bahrami (2012) examined Personality Types and Marital Satisfaction in 164 married couples. They completed questionnaires on the NEO (Neuroticism-Extroversion-Openness) Personality Inventory-Revised to determine their personality types and ENRICH (Enriching Relationships Issues, Communication and Happiness). The two-way ANOVA test showed that the entrepreneurial and hedonistic personality types, both men and women, which are characterized by a combination of low neuroticism and high extroversion, presented higher scores on marital satisfaction. Among males, the skeptical type gained the same level of marital satisfaction as the hedonistic type. Conversely, skeptical women reported the least marital satisfaction scores. Moreover, among men, the insecure type, which is a combination of high neuroticism and low extroversion, reported the lowest marital satisfaction; among women, the insecure type reported a level of marital satisfaction just above that of the skeptical type.

The study by Ghaemian and Gholami (2010) aimed to investigate the relationship between personality types and interpersonal problem solving styles with the marital adjustment in the married students at Islamic Azad University, Tabriz Branch. The research population included all married students at Tabriz branch from whom a random sample of 325 participants was selected. The data for the study were collected by a demographic questionnaire made by the researcher, the Neo-Five-Factor Inventory (NEO-FFI), Lack Wallace Marital Adjustment (LWMAT) questionnaire, and Rahim Organizational Conflict Inventory 2 (ROCI-2). Data analysis included Pearson Correlation Coefficient, Independent-samples t-test, and Regression Analysis. The SPSS software was run for the analysis of the data. The results showed that there was a negative correlation between neuroticism and marital adjustment while there appeared a positive correlation between other personality types (agreeableness, extroversion, openness) and marital adjustment. The predictive validity of the three personality types, consciousness, agreeableness, and neuroticism, respectively, had the power to determinate of marital adjustment. Among the

interpersonal problem solving styles, the two styles namely, integrating style, and obliging style could validly predict marital adjustment. The regression analysis of all personality types and problem solving styles showed that the three personality types of conscientiousness, agreeableness, and neuroticism, and the integrating style had a statistically significant power to predict the marital adjustment. No statistically significant difference was found between male and female participants in terms of marital adjustment.

Kong (2009) examined the relationships between the Myers-Briggs Type Indicator (MBTI) psychological type and marital satisfaction, divorce proneness, positive affect and conflict regulation in couples. The sample of (n=62) married couples. Data were collected using the Marital Satisfaction Scale, Marital Status Inventory, Positive Affect Inventory, and Conflict Regulation Inventory. The results revealed the couples showed no significant differences in marital satisfaction, positive affect and conflict regulation according to similarities between spouses in MBTI types. However, they showed significant differences in divorce proneness of husband according to a similarity in the Sensing/Intuition indicator. They also showed significant differences in divorce proneness, positive affect and conflict regulation between the couples for ISTJ (Introversion, Sensing, Thinking, and Judging) or ESTJ (Extraversion, Sensing, Thinking, and Judging) types compared to other couples. When nurses counsel couples, they should understand that differences in psychological type between spouses affect their marital relationship. In addition, nurses should educate couples on the characteristics of each type according to the couple's types and help them to understand each other, especially for couples where one spouse is the ISTJ/ESTJ type. These interventions will improve marital satisfaction and prevent the divorce in these couples.

Ebenuwa (2008) examined the extent to which emotional expression, communication flow, financial management and work involvement predict marital adjustment among married persons in Delta State, Nigeria. The samples of 2561 married persons were selected through the use of purposive sampling technique to participate in the study. Data were gathered using Marital adjustment and Personality Types Inventory (MAPTI). The analysis of the data generated from the respondents revealed that emotional expression, financial management, communication flow, works involvement are significant correlates and predictors of marital adjustment. Consequently,

it was recommended that counseling services should focus on acquisition of skills for the general improvement of marital interaction among married persons.

Chenzi et al. (2007) examine the link between marital adjustment and personality in sample of 66 Japanese married couples using Locke and Wallace's Short Marital Adjustment Test (SMAT; Locke and Wallace, 1959) and the Eysenck Personality Questionnaire (EPQ); Eysenck and Eysenck, 1975). Structural equation modeling suggests that the husband's neuroticism score is related to the wife's marital satisfaction as is the wife's dyadic consensus score, although to a lesser extent, while the wife's extraversion score is related to the husband's marital satisfaction. Spouses' marital satisfactions were correlated with each other. The study suggests that the personality traits of a partner can predict an individual's marital adjustment.

The study done by Ghaemian and Gholami (2010) Aimed to investigate the relationship between personality types and interpersonal problem solving styles with the marital adjustment in the married students at Islamic Azad University, Tabriz Branch. The sample of 325 participants was selected. The data for the study were collected by a demographic questionnaire made by the researcher, the Neo-Five-Factor Inventory (NEO-FFI), Lack Wallace Marital Adjustment (LWMAT) questionnaire, and Rahim Organizational Conflict Inventory 2 (ROCI-2). Data analysis included Pearson Correlation Coefficient, Independent-samples t-test, and Regression Analysis. The SPSS software was run for the analysis of the data. The results showed that there was a negative correlation between neuroticism and marital adjustment while there appeared a positive correlation between other personality types (agreeableness, extroversion, openness) and marital adjustment. The predictive validity of the three personality types, consciousness, agreeableness, and neuroticism, respectively, had the power to determinate of marital adjustment. Among the interpersonal problem solving styles, the two styles namely, integrating style, and obliging style could validly predict marital adjustment. The regression analysis of all personality types and problem solving styles showed that the three personality types of consciousness, agreeableness, and neuroticism, and the integrating style had a statistically significant power to predict the marital adjustment. No statistically significant difference was found between male and female participants in terms of marital adjustment.

Nappinnai and Julius (2005) did a study on marital satisfaction and ascendance submission among adults of different professions. Doctors, lawyers, teachers, managers and

homemakers formed the sample of 150 and the tools used for the study is Marital satisfaction scale and Ascendance Submission Scale. The result revealed that there was a significant relationship between marital satisfaction and ascendance submission among doctors and managers.

Marital Satisfaction in Newly Married Couples

A longitudinal study was conducted by Meltzer, Novak, Nulty, Butler and Karney (2013) on 169 newlywed couples to measure the marital satisfaction which predicts the weight gain by evaluating spouses complete measures of height, weight, marital satisfaction, stress, steps toward divorce, and several covariates biannually for 4 years using marital satisfaction scale. The results revealed that supporting the mating market model, own and partner satisfaction were positively associated with changes in weight, and this association was mediated by steps toward divorce: Spouses who were less satisfied than usual or had partners who were less satisfied than usual were more likely to consider divorce and thus less likely to gain weight. These findings challenge the idea that quality relationships always benefit health, suggesting instead that spouses in satisfying relationships relax their efforts to maintain their weight because they are no longer motivated to attract a mate. Interventions to prevent weight gain in early marriage may therefore benefit from encouraging spouses to think about their weight in terms of health rather than appearance.

