

# **Marital satisfaction among adults**

**Kiruba.K**

**(16PHD002)**

**The thesis submitted to**

**Avinashilingam Institute for Home Science and Higher Education for Women**

**Coimbatore-641043**

**In Partial Fulfillment of the Requirements for the**

**Degree of Master of Science in**

**Human Development**

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**Certified as Bonafide Research Work**

*Arodia Narasimhan*

**Signature of the Supervisor**

*Arodia Narasimhan*

**Signature of the Head of the Department**

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**“Gratitude is not only greatest of virtues,  
But the parent of all the others”**

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# I INTRODUCTION

Marital relationship satisfaction have been linked to numerous individual and couple outcomes including physical health, mental health, work productivity, rates, and general life satisfaction. The strong predictive relationship between relationship satisfaction and these important life outcomes has made it a popular area of study over the last several decades. This vast quantity of research spans many areas of interest including gender differences in satisfaction, how relationship satisfaction impacts other areas of life such as parenting and child outcomes, how contextual and environmental influences impact relationship satisfaction, trajectories of marital satisfaction, how to measure relationship satisfaction, and the many potential predictors of relationship satisfaction.

Greeff and Bruyne (2000) suggested that marital satisfaction has for many become a yardstick to measure the success and stability of a marriage and by extension, personal fulfillment and wellbeing. The ideal of marital satisfaction is so strong that many spouses deceive themselves about the extent to which their marriage meets their particular criterion for satisfaction. Spouses engage in positive illusions about marriage by dramatically underestimating their chances of divorce and making unreasonably positive statements about their spouses. These illusions seem to help spouses to believe that their marriage approaches the ideals to which they aspire. However, this also complicates the task of researchers who are attempting to investigate marital satisfaction. The complex and diverse nature of marital satisfaction allows us to study only a fraction of the available variables related to this subject.

Emily (2010) explained marital satisfaction as a complex process that has over time been thought to be influenced by many factors, including education, socio-economic status, love, commitment, marital communication, conflict, gender, length of marriage, the presence of children, sexual relations and the division of labour.

The number of factors that could potentially contribute to marital satisfaction are too numerous and complex to be adequately dealt within one study. A continually changing economic, social and cultural environment has contributed to changes in the demands of marriage. A study of gender, duration of marriage, presence of children, the perception of fairness in the division of household labour, sexual satisfaction, and their relationship to marital satisfaction may elucidate the importance of these particular factors as contributors to marital satisfaction.

Marriage in Indian society is more a religious institution than a legal one. It is understood as relatively permanent unions of two people implying a number of interlocking status and roles. Family is never merely a personal matter, because society is so much affected by the quality of its families. Even the breaking up of a family is not a personal concern alone (Altucher and Williams, 2003)

Clark (2002) explained marriage as the most intimate, delicate and far-reaching relationship between man and woman. It affects the physical, cultural, social and psychological atmosphere of the people. The relationship between the partners is the key point for building up a good family and its survival and growth. In marriage two persons meet and begin to relate, which creates a new psychological entity to their relationship. This entity includes what each brought to the relationship - the needs, problems, personality patterns and resources, expectations and hopes etc. The close relationship between husbands and wives are the cornerstones of interpersonal behaviour, which not only provide the social context in which individual lives, develops, but also influence the well-being of these individuals.

Barnett and Hyde (2001) said marriage is a mutual, exclusive, life long, one flesh union between a husband and wife. It is the ultimate human connection in which two people commit themselves fully to each other in a life long journey of deep sharing, mutual respect and growing intimacy. However, marriage is potentially the most totally intimate of human relationships, it is both the most difficult relationship, on the one hand, and the most rewarding,

on the other. It is the place where most adults have the opportunity to lessen their loneliness, satisfy their heart hungers, and participate in the wonderfully creative process of self fulfilment. Marital partners become the key resource persons for supplying the basic food of the spirit of life together. Each spouse has considerable power to nourish or to starve the other's personality. The nature and quality of husband - wife relationship will also make a tremendous influence on the children.

Marriage is one of the oldest socially recognized institutions. "Marriage is the civil status of one man and one woman united in law for life, for the discharge to each other and the community of the duties legally incumbent on those whose association is founded on the distinction of sex."

According to Fowers (1993), the institution of marriage is an important social institution, which combines in itself the physical, social, mental and legal aspects. It is not only the union of two individual man and woman, but also of two kinships groups. This institution is found in all societies of the world. Marriage is a lifelong bond which aims at the individual biological, emotional, social and spiritual fulfilment and development, and which cannot be achieved in isolation. Different societies have different forms of marriage systems.

In the ordinary meaning of the term, marriage is the social recognition of the practice, by which men and women live together as husband and wife, to raise a family. Willard Waller (2009) opines that "marriage is an arrangement in which people continue to live together in sickness and in health, in success and failure. It is perfectly possible for people to quarrel sometimes and yet live happily".

Marriage is one of the most fundamental institutions in our culture. It gives the individual an opportunity for the satisfaction of his needs for companionship, affection and sexual expressions (Fox and Dwyer 1999). Greenstein (2000) explained a good marriage gives each partner a dependable companion, love and friend. It is typically marked by equity and intimacy. When equity exists, when both partners freely give and

receive and when they share decision-making their chances for sustained and satisfying companionate love are good.

Marriage is a union between a man and woman such that children born to the woman are the recognized legitimate offspring of both partners. Marriage is a component part of the culture usually formulized by the custom, law and occasionally solemnized by religion. The human family has become one of the most widely discussed issues in recent times.

Rosen-Grandon (2004) has outlined, “marriage has been delineated as one of the most vital and essential human relationships. It provides the advantage of child rearing for the next generation and form the primary structure for establishing a family relationship”.

Glenn and Weaver (1979) defined that the “Marriage is found to be one of the strongest correlates of happiness and well being”.

Argyle and Furnham (1983) defined that “Marriage is the greatest source of social support for most people more than friends or including emotional and marital support and companionship”.

Haddock et al., (2001)defined in social context, marriage is declared as a sexual-union which begins with a public announcement with marriage procedures and some ideas of performance. It is assumed with more or less explicit ‘marriage contract’ that spells out the reciprocal rights and obligation between the spouses and future children.

According to Huston (2000) psychologically, Indian married life may be explained in many ways. Enormous adjustment with spouses is an important factor in determining family environment. Interpersonal conflicts in married life can create a lot of stress among spouses and other family members. Prolonged stress also leads to psychological disturbance. It is observed that people have changed their attitude towards marriage. Family structure has also seemingly undergone substantial changes in recent times especially in the context of roles performed by husbands and wives. Might be that by putting additional pressure on the individual has perhaps made marital

adjustment really an important domain in many environmental changes for socialists and psychologists to research in this field and find the impact of such changes on adjustment in married life.

Jayson and Sharon (2010) define marital adjustment as a function dependent on various factors like an ideal mate, fulfilment of needs, and similarity of backgrounds, common interest value, role concepts and change in life partners. Such dimensions are frequently studied in the marriage and family field. The concepts of marital adjustment, success, satisfaction, stability, happiness, consensus, cohesion, adoption, integration and role strain are used in a psychological sense referring to the state of one of the marital partners, sometime they are used in social, psychological sense referring to the state of the group or system.

The adjustment of married partners is unlike any other human relationship, it may share many conditions of friendship groups, peer groups, work groups, involving two senses in physical propinquity. Moreover being publicly sanctioned, marriage becomes more difficult to break as the members become essential for each of the spouse. Hence, these forces determine the level of adjustment, the nature of the interaction and the degree of conflict.

Adler (2007) explains marriage as a process of adjustment and is based upon cooperation between both husband and the wife. Marriage involves not only the person's capacity to adjust but also his ideals, attitudes and interests. Marital adjustment as a function is dependent on various factors like an ideal mate, fulfilment of needs, similarity of backgrounds, common interest value, role concepts and change in life partners.

Marriage involves the union of two individuals who will live in intimate association for the major portion of their lives. Each of these persons is a distinct personality with his or her own history and experience. Each has a different group of relatives although they may share mutual friends and associations within the community. Each one has built up certain attitudes and dispositions towards life as a result of his or her experiences.

It is the conception of marriage and the standards of adjustment prevalent in a particular society at a particular time that can influence the marital adjustment. It can also be considered as a state of accommodation. An environment characterized by a tendency in spouses to resolve conflicts and by overall feeling of happiness and satisfaction with marriage and with one another is definitely a condition which reveals a strong marital adjustment (Brotherson et al, 2004).

Interaction between married partners shows their satisfaction with marital life. Thus, marital satisfaction can be conceptualized as a relatively enduring state. It is a means by which psychological procreation, social, emotional and security needs are satisfied. The human family has become one of the most widely discussed issues in recent times. In the similarities, the level of marital satisfaction can be explained with the amount of interaction behaviour of the marriage partners.

Amiri (2011) defines satisfaction as a central concept to research on psychological well-being. Within this context, the study of the relationships between satisfaction with life as a whole and satisfaction with specific life domains (family, job, health, leisure, friendships, etc.) or life facets has been a widespread and common approach to psychological well-being. Across diverse cultures, individuals rate having a satisfying marriage or relationship as one of their most important goals in life. Indeed, marital happiness exceeds satisfaction in other domains (e.g., health, work, or children) as the strongest single predictor of overall life satisfaction. Marital satisfaction is relevant to mental health, general happiness, professional achievement and social interaction. Uniquely, it is a relatively stable attitude and attribute which reflects the individual's overall evaluation of the relationship. It depends upon the individual's needs, expectations, and desires for the relationship.

Marital satisfaction (also referred to as marital quality, marital adjustment and marital happiness) is defined as one's subjective evaluation of favorability towards his/her spouse and the marital relationship. It means that marital satisfaction can only be rated by each person in response to the

question, “How satisfied are you?” Marital satisfaction is not a property of a relationship; it is a subjective experience and opinion (Amiteshwar and Kaur, 2004).

Basat (2004) defines marital satisfaction as subjective evaluation of the overall quality of marriage. It is a degree to which the needs, desires and expectations are met in marriage. Roach (2005) defined marital satisfaction as one’s subjective evaluation of favourability towards his or her spouse and the marital relationship.

Proposed determinants, correlates or predictors of marital satisfaction are numerous. The newest, five-dimensional model of relationship quality proposes five determinants which represent forces outside or in the relationship that promote happiness of each partner. These forces are: intimacy (merging the self and the partner), autonomy (maintaining a sense of self separate from the relationship), equality (having equal power and investment in the relationship) and constructive problem solving (negotiating and compromising).

Hick and Platt (2012) have prompted two alternatives for conceptualization of marital satisfaction. The first is to view marital satisfaction as global subjective evaluation of one’s marriage or spouse, second is to understand satisfaction as being related to the particular wants of the married life. Hence, satisfaction in with wedding relationship could be a basic ingredient. The couples decide the success or failure of wedding by the quantity of satisfaction they receive from it.

Marital satisfaction as each person’s evaluation of the extent to which his/ her individual needs are met or fulfilled through husband-wife interaction or the extent to which the marital partner, the feelings, attitudes, services and goods needed. Marital satisfaction is one’s subjective analysis of favourability towards his or her relation with spouse and their relationship in marriage.

Bradbury, Fincham, and Beach (2000) have defined, “marital satisfaction is not just a relationship which is characterized by the absence of

dissatisfaction as implied by the routine use of the term non-distressed to describe a couple who is satisfied”.

Marital satisfaction is a mental state that reflects the perceived benefits and costs of marriage to a particular person. The more costs a marriage partner inflicts on a person, the less satisfied one generally is with the marriage and with the marriage partner. Similarly, the greater the perceived benefits are, the more satisfied one is with the marriage and with the marriage partner. Marital satisfaction was defined by Gelles (1995) as “an individual’s evaluation of the overall nature of marriage”. Those reflect the degree to which an individual’s expectation towards marriage is exhibited in his / her own marriage.

According to Cody et al (2007) marital satisfaction therefore can be referred to as individual’s subjective experience of marriage in terms of when their needs are met, and when the individual’s expectations and desires are being satisfied. Factors which contribute to marital satisfaction include, the way and manner of communication between couples at home, presence of children, influence of in-law, marriage relationship, satisfaction of sexual desires and occupational differences. Others are financial misunderstanding, physical violence, lack of love and moral commitment.

The importance attached to marital satisfaction not only for the preservation of the marriage and also for the apparent personal benefits has generated a lot of interest amongst researchers in the last couple of decades. Although some definitive conclusions have been drawn about which individuals experience greater satisfaction in their marital relationships, there is still much work to be done in this vast and complicated area for one reason. Human relationships and marital relationships are never clear-cut and tend to fluctuate and change across time and circumstance. The fact that marital relationships are rarely static renders the investigation of marital relationship dimensions, characteristics and processes an arduous task at best.

Considering the lacunae between married adults and the factors affecting their marital relationship, the investigator formulated a background

for the research to add on to the literature that verified the associated factors influencing marital satisfaction among a heterogenous group of married adult. Specifically, this study looked at physical, psychological and sexual needs fulfillment as they impact marital satisfaction of adults. With this rationale the current study was carried out with the following objectives.

**Primary objective**

To adjudge the marital satisfaction of the selected adults.

**Secondary objectives**

To appraise the marital satisfaction of the selected adults in relation to the three dimensions namely physical, psychological and sexual needs based on

- Age
- Education
- Occupation
- Income
- Marriage type
- Number of married years

## II REVIEW OF LITERATURE

The literature related to marital satisfaction of adults were reviewed and presented under the following heads.

- A. Marriage as a social institution
- B. Marital adjustments, Marital quality and Marital satisfaction - compliments each other
- C. Models of marital satisfaction
- D. Factors influencing marital satisfaction

### **A. MARRIAGE AS A SOCIAL INSTITUTION**

Rao (2007) defines marriage as “the more or less durable connection between male and female lasting beyond the mere act of propagation till after the birth of offspring”.