Woszidlo and Segrin (2013) examine the role of negative affectivity and educational attainment in newlywed couples' mutual problem solving and marital quality (i.e., personal commitment and divorce proneness). Dyadic analyses and tests of indirect effects were performed on data from 186 couples who had been married on average for 1.5 years. The vulnerability-stress-adaptation (VSA) model of marital development was used as a framework to explain the relationships between enduring vulnerabilities, adaptive processes, and marital quality. Spouses' negative affectivity and educational attainment were significantly associated with their own and their partner's mutual problem solving, personal commitment, and propensity to divorce. In addition, there was evidence supporting the assumption that the relationships between enduring vulnerabilities and marital quality can be explained, in part, by mutual problem solving for husbands. The finding highlights the important role that enduring vulnerabilities have on mutual problem solving communication and marital quality.

Bowman and Sutton (2011) did a study on marital satisfaction and relational attachment in a sample of newly married couples. Data was collected used by possible correlates [perception of parental marital satisfaction (Relationship Assessment Scale), marital status of parents, and participation in marital enrichment, current stress, and sex] of marital satisfaction (Kansas Marital Satisfaction Scale) and relational attachment (Revised Adult Attachment Scale). 71 young couples (M age=25.3 yr., SD=3.2) in their first ten years of marriage completed the measures. Backward regression analysis indicated that marital status of parents, participation in marital enrichment, current stress, and sex accounted for a significant portion of the variance for the Anxiety subscale of the Revised Adult Attachment Scale. None of the models significantly accounted for the variance on the measure of marital satisfaction.

Lopez, Riggs, Pollard and Hook (2011) examined the effects of religious commitment and insecure attachment on marital adjustment. Newly married couples who did not have children (N = 92 couples, 184 individuals) completed measures of religious commitment, adult attachment, and marital functioning. There was a small positive association between religious commitment and marital adjustment. Religious commitment buffered the negative association between attachment avoidance and marital adjustment, but exacerbated the negative association between attachment anxiety and marital adjustment.

Marital Satisfaction in Middle Aged and Older Couples

Korporaal, Groenou and Tilburg (2013) explored the influence of Health problem in marital satisfaction. The samples of 78 independently living older couples were analyzed using the Actor-Partner Interdependence Model (APIM). The result indicates that for wives, spousal health problems were negatively associated with their marital satisfaction, but only under the condition that their own health was relatively good. For husbands, neither own nor spousal health problems were associated with their marital satisfaction.

Walker, Isherwood, Burton, Magambo and Luszcz (2013) examine the marital satisfaction among older couples with social networks and psychological well being. A semi-structured interviews with both members of n = 40 couples (mean age 76 years) was conducted to measure satisfaction with particular types of social networks (confidant, friend, children, other relatives) as well as levels of physical and psychological well-being using actor-partner

interdependence model. Results indicate that an individual's own depressive symptoms were related to their levels of marital satisfaction, whereby higher scores on the depression scale predicted lower marital satisfaction scores for the individual. None of the individual's other variables (physical well-being, sociodemographic, or social network satisfaction), nor any of the spouse variables, were related to individual levels of marital satisfaction. These findings reinforced the importance of psychological well-being as influencing the quality of older couple relationships.

Smith et al. (2009) examined affect, cognitive appraisals, and overt behavior during disagreement (i.e. discussing a current conflict) and collaboration (i.e., planning errands) in 300 middle-aged and older married couples. Older couples reported less negative affect during disagreement and rated spouses as warmer than did middle-aged couples. However, these effects were eliminated when older couples' greater marital satisfaction was controlled. For observed behavior, older couples displayed little evidence of greater positivity and reduced negativity—especially women. During collaboration, older couples displayed a unique blend of warmth and control, suggesting a greater focus on emotional and social concerns during problem solving.

Story et al. (2007) done a investigation whether positive sentiment override (greater positive appraisal of spouse's affiliative behavior than is warranted by observed behavior) occurred more frequently in older compared with middle-aged married couples and whether age differences were mediated by older adults' greater marital satisfaction when controlling for optimism. Participants included 270 middle-aged (40-50 years old) and older (60-70 years old) couples who discussed a marital disagreement and completed an errand task. Couples provided appraisals of their spouse's affiliation, and the authors coded affiliative interactions using the structural analysis of social behavior. The results are consistent with theories of emotion regulation, such as socio emotional selectivity theory, that suggest that older adults are biased toward the positive aspects of close relationships.

The literature reviewed clearly indicates that a number of researches have been conducted on Marital Adjustment and Personality in Couple.

Method

CHAPTER – III

METHOD

The procedure pertaining to the present study “Effect of Personality on Marital Adjustment” was carried out involving the following steps:

- Objectives
- Research Questions
- Hypotheses
- Area
- Sample
- Tools
- Procedure
- Experiment Design
- Analysis of Data

Objectives

The present investigation is intended to study the following:

- To assess the level of Marital Adjustment in Couples
- To find out the relationship between Male and Female in Marital adjustment
- To identify the relationship between Couple’s Marital Adjustment with Sexual, Social and Emotional Dimensions
- To find out the relationship between Couple’s Marital Adjustment and Demographic Factors of the sample
- To ascertain the relationship between Couple’s Marital Adjustment with their Personality Type
- To find out the effect of Personality in Marital Adjustment

Research Questions

- What is the level of Marital Adjustment in Couples?
- Is there a relationship between Male and Female in Marital adjustment?

- Do Couple's Marital Adjustment change with Sexual, Social and Emotional Dimensions?
- Do Demographic Factors affect the Couple's Marital Adjustment?
- Is there any relationship between Couple's Marital Adjustment and Personality?
- Does Personality influence Marital Adjustment?

Hypotheses

Hypotheses is stated as alternate hypothesis, so that it can be accepted or rejected based on the results of the study.

- There is Marital Adjustment in the Couple
- There is a relationship between Male and Female in Marital adjustment
- Couple's Marital Adjustment changes with Sexual, Social and Emotional Dimensions
- Couple's Marital Adjustment is not influenced by Demographic Factors of the sample
- There is relationship between Personality and Marital Adjustment
- Personality influences Marital Adjustment

Area

The research was carried out in the District of Coimbatore, Tamilnadu. The reason for selecting this area was easy accessibility and willingness and cooperation of the sample.

Sample

One fifty couples from the District of Coimbatore, Tamilnadu were selected by Convenient Sampling Method for the present study. They were 150 male and 150 female sample from 20 years and above (*M age* Male= **43.54** and *M age* Female=**38.76**).