Crossman (2017) observes that a marriage is considered a permanent social and legal contract and relationship between two people that is based on mutual rights and obligations among the spouses. A marriage is often based on a romantic relationship, though this is not always the case. But regardless, it typically signals a sexual relationship between two people. A marriage, however, does not simply exist between the married partners, but rather, is coded as a social institution in legal, economic, social, and spiritual/religious ways.

According to Ramcharan (2008) there are two elements in marriage. One is bodily (sexual wish etc) and another is divine (love, respect, adore etc.). Towards the end of life both elements are coming closer and closer and at a particular point of time the later aspect (love, respect, adore etc.) becomes evident. Marriage is purely the highest of all human interaction and therefore must never be entered into carelessly.

Grote and Frieze (2000) said marital relationship determines stability of marriage and it also can be outcome of a marriage. While there are many theories on Love, Sternberg's Triangular Theory of Love seems to be the simplest, most flexible, and most comprehensive theory. Sternberg's Triangular Theory of Love, which postulates that love, consist of intimacy, passion, and decision/commitment, also provides theoretical predictions regarding the relationship between love, relationship satisfaction, and relationship stages. A theory o f love not only helps the therapist understand what is wrong in a distressed dyad, but also sets out relevant and meaningful treatment goals and the steps on the road to achieving them.

Baumeister and Twenge (2002) suggested marriage may be best understood in terms of need to belong. The need to belong is a very powerful motive which leads people to have social attachments and to form and maintain enduring interpersonal relationships. Having a long-term intimate relationship generally produces positive emotions. However, losing attachments generally results in pain and disappointment even if there is no plausible reason to maintain them; or even if maintaining them is too costly. On the other hand, the need of belongingness can be met only in pleasant or satisfactory relationships. Additionally, belongingness has large positive effects on the health and well-being. Physical and psychological problems are commonly seen in the case of unsatisfied need of belongingness.

Kiecolt-Glaser and Newton (2001) suggested happy marriages make valuable contributions to person's life. Marital happiness is found to be associated with physical and psychological health. In addition, the benefits associated with marriage are greater for women than it was for men. These positive effects of marital happiness may be better understood with the following statement "A supportive romantic or marital partner acts as a kind of buffer or barrier between us and the problems of life".

Anderson (2014) asserts that marriage is designed to regulate individual selfish behaviour that gets in the way of producing successful children. Scruton (2013) defines marriage with two views. Conjugal view a

sexual union of husband and wife who promised each other sexual fidelity, mutual caretaking and the joint parenting of any children they may have.

Partnership view a relationship created by the couple for the fulfilment of the two individuals who enter into it. Young and Wang (2004) defines marriage as the transition from romantic love to attachment, selective increases in certain dopamine receptors may reduce the ability to form new pair-bonds, stabilizing the existing bond and promoting stability of social monogamy.

Jayson and Sharon (2010) defines Marriage is the public joining together, under socially specified regulations of a man and women as husband and wife. And he explains characteristics of marriage. As given below

### **Characteristics of Marriage**

- **Universality:** Marriage is more or less a universal institution. It is found among the preliterate as well as literate peoples. It is enforced as a social rule in some of the societies. According to Chinese philosopher Confucius, an individual who remains unmarried throughout his life commits a great crime.
- **Relationship between man and women:** Marriage is a union of men and women. It indicates relation between one or more men to one or more women.
- **Marriage bond is enduring:** Marriage indicates a long lasting bond between the husband and wife. Hence it is not coextensive with sexual life. It lasts even after the sexual satisfaction is obtained. The Hindus believe that marriage is a sacred bond between the husband and wife which even the death cannot break.
- **Marriage requires social approval:** union between men and women becomes a marital bond only when the society gives its approval.

- ***Marriage is associated with some civil or religious ceremony:***  
Marriage get its social recognition through some ceremony. This ceremony may have its own customs rites, and rituals etc. It means marriage has to be concluded in a public and solemn manner.
- Marriage creates mutual obligation: Marriage imposes certain rights and duties on both the husband and wife. Both are required to support each other and their children.

## **B. MARITAL ADJUSTMENTS, MARITAL QUALITY AND MARITAL SATISFACTION - COMPLIMENTS EACH OTHER**

The terms - 'marital adjustment', 'marital quality', and 'marital satisfaction' are used interchangeably. "Marital adjustment" refers to overall level to which the individuals have fitted together into a smooth, functioning dyad, "Marital quality" is often used as synonym for marital adjustment, but refers more to a detached evaluation of the characteristics of the relationship. "Marital satisfaction" refers to happiness with the relationship-and desire for its continuance.

Finkenauer et al (2009) says marital relationships are composed of trust, and sharing of intimate thoughts and feelings. They are built upon trust and sharing and they get stronger from these things. Therefore the quality of relationship is influenced adversely when there is a perception of concealment from partner. The perception of concealment effects on relationship quality, the person feels rejected or excluded. The exclusion that is communicated by concealment can be assumed to violate almost all features and values commonly associated with close relationships, including trust, caring, honesty, friendship, companionship, unconditional acceptance, and respect.

Adjustment is a process of interaction; a continuous process and therefore never completed process and a process in which cause and effect relationship can be observed.

Adjustment is maintaining balance between personal needs and satisfaction of needs. The origin of the problem of adjustment is motives or

needs. If the individual is able to satisfy his needs, he feels adjusted. Frustration or block in motives may lead', to non-adjustive behaviour.

Adjustment in marriage depends upon the interaction between husbandandwife, between parents and children and between the spouse and other family members. There are definite patterns of interaction and relationship.

Hashmi et al (2007) defined marital adjustment is defined as the condition in which there is usually a feeling of pleasure and contentment in husband and wife and with each other.

Kaplan and Maddux (2002) states that, marital satisfaction is an individual experience in marriage which can only be evaluated by each person in response to the degree of marital pleasure. They believe that, it depends upon the individual's expectations, needs and desires in their marriage. Marital satisfaction refers to the degree of satisfaction between a couple. This would mean the degree of satisfaction they feel with their relationship. This satisfaction could be addressed both from the perspective of wife toward the husband or the husband toward the wife.

Arrindell et al., (2001) identified marital satisfaction has been positively associated with happy intimate relationships and successful intimate relationships tend to be characterized by high intimacy, passion and commitment.

Warren (2000) suggested that though the positive associations related to happy marriages have been indicated, there is still a conceptual confusion in the term "marital satisfaction". Several related terms, such as marital happiness, marital adjustment, marital stability and marital quality are commonly used in the literature instead of the term marital satisfaction. Marital satisfaction is a subjective evaluation by an individual of the degree of happiness, pleasure, or fulfilment experienced within the marital relationship between spouse and self.

Smock (2000) defines marital satisfaction as “an individual’s subjective evaluation of the overall nature of marriage” that reflects the degree to which an individual’s expectations towards marriage are reflected in his/her own marriage. Researchers who study marital satisfaction face several difficulties, including the fluid and subjective nature of the concept of marital satisfaction itself. For many people in contemporary society marriage is no longer a social structure existing for the purpose of successful upbringing of children. It is now seen more as an “intimate relationship” in which sexual intimacy and close friendship of soul-mates are the most valued dimensions. Recent studies support the importance of these factors.

### **Importance of marital satisfaction**

- One of the most important factors and determinants of mental health, emotional stability of couples and successful marriage is marital satisfaction, a state that in most cases, males and females are satisfied with each other and their marriage.
- One of the factors that is related to, and can affect marital satisfaction is the demographic factor which focuses on the couple’s education, marriage age, age difference, marriage duration, working women and men, the existence and number of children, the spouse’s economic situation, and cross-cultural marriage.
- Marriage age can be an important and underlying factor in creating marital satisfaction which is determined according to specific environmental, economic, and cultural circumstances in any society.
- Educational level and homogeneity between university majors can be a positive and influential factor in couple’s mutual understanding, because it provides sufficient motivation and appropriate cultural atmosphere for verbal and spiritual communication between couples, which creates grounds for deeper cultural and intellectual convergence. Many studies in Iran have shown positive significant statistical relationship between educational level and marital satisfaction.

However, it does not mean lack of this will result in incompatibility and lack of understanding between couples, because such factors are interpreted based on the intellectual and epistemic background of the woman and the man. The educational level of the spouse was an important factor among young adults in selecting their appropriate partners, and there was a significant difference between girls and boys in terms of this important factor.

- Dost (2011) - Although both arranged and by choice marriages are acceptable in various cultures, they have very different characteristics, results and diverse affects on individuals.
- Hess (2008) - Marriage success can be measured in terms of marital satisfaction as marriage is expected to be a foundation of pleasure, enjoyment and satisfaction.
- Shackelford and Buse (2000) - Marital satisfaction is a comprehensive evaluation of the situation of one's marriage and a clue of marital happiness.
- Hollist and Miller (2005) - argued that securely attached individuals have better marital relationships. Secure attachment is also predictive of successful conflict resolution, relationship independence, commitment, trust, and positive emotions in marriage.
- Perren et al (2005) - found that, reduction in communication is an important cause of reducing in marital satisfaction. The quality of communication associated with marital outcomes is continuing to gain evidence over time.
- Soleymani et al., (2012) findings showed that there is significant difference between two groups in posttest in overall score of marital satisfaction as well as in some elements such as conventional responses, marital satisfaction, personality issues, marital relationships, conflict resolution, leisure, parenting, family and friends, and ideological orientation and sexual relations, and no significant

difference was observed in financial supervision and roles related to gender equality.

- Global evaluations have indicated that personality characteristics are different among individuals who are satisfied with married life and those who are not. The conducted studies focused more on investigating the relationship between the five personal factors of openness, extraversion, conscientiousness, agreeableness, and neuroticism and marital satisfaction. The results of most studies indicated that there is a reverse significant relationship between neuroticism and marital satisfaction.
- There is a positive interaction between marital satisfaction and psychological health. It was observed that the psychological profile of couples faced with incompatibility and dissatisfaction is unfavorable, and prevalence of mood and anxiety disorders was higher than those of the control group. Furthermore, there was a reverse relationship between marital satisfaction and couples' depression and anxiety.
- Religious beliefs generally have a positive relationship with satisfaction with life and help with improving, strengthening, and consolidating the relationship between couples and stability of marriage and an increase in ethical commitment reduces the probability of paying attention to divorce.
- In the family and marriage system, desirable sexual relationship and sexual health are necessary and acceptable and two of the most powerful predictors of marital satisfaction and success.

### **C. MODELS OF MARITAL SATISFACTION**

Goddard et al (2016) conducted a study to examine the relationship between 3 qualities of character or marital virtues (forgiveness, kindness and generosity) and marital satisfaction. The main aim was to examine the effects of subject's perception of their partner's positivity, humility and compassion on their own marital satisfaction. Results revealed a positive and significant

relationship between each of the three qualities and marital satisfaction. Further, an interaction effect was also observed which indicated that among women humility might be a protecting factor against distress in married life.

Rauer and Volling (2013) conducted a study to explore the various assumptions of marital happiness. On the basis of cluster analysis it was observed that there were three categories of couples e.g., couples who were mutually engaged i.e. characterized by both partners' higher negative as well as positive problem-solving; couples who were mutually supportive which means that both of them were high on positivity as well as support; and wife compensation partners i.e. characterized by high wife positivity. On the basis of this categorization it was revealed that though the couples in all the three categories were happy, loyal and dedicated to their relationship, their happiness depends on the partner's appraisal of their marriage. Greater familiarity, closeness and less disagreements were observed in couples who were in the mutually supportive cluster, although this was observed constantly in comparison to the wife compensation cluster, as opposed to the mutually engaged cluster.

Huic, Kamenov, and Jelic (2012) conducted a study the goal of the study was to examine the predictions resulted from the theory of social exchange, equity theory, and research dealing with marriage about the association between equity in the methods of showing love between partners and marital satisfaction. Results found that both men and women who scored high on showing and recognizing love were put into the most satisfied category. Also, those who were not much benefitted were low on marital satisfaction.

Litzinger and Gordon (2005) conducted a study to examine the correlations among communication, marital satisfaction and sexual satisfaction. Sample size was 387 married persons. Regression analysis was employed to analyze the data. Results revealed that marital satisfaction was independently predicted by sexual satisfaction and communication. Also, a significant interaction was found between sexual satisfaction and

communication. Further, if there was positive communication between the partners, then, sexual satisfaction does not contribute in marital satisfaction. Contrariwise, if the partners face difficulty in communicating their thoughts, but were sexually satisfied, their marital satisfaction was better, than if their sexual relationship was less satisfied. Hence, sexual satisfaction may play a partial role in compensating the harmful effects of poor communication on the satisfaction of the partners.

Greeff and Malherbe (2001) studied intimacy and marital satisfaction in spouses. The aim of their research was to investigate the relationship between intimacy and marital satisfaction of couples in different stages of the family lifecycle. Significant differences between men and women were found on two of the five aspects of experienced intimacy (sexual and recreational) as well as for social and sexual discrepancy scores (difference between experienced and desired intimacy). With the exception of social intimacy as experienced by women, a positive correlation was found for both sexes between all the components of experienced intimacy and marital satisfaction. No differences were found for experienced intimacy or marital satisfaction according to family developmental stages.

Litzinger and Gordon (2005) examined relationships among couple communication, sexual satisfaction, and marital satisfaction. Regression analyses demonstrated that communication and sexual satisfaction independently predict marital satisfaction. However, there is a significant interaction between communication and sexual satisfaction; if couples are successful at communicating constructively, sexual satisfaction fails to contribute to marital satisfaction. Alternatively, if couples have difficulty communicating but are sexually satisfied, they will experience greater marital satisfaction than if they have a less satisfying sexual relationship. Thus, sexual satisfaction may partially compensate for the negative effects of poor communication on marital satisfaction.