The study involves human subjects. All procedure described in study were reviewed and approved by the institutional Human Ethics Committee of Avinashilingam University, Coimbatore. The approval number for the same is AUM/IHEC-13-14/XMT-21

Inclusion Criteria

- Age range 20 years and above
- Married Couple
- Both literates and illiterates

- With / Without children
- Willingness to participate

Exclusion Criteria

- Single
- Separated
- Divorced
- Widow

Tools

- ✓ Case Study Schedule (2013) evolved by the investigator was used to collect the general information from the couple
- ✓ Martial Adjustment (Kumar and Rohatgi, 1976)
- ✓ Riso- Hudson Enneagram Type Indicator (RHETI) (Riso and Hudson, 1995)

Case Study Schedule

Case Study (2013) was used to collect the personal details about the couple such as their personal and family history.

Martial Adjustment

Martial Adjustment Questionnaire developed and standardized by Kumar and Rohatgi, (1976). It consists of 25 highly discriminating 'Yes' - 'No' type items. It is scored area wise such as Sexual, Social and Emotional, using the manual supplied by the author. The total score constitutes the Marital Adjustment Score. The Split-half and Retest Reliability are .70 and .84 respectively. The Face Validity of the questionnaire appeared to be fairly high.

Riso- Hudson Enneagram Type Indicator (RHETI)

Riso- Hudson Enneagram type indicator (RHETI) was Constructed and Standardized by Riso and Hudson (1995).The main objective of this scale was to assess the Personality Type of an individual. It consists of thirty six pairs of statements measuring the Personality Type on nine

dimensions. The Reliability scores of the test is .80. The validity of the questionnaire was established by means of Face Validity.

The dimensions are:

Type-1 Reformer

Type-2 Helper

Type-3 Motivator/Achiever

Type-4 Romantic/Individualist

Type-5 Investigator/Thinker

Type-6 Loyalist

Type-7 Enthusiast

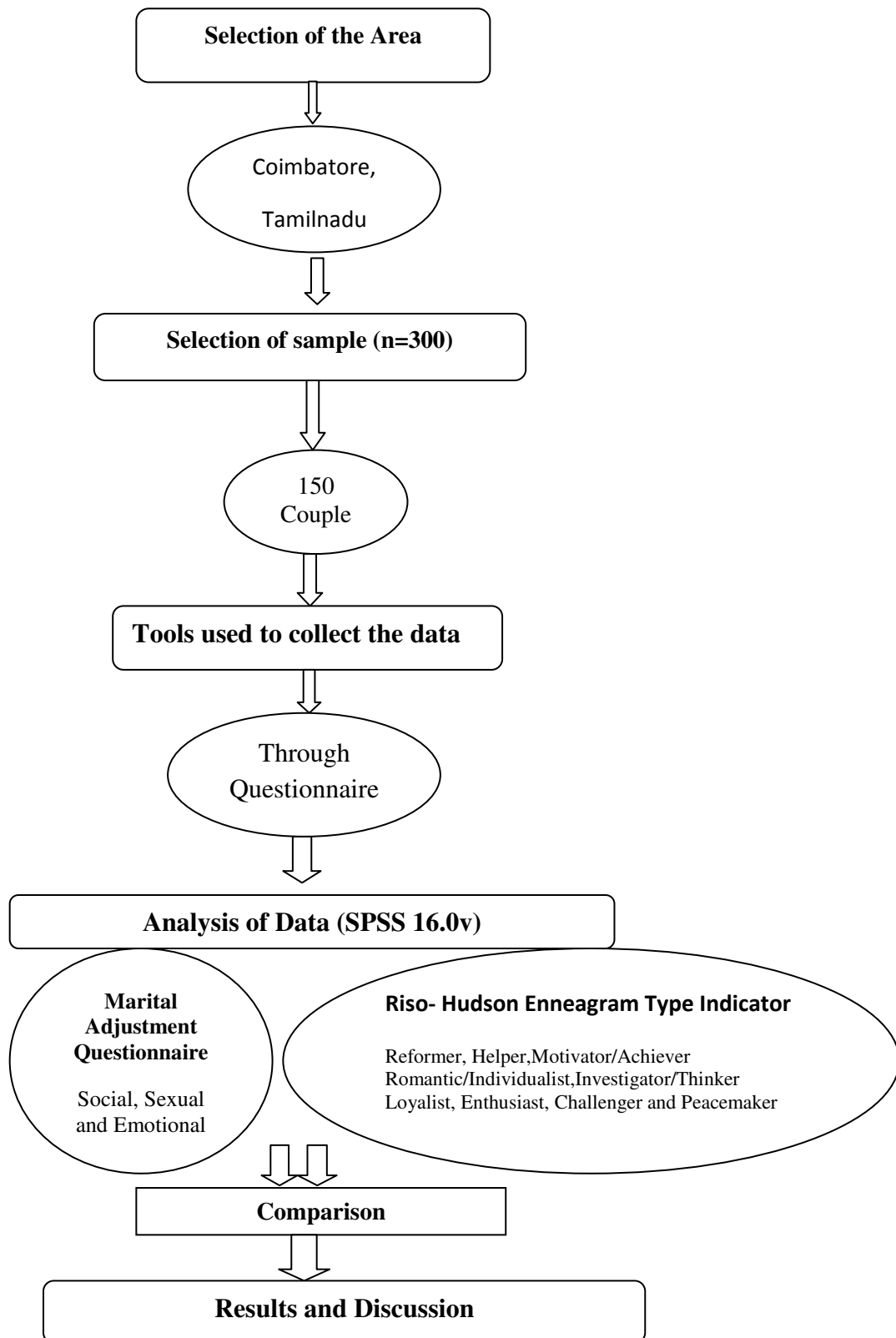
Type-8 Challenger and

Type-9 Peacemaker

Procedure

One Fifty couples were selected from the District of Coimbatore, Tamil Nadu to serve as the sample through Convenient Sample Method. They were explained the purpose of the study so as to seek cooperation from them. Respondents were assured that the information given by them would be strictly confidential and used for research purpose only. They were in the age range of 20 years and above (*M age* Male= **43.54** and *M age* Female=**38.76**). The Marital Adjustment Questionnaire was used to assess the level of marital adjustment and Riso- Hudson Enneagram Type Indicator was used to assess the Personality Type of the sample.

Experiment Design



Results and Discussion

CHAPTER – IV

RESULTS AND DISCUSSION

The study on, “Effect of Personality on Marital Adjustment” was carried out in the District of Coimbatore, Tamil Nadu. One fifty Couples participated in the study. Convenient Sampling method was used to obtain the data. The methods adopted to collect the data included Interview, Case Study and Psychological Testing. The entire subjects were assessed using Marital Adjustment Questionnaire and Riso-Hudson Enneagram Type Indicator. The results of the study are analyzed, tabulated and discussed below:

Table - 1

Level of Marital Adjustment in Couples

N=150 Couple

Level of Marital Adjustment	Number	Percentage
Very Poor	32	21
Poor	20	13
Average	36	24
Good	31	21
Very Good	31	21

Percentages are rounded off

One of the most important relationships between a man and women is marriage. It involves emotional and legal commitment that is quite important in any adult life. Moreover, selecting a partner and entering into a marital contract is considered both maturational milestone and personal achievement. People marry for many reasons, like; love, happiness, companionship, and the desire to have children, physical attraction, or desire to escape from an unhappy situation (Bernard J. Work and family: Changing roles of men and women. Palo Alto, CA: Mayfield.1984.). Marriage is a commitment with love and responsibility for peace, happiness and development of strong family relationships.

Table 1 shows the Level of Marital Adjustment in couples. Most of the couples (58%) have 'Average' to 'Very Poor' Marital Adjustment. Though, all marriages are aimed at happiness and fulfilling of expectations in one or another way, some of the expectations will be realistic while others unrealistic. This is due to the complex nature of marriage and each individual is as complex as a universe. Marital adjustment calls for maturity that accepts and understands growth and development in the spouse. If this growth is not experienced and realized fully, marital adjustment is inevitable. Hence, the alternate hypothesis 'There is Marital Adjustment in Couples', is accepted.

Figure - 1

Level of Marital Adjustment in Couples

N=150 Couple

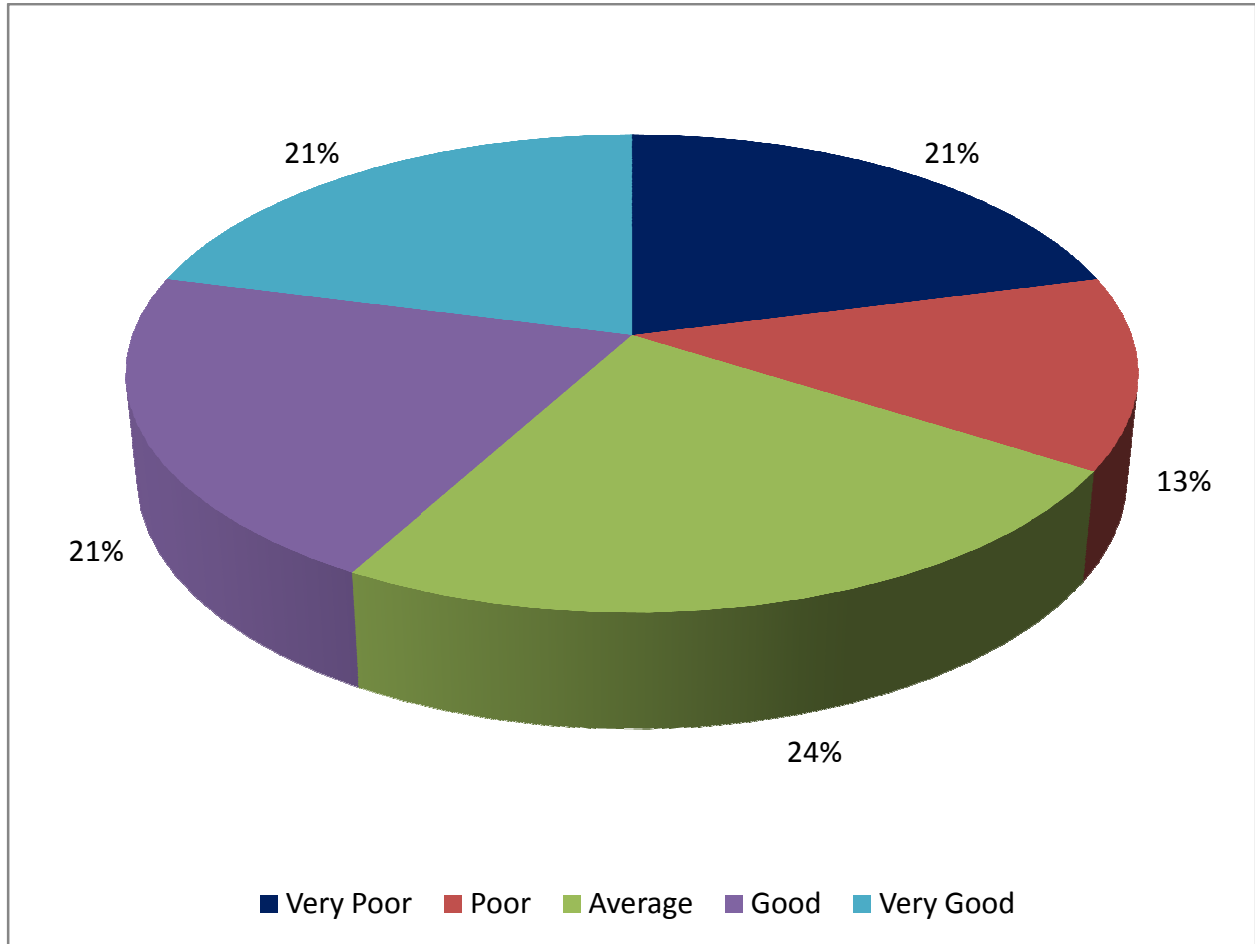


Table – 2

Correlation between Male and Female in Marital Adjustment

N=150 Couple

Variables	Male Marital Adjustment	Female Marital Adjustment
Male Marital Adjustment	1	0.764**
Female Marital Adjustment	0.764**	1

***Correlation is significant at 0.01 levels*

Correlation is a statistical technique that can show whether and how strongly pairs of variables are related. Correlation between Male and Female in Marital Adjustment was calculated by Pearson's Product Moment Correlation Method.

As long as there are men and women, adjustment among partners will remain complex. The very things that we find appealing in the opposite sex also can make adjusting with them more difficult, especially after marriage. But understanding these differences can ultimately bring them closer together. Men generally yearn for independence and women for more intimacy. Women wanting more closeness will typically feel most comfortable discussing nearly every aspects of life. Men, being more independent, would rather discuss only major issues and typically do not see a need to share detailed information about what they are doing.

It is important to understand that neither of these tendencies is right or wrong, they are just different. Striking a balance between the two is the way to a good marriage and this takes work from both members in the relationship.

Table 2 shows the relation between male and female in marital adjustment. The calculated coefficient of correlation value is .764, which is significant at 0.01 levels. It indicates that the male and female marital adjustment is directly proportional with each other. Hence, the alternate hypothesis 'There is relationship between Male and Female in Marital adjustment', is accepted.