Henderson-King and Veroff (1994) conducted a longitudinal study on spouses separated by gender and race. The purpose was to investigate how

feelings of confirmation and tension of both the genders associate to the level of sexual satisfaction and to examine the association between sexual satisfaction and four elements of marital well-being: equity, competence, happiness and control. It was found that the feelings of confirmation and tension were related with sexual satisfaction for all gender as well as race groups in both the 1st and the 3rd years of their married life. Results also revealed that some dimensions of marital well being were related to sexual satisfaction, but there were differences in patterns across gender as well as race.

#### **D. FACTORS INFLUENCING MARITAL SATISFACTION**

Mattson et al (2013) noted that, there is significant support in the literature for a conceptualization of marital satisfaction as a multidimensional construct consisting of positivity and negativity towards the relationship. Positive attitudes typically include ratings of whether one's relationship is interesting, sturdy, enjoyable, friendly, and hopeful. Negative attitudes toward the relationship have been captured by ratings of whether one's relationship is bad, lonely, boring, empty, and miserable. Both dimensions have been found to strongly relate to unidimensional measures of relationship satisfaction and have shown to be predictive above and beyond a unidimensional scale. When taken together, positive and negative affect towards a relationship have been found to predict changes in marital satisfaction. If this conceptualization is accurate, then positive and negative attitudes towards the relationship may be better considered constituents of, rather than correlates of, relationship satisfaction.

Perrone et al (2012) said that marital satisfaction has a significant influence on general well-being in families and has been found to have a high correlation with overall life satisfaction.

Fincham and Beach (2010) supports the importance of marital and relationship satisfaction for individual well-being continues to grow and has shown marital satisfaction in heterosexual couples to be a strong predictor of

overall life satisfaction in both genders and an important factor in physical, mental, and occupational health.

Soleymani and Akram (2009) investigated the relationship between marital satisfaction and emotional intelligence in Bojnord. The findings of study revealed positive correlation between emotional intelligence and marital satisfaction. The research also indicated positive correlation between components and marital satisfaction and EM (attention clearance emotional reconstruction). The results also indicated that emotional intelligence is significantly higher in women.

Bricker (2008) conducted a study to investigate the relationship between emotional intelligence and marital satisfaction. The results showed that there was significant relationship between EI and certain aspects of marital satisfaction. It was found that in most circumstances, the level of male EI was responsible for couple's marital satisfaction. Further results indicate that the greater the gap between each partners level of EI, the greater their level of marital dissatisfaction.

Lavalekar (2007) examined and compared the marital satisfaction and emotional intelligence of people between ages 25-65. The findings conclude a considerable gender difference on different areas of emotional intelligence, for instance; openness to criticism, self management and empathy. A significant gender difference is also observed on two areas of marital satisfaction, sexual relations and sharing household responsibilities, that can be traced to the socio-cultural impact. The re-search findings helped in understanding the correlation of gender with core qualities of one's emotional intelligence that can affect the matrimonial relationship.

Feeney (2002) strongly indicated better marital satisfaction linked with high level of spouses' positive emotional expressivity. Findings of observational studies point out that contented spouses are more constructive in their relations with their spouses and convey more conformity, humor, consent, helpful, and empathy than spouses who do not rate themselves as satisfied. Researches with self-report instruments show that in females higher

positive emotional expressions are allied with better marital satisfaction. Collectively, these researches noticed that positive emotional expressions may take part in influential couples' marital satisfaction.

Khajeddin et al (2011) studied "The relationship between communication skills and marital satisfaction among married students of psychology and counseling". The results revealed that there were significant positive correlation between communication skills and its subscales with marital satisfaction.

Eseret et al (2011) investigated "influence of spousal communication on marital stability: implication for conducive home environment". Most of the married couples accepted that communication is important factor of marital satisfaction.

Snyder. D.K. (2005) found that marital satisfaction is a special case of relationship satisfaction, and is the degree to which partners in marriages assess their approval of different aspects of their marital relations. Marital Satisfaction Inventory attempt to combine ratings in different areas such as effective communication, amount of time spent together, disagreement on financial problems, disagreement on children management and sexual satisfaction etc into a global measure of satisfaction.

Perren et al (2005) found that reduction in communication is an important cause of reducing in marital satisfaction. The quality of communication associated with marital outcomes is continuing to gain evidence over time. When couples experience hardness, it can be presumed that their marital interaction and communication might be primed for more judgmental statement and reprove.

Driver and Gottman (2004) found that marital communication are related to the relationship between communication skills and marital satisfaction. Findings about positive and negative communication interactions show that the spouse who have negative interactions, are more likely to experience painful relationships. Other studies concentrate on the interaction

among spouses, effect on marital consequence. These studies examined the method couples communicate with each other, and of specific interest is their conflict resolution and affective communication skills. The manner that spouses discuss to each other are considerable, also the way that they show affection to gather is important because these factors can determine marital outcome. Concisely, communication has long been the research focus for marital investigators and many studies have found connection between communication and relationship satisfaction. It has been referred that both communication behaviours and interaction patterns are clearly connected to marital satisfaction.

Driver (2004) showed that spouses who participated in communication skills programs had a higher sense of satisfaction with their marital lives, that these programs increased their level of empathy and satisfaction with their relationships, and that they affected their communication style and marital quality and had positive effects on couples' perceptions in self-evaluation of their marital lives.

Faulkner and Mansfield (2002) showed that the communicative performance of couples and interpersonal relationships between spouses are the strongest predictors of marital satisfaction and that disturbed communication is the strongest predictor of marital conflicts among couples.

Mansfield (2002) showed that the strongest predictor of marital satisfaction includes communicative performance of couples and interpersonal relationships between spouses and the strongest predictor of marital conflicts among spouse is disturbed communication.

The research conducted by Malkoç (2001) also examined the association between Communication patterns and relationship satisfaction in married groups. The results indicated that communication patterns are related to relationship satisfaction. It was demonstrated that individuals with poor marital adjustment use more destructive communication approaches than individuals with better marital adjustment.

Alessandro (2010) concluded that education affects marital satisfaction. The theoretical results suggested that, as assortative matching increase, the proportion of educated individual's can increase. For educated folks, job satisfaction falls and married satisfaction can increase. Of all the studies reviewed, most of them indicated that the married satisfaction exaggerated with exaggerated level of education, indicating, the role of education in predicting one's satisfaction.

Mirahmadizadehet al. (2003) identified that marital satisfaction was greater amongst those who were older and had higher level of education at the time of marriage. It was greater among couples who have mutual respect for each other and hold both communication skills and more understanding. Attractiveness alone is less effective on marital satisfaction than investment, positive attitude and understanding.

Tokgoz (2002) found that there is a positive relationship between marital satisfaction and level of education. That is, subjects with university degree reported higher marital satisfaction when they compared to their counterparts with high-school degree. In relevance to the gender, some studies indicated that husbands reported greater marital satisfaction than did wives, however some others indicated that level of the marital satisfaction of husbands and wives were similar , and correlated with each other's.

Hünler and Gençoz (2003) states that, cultural expressions which are reflected in a specific marriage need special attention. Additionally, it is more useful to examine that marriage by the instruments which are designed for that specific culture. Cultural differences must be considered when studying the factors related to marital satisfaction. Additionally, it should be considered that social and economic changes may reflect to the experience of family relationships. It is more important for the societies which seem to experience a faster process of change, such as society.

Similarly and Fielder (2001) reported the relationship between marital satisfaction and social support. Married women reported that, when they are more distressed in relation to their husband, they experience increased

conflict and less perceived social support in their marriage. On the other hand, perceived social support of these women was related to their marital satisfaction.

Hamidi (2007) found that there is a positive significant relationship between attachment styles and marital satisfaction. Individuals with secure attachment style indicated higher marital satisfaction than individuals with insecure attachment styles. No significant difference was found between male and female students in marital satisfaction.

Danesh and Heydarian (2006) investigated the relationship between mutual interest and respect among couples and their marital satisfaction. Result showed that couples and also men and women, who were more respectful and loved their spouse were more satisfied in their married life. There was a positive correlation between the amount of respect and love among couples. The couples who were respectful to their spouses were more satisfied of their married life. Couples who loved their spouses more were satisfied of their married life.

In another study, Eidi and Khanjani (2006) investigated the influence of attachment style on the rate of marital satisfaction between couples. The results showed significant differences among attachment style with respect to marital satisfaction. The secure people had a higher satisfaction than the other style when both couples had a secure style. The rate of satisfaction is higher than the couples with unsecured attachment. Also it has been indicated that when the style of male and female attachment is even (both secure or both avoidant or both ambivalent) their marital satisfaction is higher than those with an uneven style of attachment. Among attachment styles, the lowest satisfaction belongs to the couples with one with avoidant attachment and another with ambivalent attachment. The other result is that the males had higher marital satisfaction than females.

Ertan (2002) found that the association between attachment style and relationship. Results revealed that attachment security is associated with greater relationship satisfaction, commitment, intimacy and trust.

Similarly et al, (2002) also studied commitment and defined two types of commitment which are approach commitment (commitment due to positive

incentives associated with continuing the relationship) and avoidance commitment (commitment due to avoidance of negative incentives associated with relationship dissolution). Longitudinal results indicated that, approach commitment was positively associated, whereas avoidance commitment negatively associated with relationship satisfaction 6 and 13 months later. Additionally, similarity between partners on defining a “good relationship” was positively related to approach commitment.

Litzinger and Gordon (2005) examined relationships among couple communication, sexual satisfaction, and marital satisfaction. Regression analyses demonstrated that communication and sexual satisfaction independently predict marital satisfaction.

Rogers and Deboer (2001) investigated the effects of increases in married women’s actual income and in their proportion of total family income on marital happiness, psychological well-being and the likelihood of divorce. The authors found that increased income significantly increase their marital satisfaction. Women’s absolute income generally has significant effects for married men. However, married men’s well-being was found to be insignificantly lower when married women’s proportional contributions to the total family income are increased. The likelihood of divorce is not significantly affected by increases in married women’s income. Increases in married women’s income may indirectly lower the risk of divorce by increasing women’s marital happiness.

Amato and Booth (2001) identified Satisfaction in marriage has been found to relate to physical and psychological health. Conversely, both marital discord and dissolution of the marital relationship generally associated with negative consequences for the spouses and as well as for their offspring. Hence, by collating the vast literature available on the concept, foundations, models and the effects of marital satisfaction, the investigator felt the need to appraise the same among a particular population and subject the data for variable analytic study to identify the factors contributing to its augmentation. Moreover, the literature on marital satisfaction is limited on the Coimbatore city.

### **III METHODOLOGY**

The methodology for the study on “**Marital satisfaction among adults**” was formulated based on the objectives of the study and was covered under the following steps:

- A. Selection of the area
- B. Selection of the sample
- C. Selection of the tool
- D. Conduct of the study
- E. Analysis of data

#### **A. SELECTION OF THE AREA**

Coimbatore was the area selected for the present study as it one of the fastest growing cities of Tamil Nadu. This could be attributed to the rapid urbanization and nuclearisation happening in the city. (There is a 13.4% increase over a period five years in the number of divorce cases in Tamilnadu)With such rapid development, the investigator found it imperative to look into the reasons for the augmented divorce cases being filed in the family court. While analyzing the reasons by compiling the literate pertaining to it, it was found that one major reason for filing divorce is the unhappiness that a person experience towards his/her spouse. Moreover the studies on marital satisfaction in Coimbatore city were found to be meagre to support the literature. Hence Coimbatore city was selected as an area of study.

#### **B. SELECTION OF THE SAMPLE**

The sample for the present study compromised of a total of 152 marital adults. One fifty two adult respondents comprising of young age (74), middle aged adults (58) and old age (20) were selected from all four zones of Coimbatore.

Sampling is a technique of selecting the sample from given population (Krishnaswamy, 2002).By considering the likelihood of generalizing the results, random sampling method was adopted taking into consideration of all

four zones of Coimbatore district. The study set norms for identifying and selecting sample in order to ensure homogeneity. They are:

- Willingness of the couple to partake in the research
- They should reside in the area within 7-8 kms from the heart of the city on all for zones.
- As the study was a household survey, both the husband and wife should be present at the same time of the survey.

### **Ethical consideration**

As a matter of ethics the respondents were informed about the research orally and written consent form was obtained from their parents. The sample was thus allowed to make a voluntary choice towards participating in the study. The present study was also subjected to Institutional Human ethical committee and was approved for the same (AUW/ IHEC/ HD- 17- 18/ XPD/ 01) as in Appendix I.

### **C. SELECTION OF THE TOOLS**

The tool selected for the present study included the following:

#### **i. Interview schedule**

William Emory (2000) described personal interviewing as a two way purposeful conversation initiated by an interviewer to achieve the information that is relevant to some research purpose. An interview schedule that elicits the general information of the selected sample like age, educational status, socio-economic status, area of living, married yrs etc was formulated by the researcher as enclosed in Appendix-II.

#### **ii. Marital satisfaction scale**

A rating scale on “Marital satisfaction among adults” was formulated by the researcher as locally suitable relevant scales for assessing the same was not available. The scale was developed after reviewing the literature and consulting with the experts. The rating scale consisted of 48 statements, classified under the three items such as physical needs, psychological needs, and sexual needs.

Each statements in this scale was rated on a five point scale (almost every time, every time, occasionally, never, almost never). Out of the 48 statements, 23 were positive statements and the rest 25 were negative statements. The positive statements scored as 5, 4, 3, 2, and as 1 whereas negative were scored 1, 2, 3, 4, and 5. The score of 5 was indicative of better marital satisfaction and 1 for the least. The rating scale gives the total marital satisfaction score based on which levels of satisfaction were divided into low, moderate, and high. The Table-I presents the classification of the satisfaction level of the adults with regard to the total scored.

**TABLE-I**  
**GRADING THE LEVEL OF MARITAL SATISFACTION**

Level of marital satisfaction	Range of scores
Low	48-112
Moderate	112-176
High	176-240

Moreover, the 48 statements were distributed among the three items based on the needs fulfillment as mentioned earlier. The Table-II gives a clear picture of the number of items under each need.

**TABLE-II**  
**CATEGORIZATION OF ITEMS BASED ON PHYSICAL, PSYCHOLOGICAL AND SEXUAL DIMENSIONS**

S.No	Dimensions	Item No	Total Items
1.	Physical needs	1, 12, 16, 17, 18, 20, 23, 27, 34, 43.	10
2.	Psychological needs	2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 13, 14, 15, 19, 21, 22, 24, 25, 28, 29, 30, 31, 32, 33, 35, 36, 37, 38, 39, 40, 41, 42, 44, 45, 46, 47.	36
3.	Sexual needs	26, 48.	2

## **Tool standardization**

### ***Validation***

The framed statements of the tool were scrutinized to look at the operationalization and to check whether 'on its face'. The statements appeared to measure the level of marital satisfaction with reference to their rating towards need fulfillment. The tool was also subjected to content validation. Five subject experts from the interrelated fields were identified to scrutinize the developed tool. The suggestions put forth by the experts were incorporated and the final version of the tool was developed.

### ***Pilot study***

The tool after content validation was subjected to translation into regional language to be used by adults who cannot comprehend English. Then a pilot study on 25 adults was carried out to gain insight on the difficulty in comprehension and phrasing of the statements. Statements which were found to be difficult to comprehend were reworded / rephrased. The final scale was as enclosed in Appendix-III

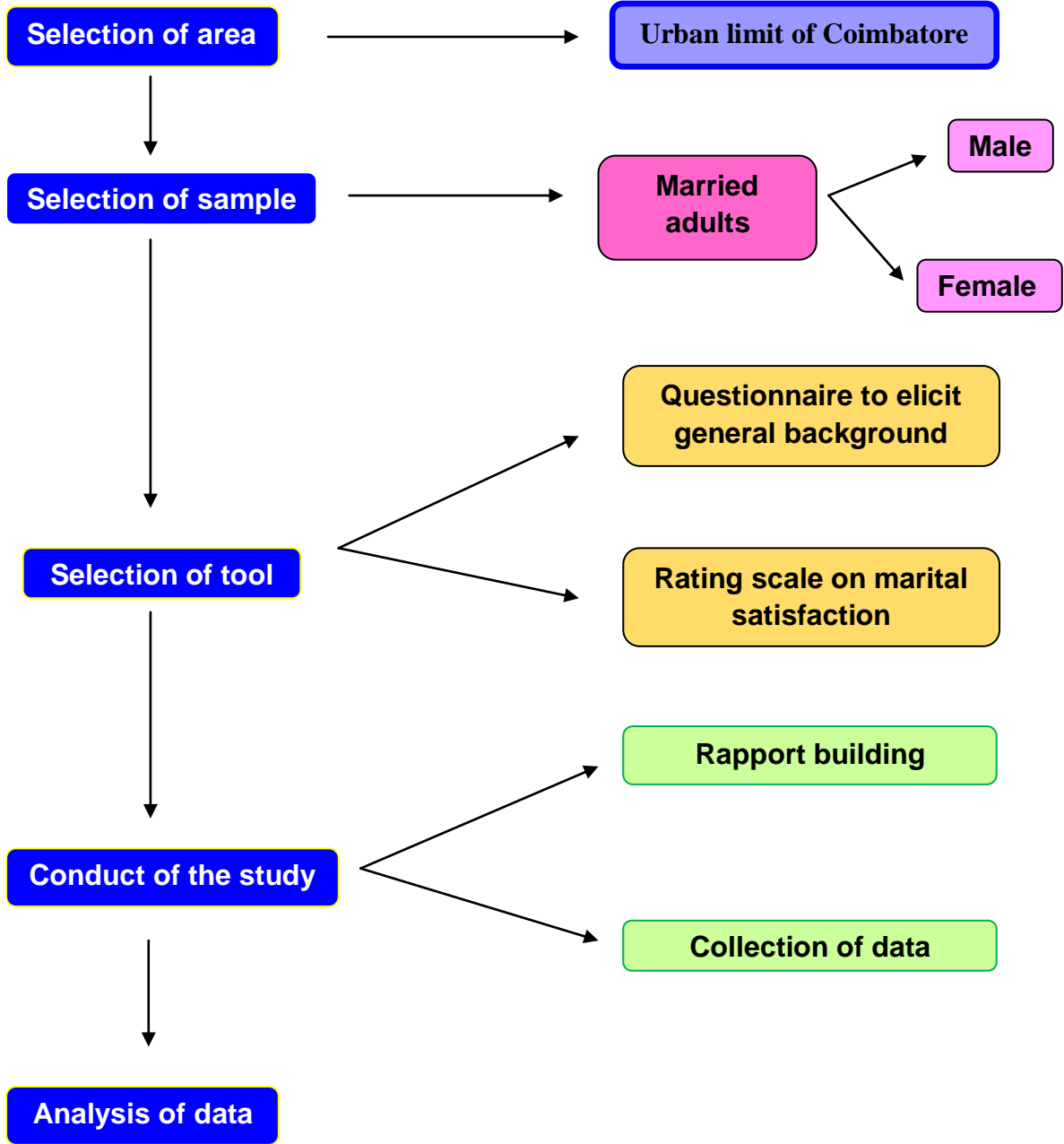
## **D. CONDUCT OF THE STUDY**

The researcher approached adults who were willing to co-operate for the study and established rapport with them. An assurance of confidentiality was given to the marital adults, so that they could share their responses without any hesitation.

## **E. ANALYSIS OF DATA**

Data analysis is the process of systematically applying statistical and/or logical techniques to describe, illustrate and evaluate data. The collected data was coded, classified and tabulated. It was then subjected to statistical analysis. Percentile analysis used for general information, socio-economic status, area of living, type of marriage and married year of marital adults. The different aspects of marital satisfaction scale of both male and female from varied area were statistically analysed using two way ANOVA. The results were then interpreted and presented in the next chapter.

**METHODOLOGY AT A GLANCE**



**FIGURE – 1**

## IV RESULTS AND DISCUSSION

A survey research was undertaken to analyse the level and factors influencing the marital satisfaction of the married adults by means of random sampling method with certain inclusion criterion. The analysed data and corresponding discussions of the present study entitled, “**Marital satisfaction among adults**” were presented in the preceding section under the following heads

- A. Demographic profile
- B. Level of marital satisfaction of the selected married adults
- C. Marital satisfaction of the selected married adults
  - a. Marital satisfaction based on age
  - b. Marital satisfaction based on education
  - c. Marital satisfaction based on occupation
  - d. Marital satisfaction based on income
  - e. Marital satisfaction based on marriage type
  - f. Marital satisfaction based on number of married years
- D. Descriptive statistics on the marital satisfaction of selected adults

### A. DEMOGRAPHIC PROFILE

Significant rifts would appear when the attempt was made to match the cures to the causes of the growing level of dissatisfaction in married life leading to the enormous increase in the divorce rates. Hence efforts were made to collect the general profile of the married adults.

The Table – III portrays the general profile of the selected sample pertaining to age, gender, education, occupation, income, area, marriage type and number of married years.

**TABLE - III****DEMOGRAPHIC PROFILE OF THE SELECTED RESPONDENTS**

<b>S. No</b>	<b>Variables</b>	<b>Particulars</b>	<b>N</b>	<b>%</b>
1.	Age	Young	74	48.7
		Middle	58	38.2
		Old	20	13.2
2.	Gender	Male	81	53.3
		Female	71	46.7
3.	Education	SSLC	24	15.8
		HSc	30	19.7
		Degree	75	49.3
		PG and above	23	15.1
4.	Occupation	Govt	34	22.4
		Private	29	19.1
		Business	51	33.6
		Home maker/ Unemployed	38	25.0
5.	Income	1000-20,000	22	14.5
		21,000-50,000	68	44.7
		51,000-70,000	31	20.4
		71,000-1,00,000	23	15.1
		1,00,000 above	8	5.3
6.	Area	Rural	33	21.7
		Urban	119	78.3
7.	Marriage type	Love	20	13.2
		Arranged	132	86.8
8.	No. of married yrs	1-5 yrs	22	14.5
		6-10 yrs	25	16.4
		10 and above	105	69.1

As could be seen from the data the age composition of the selected adults were distributed across young to old age, where young adult had the

major contribution (48.7%) among the study sample followed by middle age (38.2%). However old age was found to be the least (13.2%) among the respondents.

An inspection of the gender differences showed that 53.3 percent of the respondents were male and remaining 46.7 percent were female. Majority of the adults (49.3%) were degree holders, 19.7 percent of them adults were HSc qualified, 15.8 percent of adults were SSLC qualified and remaining 15 percent of adults were PG holders and above.

When probed into the occupation status of the selected sample, 33.6 percent of the adults were engaged in business, 25 percent of the adults were either home maker or unemployed, nearly 1/4<sup>th</sup> the respondents were government employee and a more or less equal percentage were employed in private companies.

In investigating the income aspects, a majority of 45 percent earned in the range of 21,000-50,000 as their monthly income, and 20 percent earns between 51,000-70,000, followed by an income range of 71,000 to 1, 00,000. However 15 percent of the adults had on income range of 1,000-20,000. Only few of the respondents earned more than 1 lakh and above.

Tracing the area of residence where the adults hail from, majority of them were (78.3%) residence of urban area, followed by rural (21.7%). In investigating the marriage type, a vast majority of 86.8 percent of the adults were reported to have had arranged marriage. Only few of the respondents reported love marriage.

Regarding the number of married years, majority of the adults (69.1%) were married for 10 years and more. A more or less equal percentage of approximately 15 percent were in the category of 1-5 years (settling down stage) and 6-10 years (parenting stage).

## **B. LEVEL OF MARITAL SATISFACTION**

It is a well known fact that there is a positive interaction between marital satisfaction and psychological health of every married human being. Owing to this verity, the current research attempted to find out the level of marital satisfaction among the selected married adults with reference to the range of scores as specified in the previous section. The Table IV brings out the categorization based on the level satisfaction.

**TABLE - IV**  
**LEVEL OF MARITAL SATISFACTION**

<b>Level of marital satisfaction</b>	<b>Percentage</b>
Low	27.6%
Moderate	39.5%
High	32.9%

The threshold range score for the participants being labelled as highly satisfied was 176-240. Nearly 33 percent of them recognized themselves to be satisfied in their marital life based on their need fulfilment on all three dimensions. However forty percent of them scored in the range of 112-176, thereby categorizing them into the moderate level of satisfaction.

An alarming figure of nearly 28 percent of the selected married adults perceived themselves as not being happy or satisfied in heir married life. Hence, the researcher strongly recommends further research to identify the reasons for their non-satisfaction and suggest remedial measures to alleviate them.

## **C. MARITAL SATISFACTION OF THE SELECTED MARRIED ADULTS**

The quality of relationship in marital happiness plays very important role in one's married life. It depends upon support, conflict and depth shared by the spouse with each other. It provides the aid and security during times of

stress that leads a person to feel he or she is cared for by others. Marital happiness is synonymous of marital adjustment and satisfaction. It expresses in resolving conflicts, a feeling of satisfaction with each other, an affectionate intimacy, a desire to continue relationship and activities.

The preceding section would discuss the gender based difference on the main factor marital satisfaction, with the other variables such as age, gender, education, occupation, income, area, marriage type, and number of married years on the three arenas namely physical needs, psychological needs, and sexual needs as follows.

- a) Marital satisfaction based on age
- b) Marital satisfaction based on education
- c) Marital satisfaction based on occupation
- d) Marital satisfaction based on income
- e) Marital satisfaction based on marriage type
- f) Marital satisfaction based on number of married years

**a) Marital satisfaction based on age**

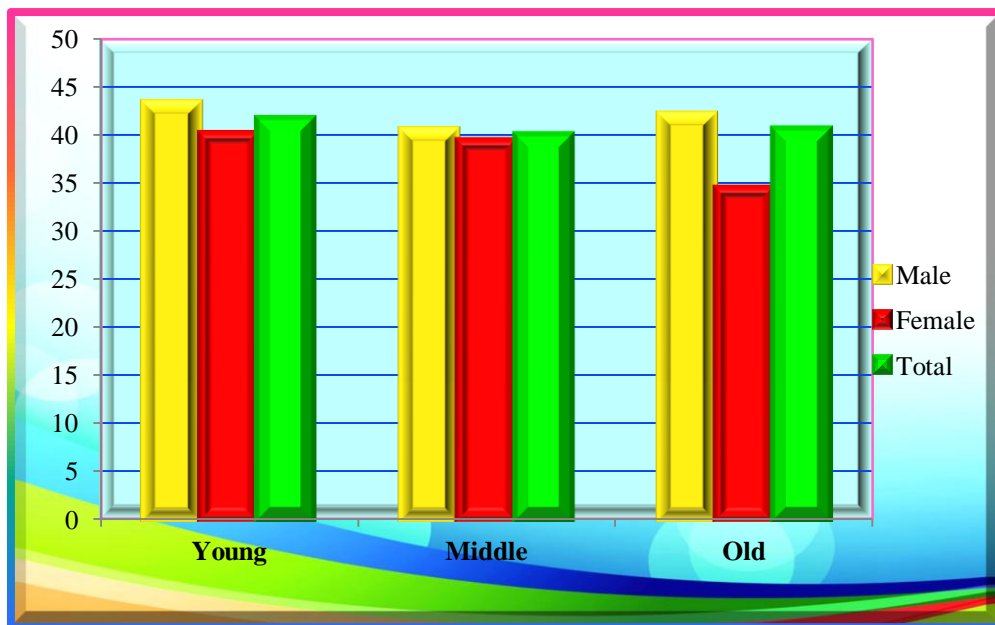
Lehrer (2006) had suggested that after attaining a mature age, the relationship, between age at marriage and marital instability might become positive, the reason was that as unmarried become mature mentally and physically, they can choose their partners realistically and in a better way. Based on this finding the current study made an attempt to consider the age of the married couple in determining the level of marital satisfaction and the relevant data was tabulated in Table – V.