Table – 3

Correlation between Couple’s Marital Adjustment and Sexual Dimension

N=150 Couple

Variables	Couple’s Marital Adjustment	Sexual Dimension
Couple’s Marital Adjustment	1	.671**
Sexual Dimension	.671**	1

***Correlation is significant at 0.01 levels*

Sexuality represents the most intimate and personal aspect of a couple’s relationship. Yet, it is often a difficult topic for people to discuss and share personal feelings about. Sexuality is a very sensitive and controversial topic, and is an area where much preparation is needed but little useful information is typically provided.

Sexual intimacy is a form of warmth and closeness that’s expressed through sexual experiences. It’s another dimension of developing intimacy in marriage. It requires a special bond consisting of mutual respect, commitment, responsibility, trust, romance and passion. Sexuality is simply another way to show one’s love for the spouse. Walker (1997) stated ‘Sex is meant to enrich lives together, and for the creation of a family. Procreation is one of the most beautiful gifts god gives to couples’.

Table 3 shows the Correlation between Couple’s Marital Adjustment and Sexual Dimension. The calculated coefficient of correlation value is .671, which is significant at 0.01 level. This indicates that the emotional and physical attributes of sexual intimacy has a significant influence on couple marital adjustment.

Table – 4

Correlation between Couple’s Marital Adjustment and Social Dimension

N=150 Couple

Variables	Couple’s Marital Adjustment	Social Dimension
Couple’s Marital Adjustment	1	0.825**
Social Dimension	0.825**	1

***Correlation is significant at 0.01 levels*

Societal beliefs and the pressures of family and friends can become an important aspect of marital relationship. The expectations that come into play can be difficult to deal with. Being in agreement as a couple is very essential. Husband and wife are a team, and they need to use combined resources to meet all the demands and tasks of life. Facing the resistance and objections of others can bring them even closer.

Table 4 shows Correlation between Couple’s Marital Adjustment and Social Dimension. The calculated coefficient of correlation value is 0.825, which is significant at 0.01 level. This emphasizes the presence of a balanced relationship, where the couple feels comfortable in each other’s presence. Family and personal needs are being met by both and neither of them feel stressed out or taken advantage of all the time.

Table – 5

Correlation between Couple’s Marital Adjustment and Emotional Dimension

N=150 Couple

Variables	Couple’s Marital Adjustment	Emotional Dimension
Couple’s Marital Adjustment	1	0.921**
Emotional Dimension	0.921**	1

***Correlation is significant at 0.01 level*

The ability to identify and communicate emotions plays an important role in the maintenance of marital satisfaction.

Greenberg and Johnson (1990) contend that the best context for studying adult emotional interaction is in close relationships. They further contend that in order to understand adult emotional processing, researchers should examine the institution of marriage. The ability to understand someone’s emotions and to regulate one’s own emotions relates to satisfying long-term relationships (Schutte et al., 2001).

Table 5 shows the Correlation between Couple’s Marital Adjustment and Emotional Dimension. The calculated coefficient of correlation value is .921, which is significant at 0.01 level. This indicates that the couple’s ability to identify and differentiate emotions, to effectively express emotions, the ability to empathize and manage emotions in challenging situations are essential to the development and maintenance of marital adjustment.

Table – 6

Correlation between Couple’s Marital Adjustment and Demographic Factors

N=150 Couple

Variables	Couple’s Marital Adjustment	Age Difference	Years of Marriage	Consanguinity	Family Income
Couple’s Marital Adjustment	1	-.080	-.104	.107	.107
Age Difference	-.080	1			
Years of Marriage	-.104		1		
Consanguinity	.107			1	
Family Income	.107				1

Not Significant

Demographics are the quantifiable statistics of a given population. Demographics are also used to identify the study of quantifiable subsets within a given population which characterize that population at a specific point in time.

According to Allendorf and Ghimire (2013), marital quality was measured with five dimensions identified through exploratory factor analysis, comprising satisfaction, communication, togetherness, problems and disagreements. Gender, education, spouse choice, and marital duration emerged as the most important determinants of these dimensions of marital quality. Specifically, men, those with more schooling, those who participated in the choice of their spouse, and those who have been married longer have higher levels of marital quality. By contrast, castes, occupation, age at marriage, and number of children have little to no association with marital quality. However, while we identify key determinants of marital quality in this context, the majority of variation in marital quality remains unexplained.

Table 6 shows the Correlation between Couple's Marital Adjustment and Demographic Factors. The calculated coefficient of correlation value for age differences, years of marriage, consanguinity and family income are -.080, -.104, .107 and .107 which are not significant. This indicates that, in the present study, achievement of marital adjustment was not influenced by demographic factors. Hence, the alternate hypothesis 'Couple's Marital Adjustment is not influenced by Demographic Factors of the sample' is accepted.

Table – 7

Correlation between Type of Marriage and Couple’s Marital Adjustment

N=150 Couple

Variables	Couple ‘s Marital Adjustment	Type of Marriage
Couple’s Marital Adjustment	1	-0.161*
Type of marriage	-0.161*	1

**Correlation is significant at the 0.05 level*

It is an age old saying that marriages are made in heaven. But then, there are also those made on earth. Though an arranged marriage may feel like a pre-historic concept, such matches are still prevalent in society. Whether one marries someone they have fallen in [love](#) with, or someone their parents have chosen, as a couple they are bound to go through some ups and downs. It's just that if it's an arranged marriage, it may take a tad longer to understand the thought process of the partner. An arranged marriage means more responsibilities and expectations. Both partners are under pressure to make the marriage work. Partner may not share all their likes and dislikes and his/her family may not follow the same values as their spouses.

Table 7 shows the relation between Type of Marriage and Couple’s Marital Adjustment. The calculated coefficient of correlation value is -0.161*, which is significant at 0.05 level. This is indicative that the Type of marriage and Couple Marital Adjustment is directly proportional with each other.

According to the recent survey by NDTV, while, 74 % of the population still prefers arranged marriages, in Rajasthan, Haryana, and Uttar Pradesh 88% of population prefer to do love marriage. Though both type of marriage have some pros and cons, the most important thing that matters in marriage is the understanding between the partners.

Table – 8

(8 A) Correlation between Couple’s Marital Adjustment and Male Personality Type

N=150 Couple

Variables	Couple’s Marital Adjustment	Type 1	Type 2	Type 3	Type 4	Type 5	Type 6	Type 7	Type 8	Type 9
Couple’s Marital Adjustment			.180*					.164*		
Type 1					-.261**			-.209*		
Type 2	.180*			-.268**	.334**	.201*				
Type 3			-.268**				-.277**			
Type 4		-.261**	-.334**						-.203*	
Type 5		-.201*					.184*	-.210**		
Type 6				-.277**		.184*				
Type 7	.164*	-.209*				-.210**				-.188*
Type 8					-.203*					
Type 9					-.179*			-.188*		

***Correlation is significant at the 0.01 level*

**Correlation is significant at the 0.05 level*

(8 B) Correlation between Couple's Marital Adjustment and Female Personality Type

Variables	Couple's Marital Adjustment	Type 1	Type 2	Type 3	Type 4	Type 5	Type 6	Type 7	Type 8	Type 9
Couple's Marital Adjustment					-.285**	-.476**				
Type 1							-.219**			
Type 2						-.308**	-.185*			
Type 3							-.190.*	-.265**	-.215**	.174*
Type 4			-.285**				-.173*			
Type 5	-.476**	-.308**					.184*	-.213**	.163*	-.192*
Type 6	-.219**	-.185*	-.190*	-.190*	-.173*	.184*				-.266**
Type 7				-.265**		-.213**			-.238**	
Type 8				-.215**		.163*		-.238**		-.260**
Type 9				.174*		-.192*	-.266**		-.260**	

**Correlation is significant at the 0.01 level

*Correlation is significant at the 0.05 level

Key Words: Type-1 Reformer, Type-2 Helper, Type-3 Motivator/Achiever, Type-4 Romantic/Individualist, Type-5 Investigator/Thinker, Type-6 Loyalist, Type-7 Enthusiast, Type-8 Challenger and Type-9 Peacemaker.

The Table 8A shows the Correlation between Couple's Marital Adjustment and Personality Type of Male. The calculated coefficient of correlation value is significant at 0.01 and 0.05 levels. Couple Marital Adjustment is significant with Helper and Enthusiast Personality Type which has the value of .180 and .164.

Table 8B shows the Correlation between Couple's Marital Adjustment and Personality Type of Female. The calculated coefficient of correlation value is significant at 0.01 and 0.05 levels. Couple's marital adjustment is significant with Romantic / Individualistic Investigator / Thinker Personality type which has the value of -.475 and -.285

There are certain stereotypes about the masculine and feminine Personality Type. The masculine tends to be characterized as logical, linear, left-brain, focused, reasonable, rational, objective basically head-centered. The feminine is usually described as non-linear, right-brain, fluid and all encompassing, nurturing, relationship-oriented, emotional— or mostly heart-centered.

The Enneagram divides the types into three Centers: the Body, Heart, and Head Centers. Each type has a specific relationship with the energy of its Center and a healing path that includes bringing all three Centers online. Based on the way the types work with the energy of their Center, certain types could be seen as more “masculine” (types Eight, One, and Five) or more “feminine” (types Two, Four, and Nine). The other types,(Three, Six, and Seven) do not as obviously fit into the masculine/feminine stereotyping.

Women who identify as Eight, One or Five may find that their personality expression goes a bit against what is expected of women culturally. They may be seen as unfeeling in addition to being too forceful and domineering (8), or too left-brain and logical (1), or too intellectual and withdrawn (5). Women who identify as Two, Four, or Nine will likely find their “feminine” expression more in-line with cultural views: they tend to be more feeling-centered and generous and nurturing (2), sensitive and self-reflective (4), or receptive and accepting (9). Awareness of these tendencies can be useful in guiding an individual to develop a stronger sense of clear- mindedness, objectivity, and balance.

Research findings by Shakerian (2012) of the role of personality trait dimensions and gender in predicting marital adjustment indicates that extraversion personality trait, agreeableness, conscientiousness, neuroticism, and gender all could predict marital adjustment.

According to Yadav and Halyal (2000) the influences of Big five factor of Personality and Marital Satisfaction among male teachers from the college of Hubli-Dharwad corporation area indicate that each of the big five personality has qualitatively different pattern of relationship with marital satisfaction. In particular intellect, agreeableness, urgency and emotional stability have significant positive relationship with marital satisfaction, but conscientiousness has non-significant and negative relationship with marital satisfaction.

It is evident from the correlation between Couple's Marital Adjustment and Personality Type that Men tend to see marriage as a Helping relationship while women view it as an Intimate relationship. Hence, the alternate hypothesis 'There is relationship between Personality and Marital Adjustment' is accepted.

Table – 9
Regression Analysis
Effect of Personality on Marital Adjustment

Dependent Variable	Independent Variable	R	R Square	Adjusted R Square	Std. Error
Marital Adjustment	Personality	.394	.154	.039	4.25599

Table 9 shows the R-value (.394) indicating a 39 % relationship between the independent and dependant variable. R2 value of .156 indicates 15% variance in dependant variable is accounted by the independent variable.

Since F and sig. value are not significant, it indicates that there is no overall relationship between independent (Personality Type) and dependent (Marital Adjustment) variables. Whereas there are few independent variables namely Male Enthusiast (Beta = .265), Male Helper (Beta = .261), Male Reformer (Beta = .231) and Male Romantic (Beta = .229) have relative influence on the dependent variables. The directions of influence of all these variables are positive. Hence the alternate hypothesis, ‘Personality influences Marital Adjustment’ is rejected.

Mirfallahi *et al.* (2012) analyzing the relationship between personality characteristics with marital satisfaction in female teachers of Tonekabon city high schools by multiple regression correlation (step wise) indicated that: There is a relationship between personality characteristics (externalism, amiability, responsibility and flexibility) with marital satisfaction. There is a negative relationship between personality characteristics (neurosis) and marital satisfaction.

Factor Analysis

Factor Analysis was adopted to examine the Personality Types that signifies Marital Adjustment in couples. The validation of factor analysis was done on the basis of Kaiser-Meyer-Olkin (KMO) measures and Bartlett’s Test of Sphericity and the results are shown in table 10.

Table – 10
KMO and Bartlett's Test

Measures		Values
KMO Measures of Sampling Adequacy		.356
Bartlett's Test of Sphericity	Approx. Chi-square	146.287
	df	36
	Significance	0.000

The KMO statistic was .356 signifying acceptable adequacy of sampling. The Bartlett's Test of Sphericity was also found to be significant at one percent level providing evidence of the presence of relationship between variables to apply factor analysis. The communalities for each variable had a value greater than 0.50 signifying substantial portions of the variances are accounted by the factors and hence could be included in the analysis.

Table – 11

Rotated Component Matrix

(A)

Variables	Component				
	1	2	3	4	5
Reformer	-.829				
Helper					.944
Motivator/Achiever		.776			
Romantic/Individualist				.784	
Investigator/Thinker	.784				
Loyalist				-.707	
Enthusiast			-.650		
Challenger			.846		
Peacemaker		.662			

(B)

Eigen Value	1.874	1.412	1.124	1.116	1.020
Percentage of variance	20.827	15.690	12.494	12.398	11.339
Cumulative Percentage	20.827	36.517	49.011	61.410	72.748

Table 11 enlists the Eigen values, relative explanatory powers and factor loading for 9 linear components identified within the dataset. The Eigen values of first five components were greater than 1, indicating that these factors alone were appropriate for inclusion in the analysis.