**TABLE- V**  
**MARITAL SATISFACTION OF THE SELECTED SAMPLE BASED ON AGE**

Variable		Gender						Total			Analysis of variance				
		Male			Female			Mean	S.D	No	Sum of square	df	Mean square	'f' value	
		Mean	S.D	No	Mean	S.D	No.								
Physical needs	Young	43.34	5.44	35	40.18	4.83	39	41.68	5.34	74	89.191	2	44.595	1.627 <sup>NS</sup>	
	Middle	40.57	4.37	30	39.46	4.85	28	40.03	4.60	58					
	Old	42.19	6.63	16	34.50	9.33	4	40.65	7.64	20					
	Total	42.09	5.41	81	39.58	5.21	71	40.91	5.45	152					
			Sum of square- 270.825									Interaction			
			df- 1									Age vs. Gender			
			Mean square- 270.825												
		'f' value- 9.882 **									120.475	2	60.237	2,198 <sup>NS</sup>	
Psychological needs	Young	149.46	17.35	35	143.31	18.19	39	146.22	17.95	39	214.278	2	107.139	0.387 <sup>NS</sup>	
	Middle	143.90	11.83	30	149.29	11.43	28	146.50	11.85	58					
	Old	147.13	22.52	16	125.75	28.57	4	142.85	24.62	20					
	Total	146.94	16.73	81	144.68	17.18	71	145.88	16.92	152					
			Sum of square- 298.410									Interaction			
			df- 1									Age vs. Gender			
			Mean square- 298.410									2281.273	2	1140.636	4.116*
		'f' value- 1.077 <sup>NS</sup>													
Sexual needs	Young	9.49	78	35	8.74	1.48	39	9.09	1.25	74	14.252	2	7.126	5.066**	
	Middle	9.00	1.08	30	8.36	1.16	28	8.69	1.16	58					
	Old	8.63	1.31	16	6.50	1.29	4	8.20	1.54	20					
	Total	9.14	1.06	81	8.46	1.43	71	8.82	1.29	152					
			Sum of square- 24.579									Interaction			
			df- 1									Age vs. Gender			
			Mean square- 24.579									6.015	2	3.008	2.138 <sup>NS</sup>
		'f' value- 17.475**													

The table clearly portrays the interaction effect of the gender and age of the selected sample on all the three areas of marital satisfaction, wherein the main factor (ie) the marital satisfaction was found to have a significant interaction only in the psychological domain at 5 percent level (4.116, df-2,  $P < .05$ ). The other two dimensions, through had significant difference between the independent variables, the interaction was not significant.

### **GENDER AND AGE SPECIFIC DIFFERENCE ON MARITAL SATISFACTION - PHYSICAL NEEDS**



**FIGURE - 2**

The Figure-2, depicting the mean scores of the selected sample on the physical needs, showed that men experience better fulfilment of their physical needs when compared to their counterparts. The reason could be attributed, to the patriarchal system of our country that men don't have to take the stress of doing household activity. This was further authenticated by a significant 'f' value of 9.882 significant at 1 percent level.

Furthermore, considering the life span of the selected sample categorized into young, middle, and old, 'f' value of 1.627, df - 2 revealed that there was no significant difference. However, it was observed that young

adult's mean score was higher (male - 43.34, female - 40.18) when compared to their counterparts.

### GENDER AND AGE SPECIFIC DIFFERENCE ON MARITAL SATISFACTION - PSYCHOLOGICAL NEEDS

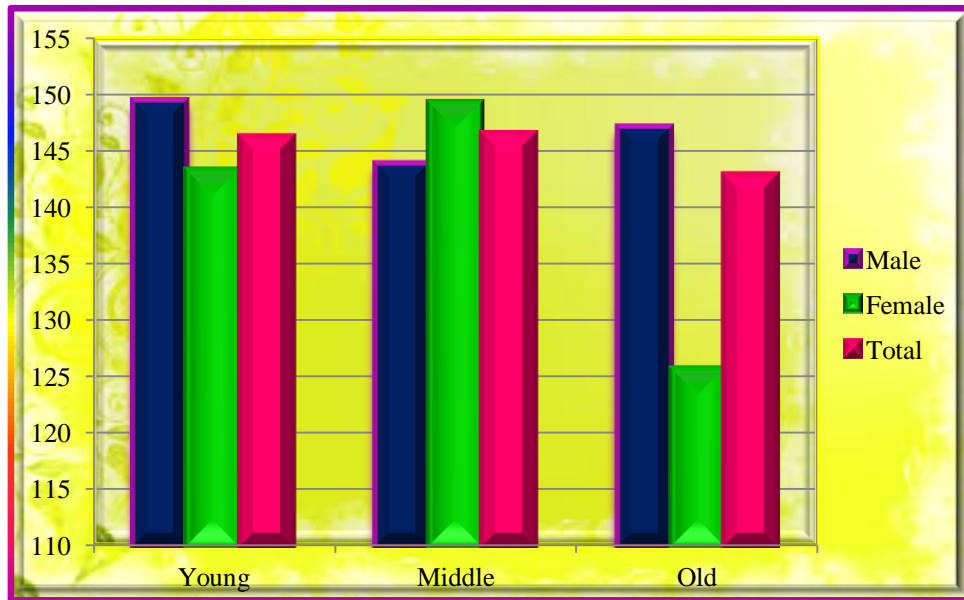


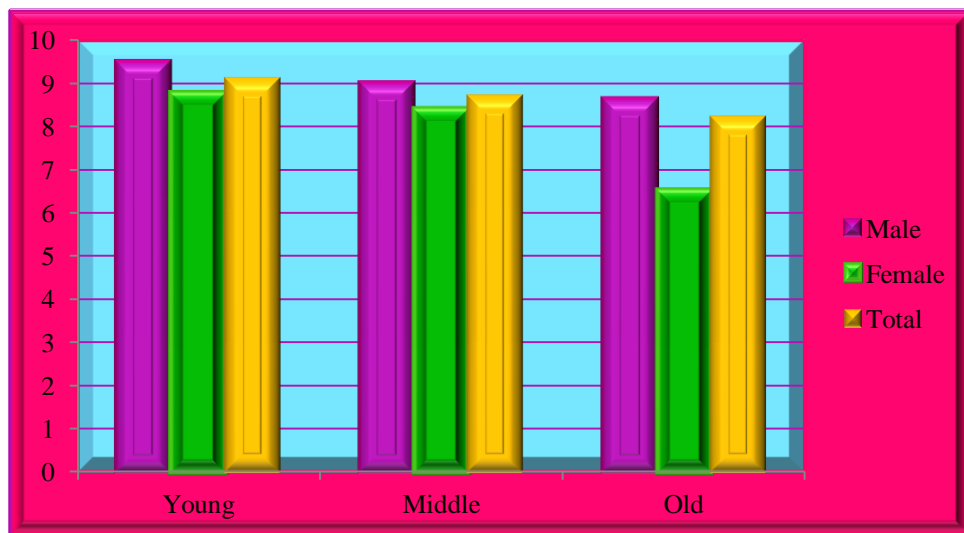
FIGURE - 3

The graph provides an interesting depiction of how the psychological needs were being fulfilled. The bar showing the total mean score was almost the same at the both young and middle adulthood stage, whereas it decreased rapidly at old age.

When pondering on the age specific difference the old ladies expressed their dissatisfaction in the area of psychological needs with the mean score of 125.75. However the 'f' value calculated was not significant. Hence age does not influence the marital satisfaction in the psychological needs fulfillment.

Gender based score though found to be higher among men when compared to women counterpart the 'f' value was not significant. However the interaction between the age and gender was significant at the 5 percent level owing to the variation in the score mentioned above. Hence the age and gender partially influence the marital satisfaction on the psychological area.

## GENDER AND THE AGE SPECIFIC DIFFERENCE ON MARITAL SATISFACTION- SEXUAL NEEDS



**FIGURE - 4**

The mean score of male on sexual needs seems to be more or less the same at all three age levels. Whereas for females, it decreases at a drastic rate as shown in the figure. The f value at 5.066 significant at 1 percent level authenticates that the age could be considered as a factor influencing the marital satisfaction with its maximum at young adulthood.

When gender based differences were pondered upon, the male respondents reported better level of marital satisfaction on their fulfillment of sexual needs and the 'f' value at 17.475 significant at 1 percent level further confirms the fact. Though both gender and age as independent variables are found to influence the sexual need, the interaction between the two variables on the main variable marital satisfaction in the sexual domain was not significant.

### **b) Marital satisfaction based on the educational status**

Educational status of adults carries the status symbol of an individual in the society. The present study made an attempt to investigate if the educational status of married adults does have an influence on their marital satisfaction and portrayed in Table - VI on the three dimensions in relation to gender.

**TABLE - VI**  
**MARITAL SATISFACTION OF THE SELECTED SAMPLE BASED ON EDUCATION**

Variable		Gender						Total			Analysis of variance				
		Male			Female						Sum of square	df	Mean square	'f' value	
		Mean	S.D	No	Mean	S.D	No	Mean	S.D	No					
Physical needs	SSLC	38.82	5.25	11	39.85	3.87	13	39.38	4.48	13	312.037	3	104.012	3.885 **	
	HSc	40.76	4.84	17	37.08	4.42	13	39.17	4.95	30					
	Degree	42.73	5.81	40	39.71	5.11	35	41.32	5.67	75					
	PG & above	44.62	3.28	13	42.00	7.10	10	43.48	5.32	23					
	Total	42.09	5.41	81	39.58	5.21	71	40.91	5.45	152					
	<b>Sum of square- 224.963</b>											<b>Interaction Education vs. Gender</b>			
	<b>df- 1</b>														
	<b>Mean square- 2724.963</b>														
<b>'f' value- 8.402**</b>															
Psychologic al needs	SSLC	136.09	20.28	11	141.31	17.93	13	138.92	18.81	24	1527.462	3	509.154	1.779 <sup>NS</sup>	
	HSc	146.82	13.20	17	144.00	15.98	13	145.60	14.28	30					
	Degree	148.70	17.94	40	145.69	16.70	35	147.29	17.32	75					
	PG & above	150.85	10.54	13	146.40	21.17	10	148.71	15.78	23					
	Total	146.94	16.73	81	144.68	17.18	71	145.88	16.92	152					
	<b>Sum of square- 134.343</b>											<b>Interaction Education vs. Gender</b>			
	<b>df- 3</b>														
	<b>Mean square- 134.343</b>														
<b>'f' value- 0.469<sup>NS</sup></b>															
Sexual needs	SSLC	9.27	0.90	11	7.69	0.85	13	8.42	1.18	24	12.411	3	4.137	2.786*	
	HSc	8.71	0.99	17	8.15	1.41	13	8.47	1.20	30					
	Degree	9.23	1.10	40	8.89	1.49	35	9.07	1.30	75					
	PG and above	9.31	1.11	13	8.40	1.51	10	8.91	1.35	23					
	Total	9.14	1.06	81	8.46	1.43	71	8.82	1.29	152					
	<b>Sum of square- 16.533</b>											<b>Interaction Education vs. Gender</b>			
<b>df- 3</b>															
<b>Mean square- 16.533</b>											7.400				
<b>'f' value- 11.132**</b>															

The table gives a vivid picture of the two way ANOVA conducted to answer questions like

- Does the gender influence the marital satisfaction of the adults in interaction to its three dimensions?
- Does the educational status have effect on their marital satisfaction in the identified three dimensions?
- Was there an interaction between the gender and the education status of the respondents on marital satisfaction?

Answering to the first question of influence of gender on the marital satisfaction, it was evident from the table that the 'f' value of 8.402 and 11.132 significant at 1 percent level for the physical needs and sexual needs respectively, authenticates that gender do influence marital satisfaction. However, gender did not have a marked role on their psychological need fulfillment. The 'f' value of the physical needs and sexual needs on the basis of educational level was also found to be significant (Physical needs - f value- 3.885, df-3, P<.01 and sexual need f value 2.786, df - 3, P<.05).

Furthermore, responding to the third question of interaction between the gender and the educational status of the respondents, it was found that the interaction of the main effect on the dependent variables (ie) the physical needs (f value= 1.113 df 3 P<.05), psychological needs (f value= 0.428 df 3 P<.05) and sexual needs (f = 1.661) was not significant.