The first component had significant loading on one dimension namely “reformer” which represents “perfection”, “justice” and truth” of the individual. This dimensions explained nearly 20.827 percent of the variance. Factor 2 had significant loading on two dimensions namely “motivator/achiever” and “peacemaker” represents success oriented and easily going type which

is explained nearly 15.690 percent of variance. Factor 3 had significant loading on two dimensions namely “enthusiast” and “challenger” is extrovert and assertive type which explains nearly 12.494 percent of variance. Factor 4 had significant loading on two dimensions namely “romantic/individualist” and “loyalist” representing they are reserved and hardworking people which explains nearly 12.398 percent of variance. Factor 5 had significant loading on one dimension namely “helper” representing interpersonal and warm hearted person which explains nearly 11.339 percent of variance.

Thus, the Personality Type ‘Helper’ the caring and interpersonal type, has a significant value in the achievement of Marital Adjustment in the couple.

Summary and Conclusion

CHAPTER – V

SUMMARY AND CONCLUSION

A study on “Effect of Personality on Marital Adjustment” was carried out involving the following objectives:

- To assess the level of Marital Adjustment in Couples
- To find out the relationship between Male and Female in Marital adjustment
- To identify the relationship between Couple’s Marital Adjustment with Sexual, Social and Emotional Dimensions.
- To find out the relationship between Couple’s Marital Adjustment and Demographic Factors of the sample.
- To ascertain the relationship between Couple’s Marital Adjustment with their Personality Type.
- To find out the effect of Personality in Marital Adjustment

This study was conducted in the District of Coimbatore, Tamilnadu by Convenient Sampling method. The Sample selected for the study were 150 couples. They were in the age range of 20 years and above (M age Male= 43.54 and M age Female=38.76). They were assessed using Case Study Schedule, Marital Adjustment and Riso- Hudson Enneagram Type Indicator (RHETI).

Conclusion

- Most of the couples (58%) have ‘Average’ to ‘Very Poor’ Marital Adjustment.
- There is a significant difference between Male and Female Marital Adjustment.
- The Correlation between Couple’s Marital Adjustment and Sexual Dimension shows that the emotional and physical attributes of sexual intimacy has a significant influence on Couple’s Marital Adjustment.
- Correlation between Couple’s Marital Adjustment and Social Dimension emphasizes the presence of a balanced relationship, where the couple feels comfortable in each other’s presence.

- Correlation between Couple's Marital Adjustment and Emotional Dimension indicates that the couple's ability to identify and differentiate emotions, to effectively express emotions, the ability to empathize and manage emotions in challenging situations are essential to the development and maintenance of marital adjustment.
- There is no significant relationship between Couple's Marital Adjustment and Demographic factors like, age, years of marriage, consanguinity and family income.
- There is significant difference between Type of marriage and Couple's Marital Adjustment.
- The Correlation between Couple's Marital Adjustment and Personality Type of Male shows a significant relationship with Helper and Enthusiast Personality Type.
- The Correlation between Couple's Marital Adjustment and Personality Type of Female shows a significant relationship with Romantic/Individualistic and Investigator/Thinker Personality Type.
- Since F and sig. value are not significant, it indicates that there is no overall relationship between independent (Personality Type) and dependent (Marital Adjustment) variables. Whereas there are few independent variables namely Male Enthusiast (Beta =.265), Male Helper (Beta=.261), Male Reformer (Beta=.231) and Male Romantic (Beta= .229) have relative influence on the dependent variables. The directions of influence of all these variables are positive.

Limitations

- The data was collected only from Coimbatore District
- The age range of the sample was wide
- The time available was limited
- The results are applicable only to this population and cannot be generalized.
- Intervention was not planned

Recommendations

- Counselling the couples would facilitate in bringing about marked changes in their marital relationship
- Further researches can be done on Marital Relationships

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Annexure

Annexure – 1

Case Study Schedule

Please fill this Table

Personal Details		
Name	Date of Birth	Gender
Education	Occupation	Income
Spouse Details		
Name	Date of Birth	Gender
Education	Occupation	Income
Marriage Details		
Date of marriage	Type of marriage	Consanguinity
Age differences between you and your spouse:		
Family Details		
Family type	No. of children	
Details of the Child		
Boy	Age	Education
Girl	Age	Education

Annexure – 2

(Kumar and Rohatgi, 1976)

Marital Adjustment Questionnaire

Instructions: Below are given a list of statements relating with different aspects of married life. You are requested to read each statement carefully. If the statement is true for you, you are to write 'Yes'. If it is not true, you are to mention 'No'. As many of these statements are very personal in nature, your replies will be kept strictly confidential. Kindly answer each statement frankly and truthfully.

S. No.	Statements	Answers
1.	Both of you mostly prefer to go out together	Yes / No
2.	Both of you have full confidence in each other	Yes / No
3.	Both of you are religious-minded	Yes / No
4.	Both of you often develop tension over family expenditure	Yes / No
5.	Both of you agree that taking care of children is a joint responsibility	Yes / No
6.	Both of you believe in family planning	Yes / No
7.	Both of you agree that you got married at the right age	Yes / No
8.	Both of you feel incomplete when required to live alone	Yes / No
9.	Both of you fully enjoy sex	Yes / No
10.	Both of you like to keep some of your personal secrets to yourself	Yes / No
11.	Both of you try to squeeze out maximum possible time to be with each other	Yes / No
12.	Both of you respect each other's family members	Yes / No
13.	Both of you are proud of each other	Yes / No

14.	Both of you try to solve your family problems jointly	Yes / No
15.	Both of you treat each other more as a partner (friend) than a husband or wife	Yes / No
16.	Both of you often praise each other	Yes / No
17.	Both of you take care of each other's interests, habits and likings	Yes / No
18.	Both of you have got similar views regarding the number of children in the family	Yes / No
19.	Both of you often have arguments taking household issues	Yes / No
20.	Both of you take care of each other's needs and satisfactions in sexual matters	Yes / No
21.	Both of you feel that you did the right thing that you married each other	Yes / No
22.	Both of you feel quite miserable in the absence of each other	Yes / No
23.	Both of you agree that marriage provides the most satisfying sex	Yes / No
24.	Both of you have got similar interests and aptitudes	Yes / No
25.	Both of you try to maintain newness in your sexual relationship	Yes / No

Area	Item Numbers	Total
Sexual	9, 20, 23, 25	4
Social	3, 4 (R) , 5, 6, 12, 14, 15, 18, 19(R)	9
Emotional	1, 2, 7, 8, 10(R) , 11, 13, 16, 17,21, 22, 24	12

SCORING

A 'Yes' response is assigned a score for '1' except for items 4, 10 and 19, in which case, reverse is applicable. The sum of these values give the **MAS** for the husband or the wife. Since the responses contributing towards marital adjustment are given a score, **the higher the total score, the higher would be the marital adjustment of the husband or wife.**

Percentile Norms

The Percentile Norms have been separately prepared to help interpret the **MAS** of the husband or the wife and the two as a couple. These are to be interpreted in the conventional manner.

Percentiles	Husband (n=400)	Wife (n=400)	As a couple (n=400)	Marital Adjustment Categories
90	24.27	23.87	24.85	Very good
80	23.36	22.81	23.90	Very good
75	22.80	21.67	22.85	Good
70	21.07	20.82	21.88	Good
60	20.38	20.01	20.65	Average
50	19.88	19.49	19.70	Average
40	18.47	18.22	18.35	Average
30	17.27	17.16	17.20	Poor
25	16.78	16.64	16.80	Poor
20	15.43	15.41	15.48	Very poor
10	13.89	13.22	13.88	Very poor

Annexure – 3

Riso - Hudson Enneagram Type Indicator (RHETI)

(Riso and Hudson, 1995)

Please indicate the statement which suits you the best for each item

S.No.	Items	Mention a or b
1.	(a)I have been romantic and imaginative (b)I have been pragmatic and down – to – earth	a / b
2.	(a) I have tended to take on confrontations (b)I have tended to avoid confrontation	a / b
3.	(a) I have been typically been diplomatic, charming and ambitious (b)I have typically been direct, formal and idealistic	a / b
4.	(a) I have tended to be focused and intense (b) I have tended to be spontaneous and fun- loving	a / b
5.	(a)I have been a hospitable person and have enjoyed welcoming new friends in to my life (b)I have been a private person and have not mixed with other	a / b
6.	(a) Generally, it’s been easy to “get a rise” out of me (b)Generally, it’s been difficult to “get a rise” out of me	a / b
7.	(a)I have been more of a “street – smart “ survivor (b)I have been more of “high- minded” idealist	a / b
8.	(a)I have been needed to show affection to people (b)I have needed to maintain a certain distance with people	a / b
9.	(a)When presented with a new experience, I’ve usually asked myself if it would be useful for me (b)When presented with a new experience, I’ve usually asked myself if it would be enjoyable	a / b
10.	(a)I have tended to focus too much on myself (b)I have tended to focus too much on others	a / b
11.	(a)Others have depended on my insight and knowledge (b)Others have depended on my strength and decisiveness	a / b
12.	(a)I have come across as being too unsure of myself (b)I have come across as being too sure of myself	a / b
13.	(a)I have been more relationship- oriented than goal- oriented (b)I have been more goal- oriented than relationship- oriented	a / b
14.	(a)I have not been able to speak up for myself very well (b)I have been outspoken – I’ve said what others wished they had the never to say	a / b
15.	(a)It’s been difficult for me to stop considering alternatives and do something definite (b)It’s been difficult for me to take it easy and be more flexible	a / b

S.No.	Items	Mention a or b
16.	(a)I have tended to be hesitant and procrastinating (b)I have tended to be bold and domineering	a / b
17.	(a)My reluctant to get too involved has gotten me into trouble with people (b)My eagerness to have people depend on me has gotten me into trouble with people	a / b
18.	(a)Usually, I have been able to put my feeling aside to get the job done (b)Usually, I have needed to work through my feelings before I could act	a / b
19.	(a)Generally, I've been methodical and cautions (b)Generally, I've been adventurous and taken risks	a / b
20.	(a)I've tended to be a supportive, giving person enjoys the company of others (b)I have tended to be serious, reserved person who likes discussing issues	a / b
21.	(a)I've often felt the need to be a "pillar of strength" (b)I've often felt the need to perform perfectly	a / b
22.	(a)I have typically been interested in asking touch questions (b)I have typically been interested in maintaining my stability and peace of mind	a / b
23.	(a)I've been too hard-nosed and skeptical (b)I've been too softhearted and sentimental	a / b
24.	(a)I've often worried that I'm missing out on something better (b)I've often worried that if I let down my guard, someone will take advantage of me	a / b
25.	(a)My habits of being "stand-offish" has annoyed people (b)My habit of telling people what to do has annoyed people	a / b
26.	(a)Usually, when troubles have gotten to me, I have been able to "tune them out" (b)Usually, when troubles have gotten to me, I have treated myself to something I've enjoyed	a / b
27.	(a)I have depended on my friends and they have known that they can depend on me (b)I have not depended on people; I have done things on my own	a / b
28.	(a)I have tended to be detached and preoccupied (b)I have tended to be moody and self-absorbed	a / b
29.	(a)I have tended to challenge people and "shake them up" (b)I have liked to comfort people and calm them down	a / b
30.	(a)I have generally been as outgoing, sociable person (b)I have generally been an earnest, self-disciplined person	a / b
31.	(a)I have usually been shy about showing my abilities (b)I have usually liked to let people know what I can do well	a / b

S.No.	Items	Mention a or b
32.	(a) Pursuing my personal interest has been more important to me having comfort and security (b) Having comfort and security has been more important to me than pursuing my personal interest	a / b
33.	(a) When I've had conflicts with others, I've tended to withdraw (b) When I've had conflicts with others, I've rarely backed down	a / b
34.	(a) I have given in too easily and let others push me around (b) I have been too uncompromising and demanding with others	a / b
35.	(a) I have been appreciated for my unsinkable spirit and great sense of humor (b) I have been appreciated for my quiet strength and exceptional generosity	a / b
36.	(a) Much of my success has been due to my talent for making favorable impression (b) Much of my success has been of interest in developing "interpersonal skills"	a / b

Scoring

I	II	III	IV	V	VI	VII	VIII	IX
3a	5a	3a	1a	4a	1b	4b	2a	2b
7b	8a	9a	5b	8b	6a	9b	19b	6b
12b	13a	13b	10a	11a	12a	16b	24b	10b
15b	14b	18a	14a	15a	16a	20a	26b	17a
25b	17b	21b	18b	22a	19a	26b	29a	22b
30b	23b	27b	25a	28a	23a	30a	20b	29b
34b	35b	31b	28b	36b	27a	35a	33b	33a
11b	31b	32a	7a	24a	32b	34a	21a	36a

The Enneagram Type Indicator is constructed by Riso and Hudson (1995). The main objective of this scale is to assess the personality type of an individual. It consists of thirty six pairs of statements measuring the personality type on nine dimensions.

Personality Types

1. Reformer
2. Helper
3. Motivator or Achiever
4. Romantic or Individualist
5. Investigator or Thinker
6. Loyalist
7. Enthusiast
8. Challenger
9. Peacemaker

Annexure – 4

Consent Form

**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE
AND HIGHER EDUCATION FOR WOMEN**

I understand that Miss: S.Sindhu is conducting a study on Compatibility and Personality in Married Couple. In this consent form I get to know about my participation in the study. I will go through each statement carefully and give my response and wish to state I have no objection to being interviewed as part of the study.

Signature