#### **GENDER AND EDUCATION SPECIFIC DIFFERENCE ON MARITAL SATISFACTION - PHYSICAL NEEDS**

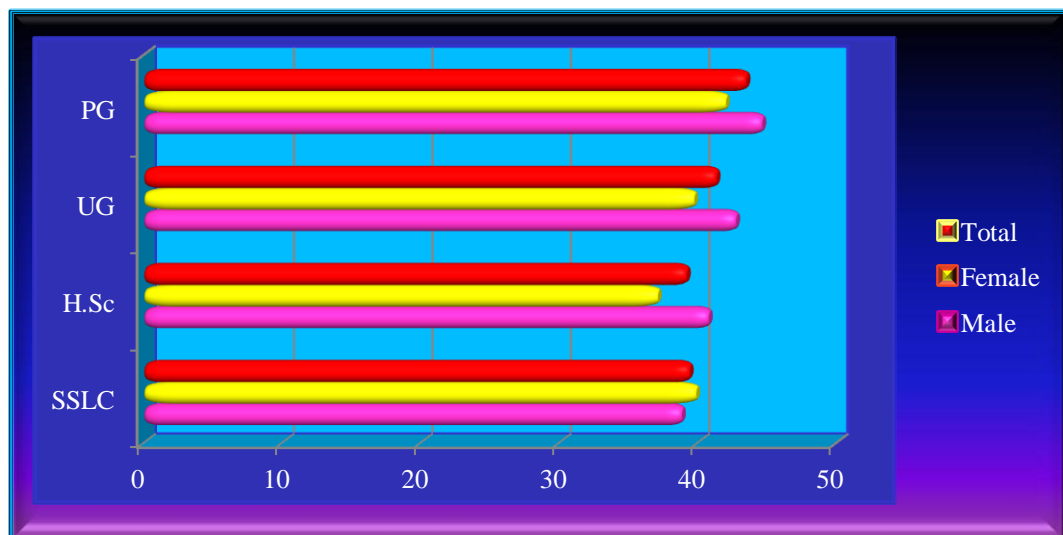
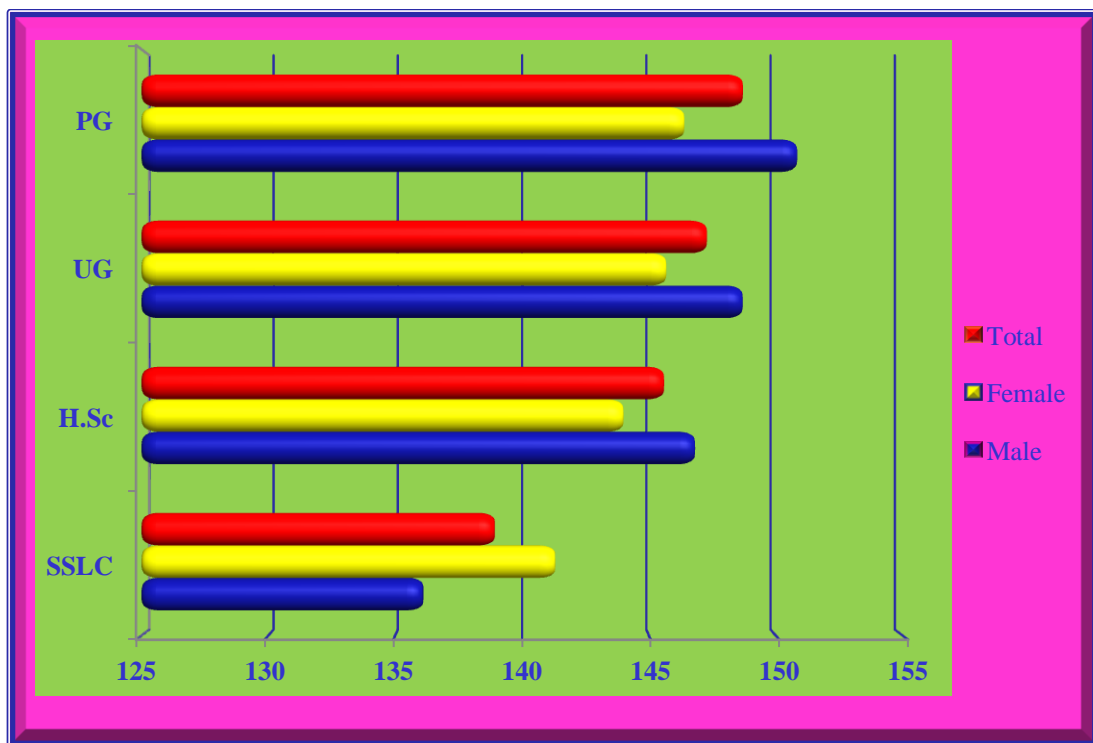


FIGURE - 5

The Figure - 5 shows a clear cut preponderance of the mean score procured by male respondents when compared to the female counterparts at all educational level indicating that men are more satisfied with their marriage in the fulfillment of their physical needs. While the female had an augmented and more or less similar score at the UG and PG level. In other words better the educational status better is their satisfaction. In researcher view the differences probably might be due to the maturation gained out of education.

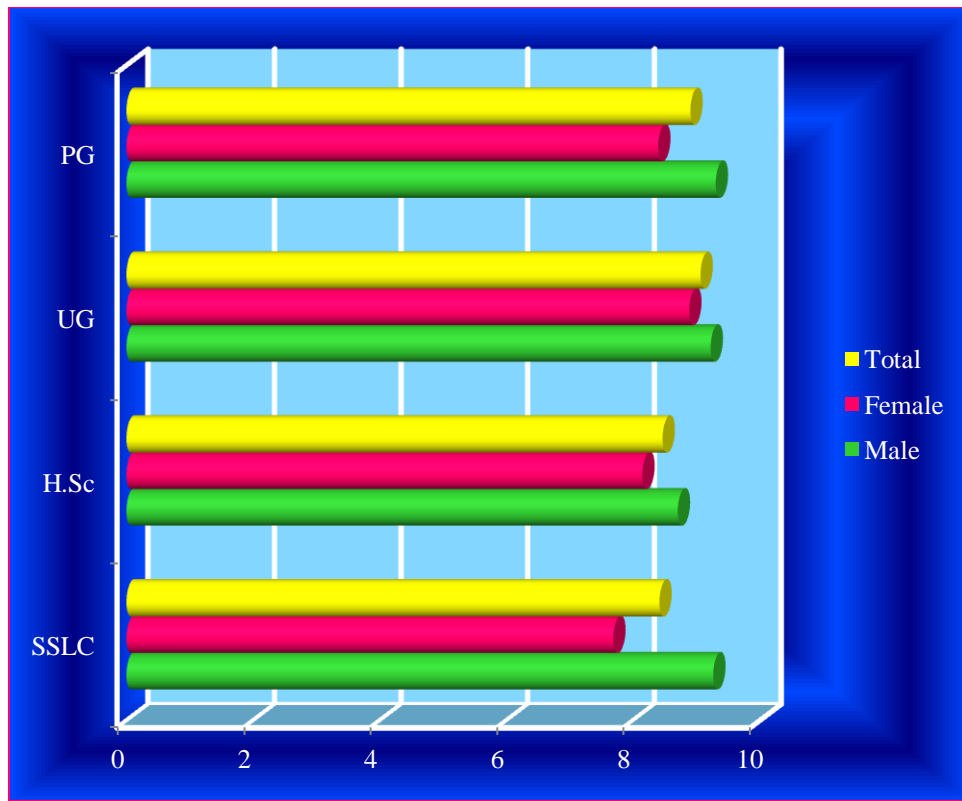
**GENDER AND EDUCATION SPECIFIC DIFFERENCE ON MARITAL SATISFACTION- PSYCHOLOGICAL NEEDS**



**FIGURE - 6**

The bar indicating the mean score of the female respondents at SSLC level was longer, than the other gender whereas at any other level, their satisfaction was just below their husbands satisfaction at the psychological dimension. It was also observed that men respondents had an increase in their mean score as the educational status increased.

## GENDER AND EDUCATION SPECIFIC DIFFERENCE ON MARITAL SATISFACTION- SEXUAL NEEDS



**FIGURE - 7**

With reference to sexual need fulfillment accounting to overall marital satisfaction male counterparts at all educational levels procured more or less similar mean score, whereas female had significant variation with higher mean score at UG level.

### **c) Marital satisfaction based on occupation**

Recent research examining the link between the gender and marital satisfaction has produced inconsistent results with the increase in dual earner families. As an attempt to find out the interaction between gender and occupational status in determining the marital satisfaction, the data analyzed for two way ANOVA was presented in Table VII and Figure 8, 9, and 10.

**TABLE – VII**  
**MARITAL SATISFATION OF THE SELECTED SAMPLE BASED ON OCCUPATION**

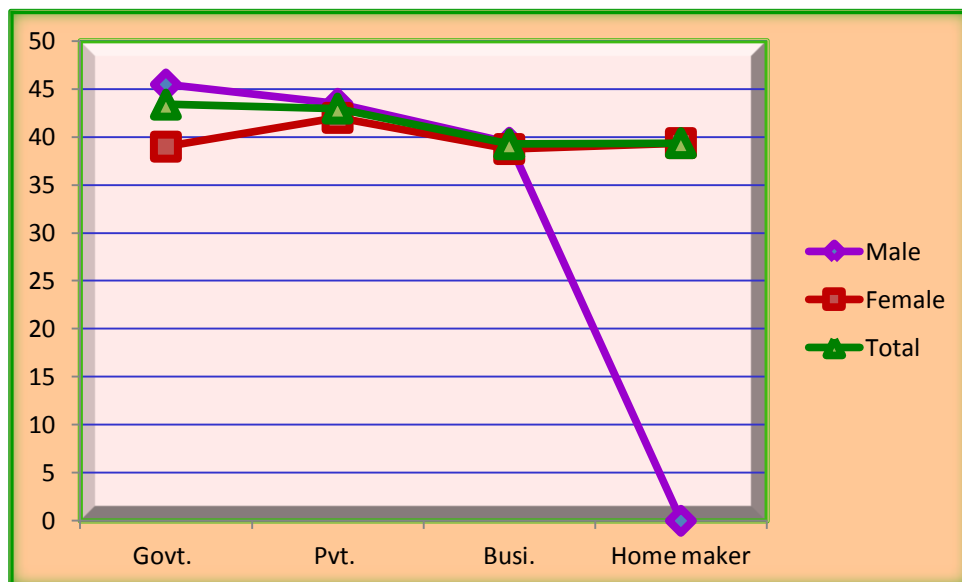
Variable	Gender							Total			Analysis of variance				
	Male			Female				Mean	S.D	No	Sum of square	df	Mean square	'f' value	
	Mean	S.D	No	Mean	S.D	No									
Physical needs	Govt	45.48	3.64	23	39.00	6.53	11	43.38	5.59	34	560.365	3	186.788	7.542**	
	Private	43.47	4.66	19	42.00	4.47	10	42.97	4.57	29					
	Business	39.41	5.33	39	38.75	4.45	12	39.25	5.11	51					
	Homemaker	-	-	-	39.37	5.21	38	39.37	5.21	38					
	Total	42.09	5.41	81	39.58	5.21	71	40.91	5.45	152					
	Sum of square- 176.343											Interaction Occupation vs. Gender			
	df- 1														
	Mean square- 176.343														
'f' value- 7.120**											154.177	2	77.088	3.113*	
Psychological needs	Govt	154.39	12.60	23	146.55	16.45	11	151.85	14.21	34	3116.932	3	1038.977	3.837*	
	Private	151.63	15.67	19	148.30	10.39	10	150.48	13.97	29					
	Business	140.26	17.05	39	146.42	14.34	12	141.71	16.53	51					
	Homemaker	-	-	-	142.63	19.70	38	142.63	19.70	38					
	Total	146.94	16.73	81	144.68	17.18	71	145.88	16.92	152					
	Sum of square- 24.203											Interaction Occupation vs. Gender			
	df- 1														
	Mean square- 24.203														
'f' value- 0.089 <sup>NS</sup>											854.812	2	427.406	1.579 <sup>NS</sup>	
Sexual needs	Govt	9.39	1.08	23	8.55	1.51	11	9.12	1.27	34	11.694	3	3.898	2.472 <sup>NS</sup>	
	Private	9.21	1.23	19	8.80	1.23	10	9.07	1.22	29					
	Business	8.95	0.94	39	8.33	1.37	12	8.80	1.08	51					
	Homemaker	-	-	-	8.39	1.52	38	8.39	1.52	38					
	Total	9.14	1.06	81	8.46	1.43	71	8.82	1.29	152					
	Sum of square- 9.239											Interaction Occupation vs. Gender			
	df- 3														
	Mean square- 3.898														
'f' value- 2.472*											0.644	2	0.332	0.211 <sup>NS</sup>	

The results of the mean, standard deviation, 'f' value and its significance with reference to the significance with reference to the stress score and interaction between the gender and the occupational status on all the dimension, presents a finding in consistence to the reports in the literature that men are more satisfied in their manage than women (Dements and Sivensen, 2000; Heaton and Balke, 1999).

The ANOVA for determining the influence of the occupational status of the respondents on the physical (f value- 7.542 df 3 P<.01) and psychological (f value 3.837 df 3 P<.05), dimensions vividly portrays that the occupational status do make a difference in their marital satisfaction. But sexual need fulfillment stays apart from the influence.

However looking into the level of interaction except for the physical need, the other two needs did not interact on the main variable.

### **GENDER AND OCCUPATION SPECIFIC DIFFERENCE ON MARITAL SATISFACTION- PHYSICAL NEEDS**



**FIGURE - 8**

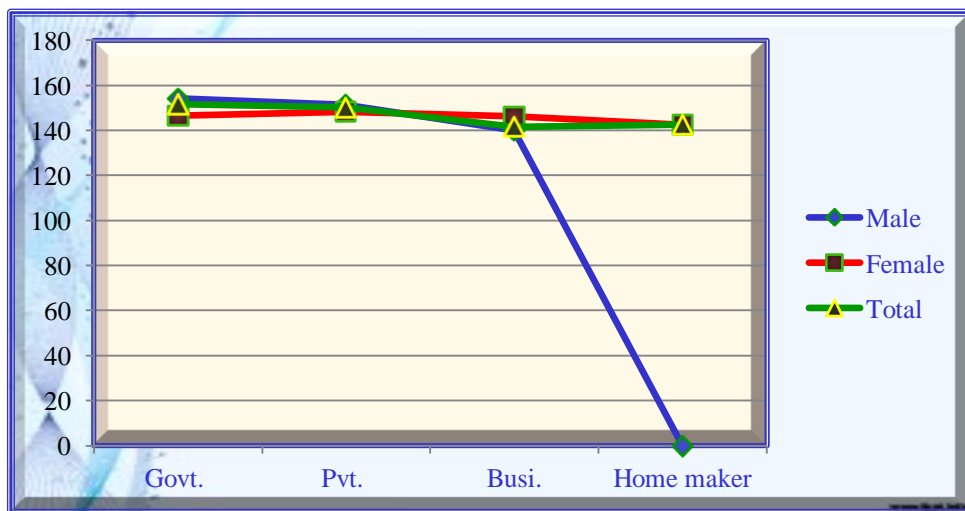
The figure indicates that the male respondents reported higher mean score (42.09) on marital satisfaction than the counterparts with the mean score of 39.58. The results of the ANOVA (f value 7.120, df-1, P<.01) suggest that the marital satisfaction level of men significantly higher than the women.

Considering the occupation of adults classified under four categories government, private employees, business and homemaker/ unemployed, the above table vividly portrays that every male respondents were employees.

The overall mean score obtained by government employees was significantly higher than the other group of respondents. The second highest score was procured by private employees. However the business people and home maker had more or less equal score. The f value of 7.542 df-3 P<.01 substantiates that the occupational status do influence the marital satisfaction favoring the government employee. The researcher could attribute the stability and security nature of government jobs reflecting the quality of marital relationship.

Drilling further into the analysis, and as signified in Figure 8, the mean score of business people on marital satisfaction highly interact with more or less similar mean score followed by private employees. But the government employees mean score was found to be augmented for male respondents. Hence there was an interaction between the gender and the occupational status, as well as the main effects of both the factors (ie) the effect of gender on marital satisfaction and the effects of occupational status on marital satisfaction. The f value of 3.113 significant at 5 percent level signifies the same.

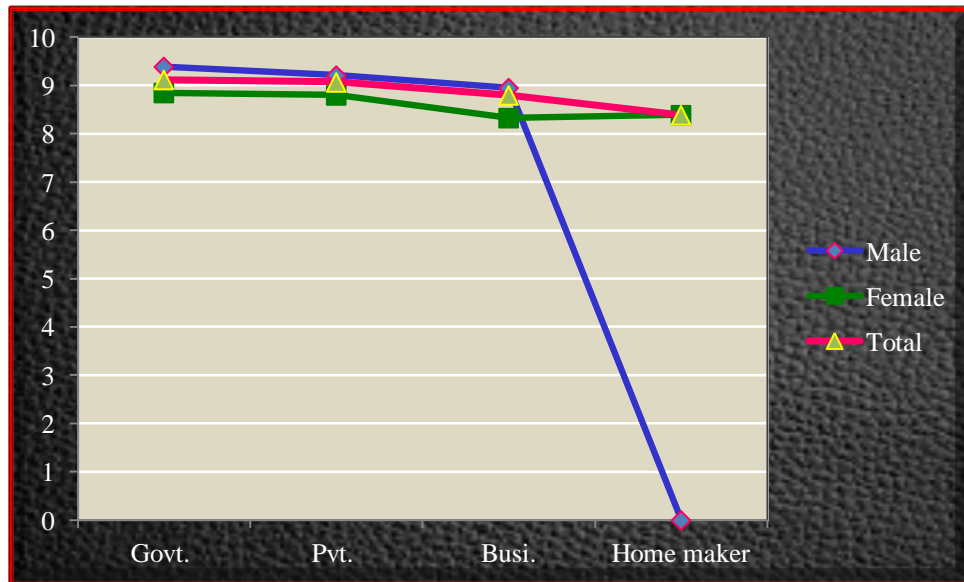
**GENDER AND OCCUPATION SPECIFIC DIFFERENCE ON MARITAL SATISFACTION- PSYCHOLOGICAL NEEDS**



**FIGURE - 9**

The line graph clearly shows that the mean score of private employees are more or less the same with a little difference among the government employees on their psychological need gratification. An important fact to be verified was that the women outmaneuver men in gaining more score at the business level.

**GENDER AND OCCUPATION SPECIFIC DIFFERENCE ON MARITAL SATISFACTION- SEXUAL NEEDS**



**FIGURE - 10**

As discussed in other tables, men had gained a higher score of no matter what their occupation was. However government employees enjoy the most (both men and women) when compared to other occupations.

**d) Marital satisfaction based on income**

A study of Zanjani and Bagahiat (2014) showed that there was a significant relationship between marital satisfaction and financial status of married couples. Also, Ajob (2012) has stated that gender plays an important role in many aspects of life and the relationship between a man and woman. In order to find out the interaction between these two variables the Table VIII and figure 11, 12 and 13 tried to bring out its relationship concerning the same psychological and sexual on the physical needs of the respondents accounting to their marital satisfaction.

**TABLE – VIII**  
**MARITAL SATISFACTION OF THE SELECTED SAMPLE BASED ON INCOME**

Variable		Gender						Total			Analysis of variance			
		Male			Female			Mean	S.D	No	Sum of square	df	Mean square	'f' value
		Mean	S.D	No	Mean	S.D	No							
Physical needs	1000-20,000	37.13	3.44	8	38.36	4.29	14	37.19	3.96	22	264.925	4	66.231	2.374 <sup>NS</sup>
	21,000-50,000	42.23	5.48	35	39.61	5.77	33	40.96	5.73	68				
	51,000-70,000	42.94	6.22	17	40.93	4.48	14	42.03	5.73	68				
	71,000-1,00,000	43.00	4.24	16	38.86	6.59	7	41.74	5.28	23				
	<1,00,000	43.20	5.54	5	40.33	3.21	3	42.13	4.76	8				
	Total	42.09	5.41	81	39.58	5.21	71	40.91	5.45	152				
	<b>Sum of square- 172.174</b>													
<b>df- 1</b>											<b>Income vs. Gender</b>			
<b>Mean square- 172.174</b>											82.456	4	20.614	0.739 <sup>NS</sup>
<b>'f' value- 6.170*</b>														
Psychological needs	1000-20,000	131.13	21.40	8	133.36	14.69	14	132.55	16.96	22	4710.515	4	1177.629	4.369 <sup>**</sup>
	21,000-50,000	148.37	15.51	35	146.61	18.30	33	147.51	16.82	68				
	51,000-70,000	146.35	19.08	17	149.43	13.72	14	147.74	16.68	31				
	71,000-1,00,000	151.13	11.80	16	146.14	17.32	7	149.61	13.50	23				
	<1,00,000	150.80	12.97	5	150.67	16.26	3	150.75	13.10	8				
	Total	146.94	16.73	81	144.68	17.18	71	145.88	16.92	152				
	<b>Sum of square- 10.439</b>													
<b>df- 4</b>											<b>Income vs. Gender</b>			
<b>Mean square- 10.439 and 'f' value- 0.039<sup>NS</sup></b>											261.390	4	65.348	0.242 <sup>NS</sup>
Sexual needs	1000-20,000	8.63	1.06	8	7.79	1.31	14	8.09	1.27	22	17.954	4	4.489	2.948*
	21,000-50,000	9.14	1.03	35	8.58	1.32	33	8.87	1.21	68				
	51,000-70,000	9.24	1.09	17	8.93	1.14	14	9.10	1.11	31				
	71,000-1,00,000	9.13	1.15	16	8.00	2.31	7	8.78	1.62	23				
	<1,00,000	9.60	0.89	5	9.33	1.55	3	9.50	0.93	8				
	Total	146.94	16.73	81	144.68	17.18	71	145.88	16.92	152				
	<b>Sum of square- 13.550</b>													
<b>df- 1</b>											<b>Income vs. Gender</b>			
<b>Mean square- 13.550 and 'f' value- 8.900<sup>**</sup></b>											2.518	4	0.629	0.413 <sup>NS</sup>

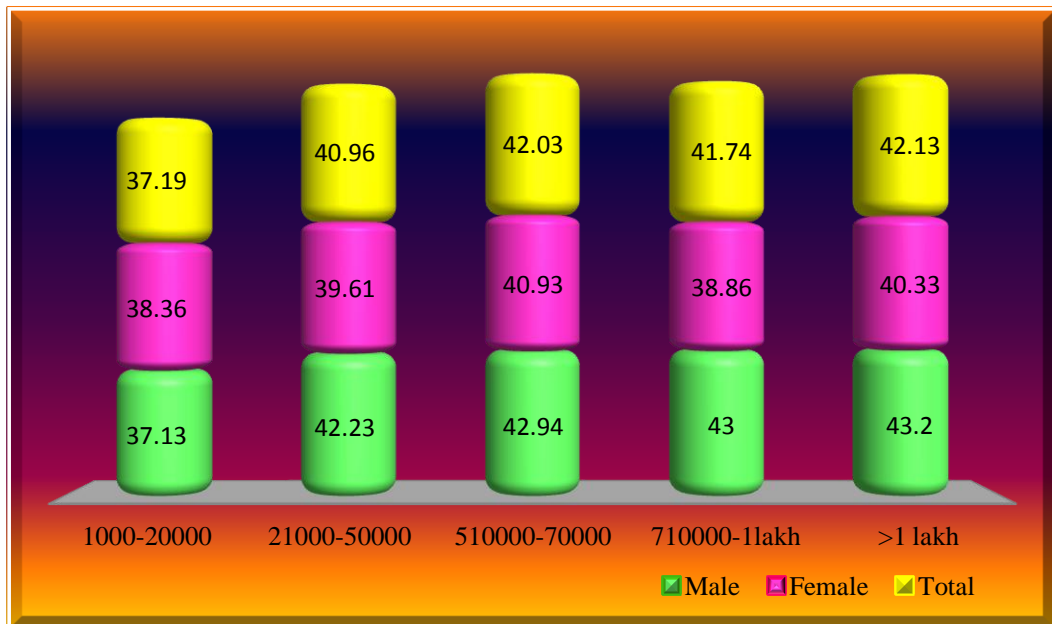
Glancing at the table with reference to the gender difference the mean score of male was significantly higher than their counterparts. The  $f$  value of 6.170 significant at 5 percent level and the value of 8.900 significant at 1 percent level establishes the fact that gender had a remarkable influence on the physical needs and sexual needs of married couples, where men are more satisfied.

The table very clearly signifies that the mean score on all the identified needs of marital satisfaction was lower for the respondents with less income. In other words the higher the income, higher the marital needs satisfaction. Though there was a difference in the mean score the ' $f$ ' value calculated (2.374,  $df = 44$ ) was not significant. Thereby stating that the income do not influence the marital satisfaction in the area of physical needs. The finding of the present study was in contradiction to the words of Copur (2014), who stated that marriage is more of an economic relation and a secure social network than an emotional relationship.

Looking further into the interaction between the two variables on the main variable, the ' $f$ ' value of 0.739 was not significant for the physical dimension. Whereas for other two dimension it was indeed significant.

But the dimensions of psychological and sexual needs income showed significant difference ( $f$  value 4.369,  $df = 4$   $P < 0.1$  and  $f$  value 2.948,  $df = 4$ ,  $P < 0.5$ ), thereby authenticating the fact that income do influence the marital relationship of adults.

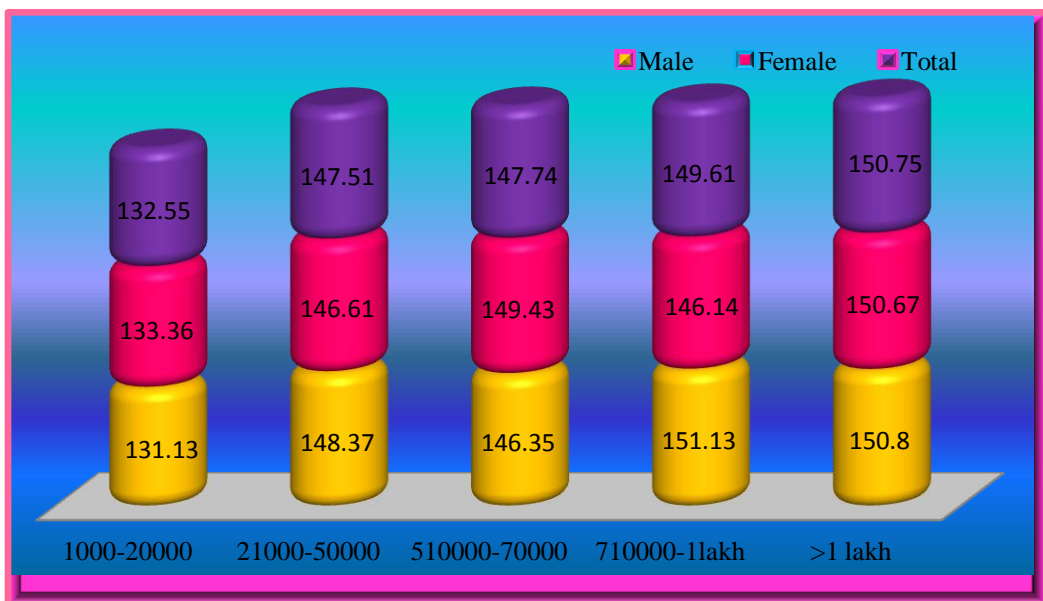
**GENDER AND INCOME SPECIFIC DIFFERENCE ON MARITAL SATISFACTION - PHYSICAL NEEDS**



**FIGURE – 11**

The figure very clearly portrays the gender and income specific difference on the physical needs fulfillment of the married couples. The overall mean score was found to increase with increase in income. However when gender difference were consider men were found to procure more score than their women counterparts.

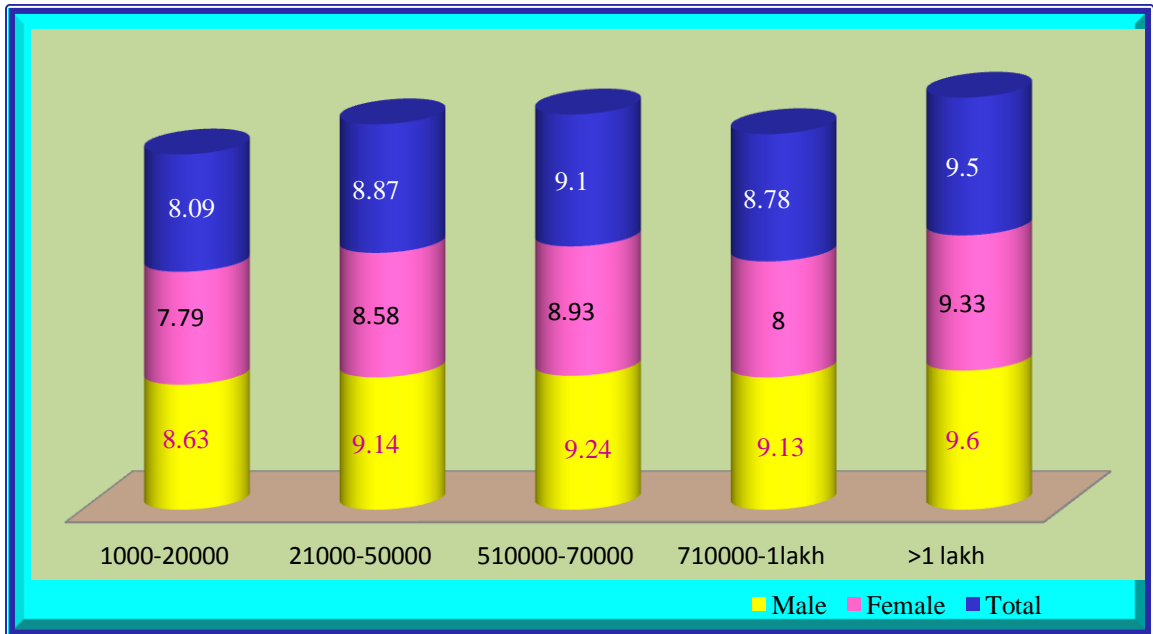
**GENDER AND INCOME SPECIFIC DIFFERENCE ON MARITAL SATISFACTION- PSYCHOLOGICAL NEEDS**



**FIGURE - 12**

Invariably, the overall mean score on the psychological needs of the married respondents was observed to increase with increase in income. The researcher attributes the data to the verity that more the income, more chance of getting the psychological needs fulfilled by the respondents. Pondering into the gender variations, as in other areas men overpower women at all levels of income.

**GENDER AND INCOME SPECIFIC DIFFERENCE ON MARITAL SATISFACTION- SEXUAL NEEDS**



**FIGURE - 13**

Out of a higher score of 10 on the sexual need fulfillment, men had scored more than 9 portraying that they were happy in this particular dimension. However 100 men had a better score only at an income of 1 lakh and above. The income level as had influenced the physical and psychological needs, it was found to be a determining factor in the sexual needs also.

**e) Marital satisfaction based on type of marriage**

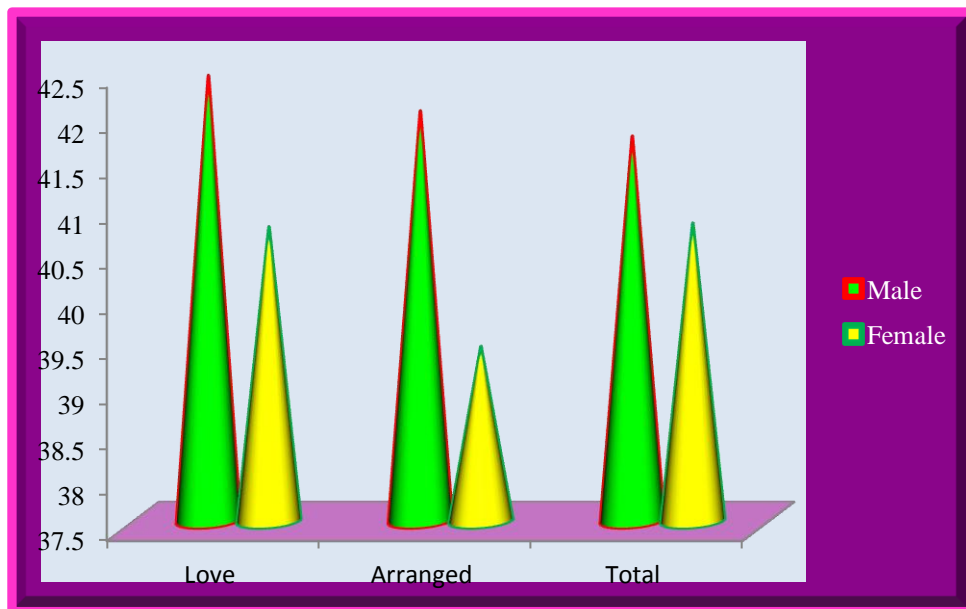
Dinna and Manisha (2005) compared marital satisfaction among love and arranged marriages. Her findings reported that couples of love marriages are more satisfied with their marriages than couples of arranged marriage. In her study no gender difference were found on marital satisfaction. As an attempt to add on to the existing literature and to determine whether the type of marriage influence the marital satisfaction the current study collected data on the same and tabulated in Table IX.

**TABLE – IX**  
**MEAN SCORE FOR THE SELECTED SAMPLE ON MARITAL SATISFACTION BASED ON TYPE OF MARRIAGE**

Variable		Gender						Total			Analysis of variance			
		Male			Female			Mean	S.D	No	Sum of square	df	Mean square	'f' value
		Mean	S.D	No	Mean	S.D	No.							
<b>Physical needs</b>	Love	42.42	6.30	12	40.75	5.57	8	41.75	5.93	20	16.078	1	16.078	0.563 <sup>NS</sup>
	Arranged	42.03	5.29	69	39.43	5.19	63	40.79	5.38	132				
	Total	42.09	5.41	81	39.58	5.21	71	40.91	5.45	152				
	Sum of square-232.371										<b>Interaction Marriage type vs. Gender</b>			
	df- 1													
	Mean square- 232.371													
'f' value- 8.131**										3.653	1	3.653	0.128 <sup>NS</sup>	
<b>Psychological needs</b>	Love	148.83	18.99	12	143.63	14.83	8	146.75	17.23	20	17.368	1	17.368	0.060 <sup>NS</sup>
	Arranged	146.61	16.44	69	144.81	17.56	63	145.75	16.94	132				
	Total	146.94	16.73	81	144.68	17.18	71	145.88	16.92	152				
	Sum of square-188.119										<b>Interaction Marriage type vs. Gender</b>			
	df- 1													
	Mean square- 17.368													
'f' value- 0.647 <sup>NS</sup>										48.691	1	48.691	0.168 <sup>NS</sup>	
<b>Sexual needs</b>	Love	9.83	0.39	12	8.63	2.07	8	9.35	1.42	20	6.412	1	6.412	4.197*
	Arranged	9.01	1.09	69	8.44	1.35	63	8.74	1.25	132				
	Total	9.14	1.06	81	8.46	1.43	71	8.82	1.29	152				
	Sum of square-16.003										<b>Interaction Marriage type vs. Gender</b>			
	df- 1													
	Mean square- 16.003													
'f' value- 10.476**										1.707	1	1.707	1.17 <sup>NS</sup>	

In contrary to the study of Dinna and Manisha (2005) the interaction between the type of marriage and gender was found to be not significant on any of the three identified dimensions of marital satisfaction. In other words, the interaction of the main effects on the dependent variables (ie the need score) was not significant for every need fulfillment accounting to marital satisfaction.

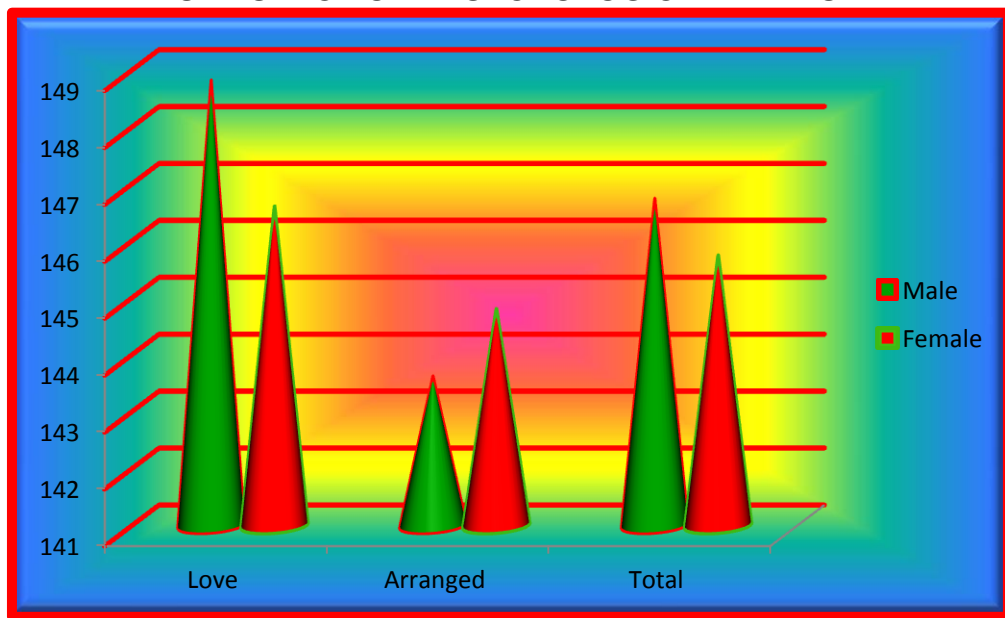
### **GENDER AND MARRIAGE TYPE SPECIFIC DIFFERENCE ON MARITAL SATISFACTION - PHYSICAL NEEDS**



**FIGURE - 14**

The figure very clearly states that the cone indicating men's score on their physical needs fulfillment was at augmented level in love and arranged marriage. The f value between the gender of 8.131 significant at 1 percent level establishes the fact that the gender had a remarkable influence with a clear preponderance of mean score by male respondents. However, contrary to the research findings, the current study did not show the mean score variation based on the type of marriage at a significant level. In other words the type of marriage does not influence marital satisfaction in terms of physical needs.

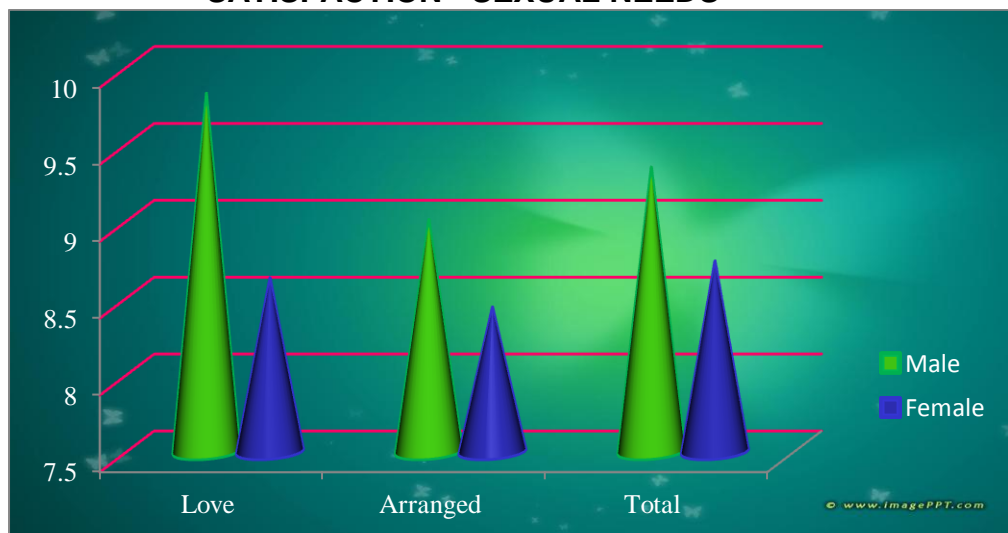
**GENDER AND MARRIAGE TYPE SPECIFIC DIFFERENCE ON MARITAL SATISFACTION - PSYCHOLOGICAL NEEDS**



**FIGURE - 15**

The figure vividly portrays the difference in mean score between male and female score as well as the score of respondent having had a love marriage or arranged marriage in relation to the psychological need fulfillment accounting the marital satisfaction. Though the table had clearly stated that the gender and marriage type do not influence the marital satisfaction, the score obtained do provide an interesting reading where women had a higher score of psychological fulfillment than their male counterparts in arranged marriage.

**GENDER AND MARRIAGE TYPE SPECIFIC DIFFERENCE ON MARITAL SATISFACTION - SEXUAL NEEDS**



**FIGURE - 16**

It was apparent from the figure, and as already seen in the most of the analysis the female respondents scored less when compared to men, irrespective of the their type of marriage there were into. Also considerable differences in the sexual need fulfillment score based on gender had cogently lead to the significant 'f' value of 10.476 significant at 1 percent level. Hence, gender was proved to influence marital satisfaction in the sexual dimension. Largely, the figure also clearly depicts that the type of marriage has been observed to show significant variation in the score with clear preponderance to the respondents who have had love marriage. The 'f' value of 4.197 significant at 5 percent level proves the same.

**f) Marital satisfaction based on number of married years**

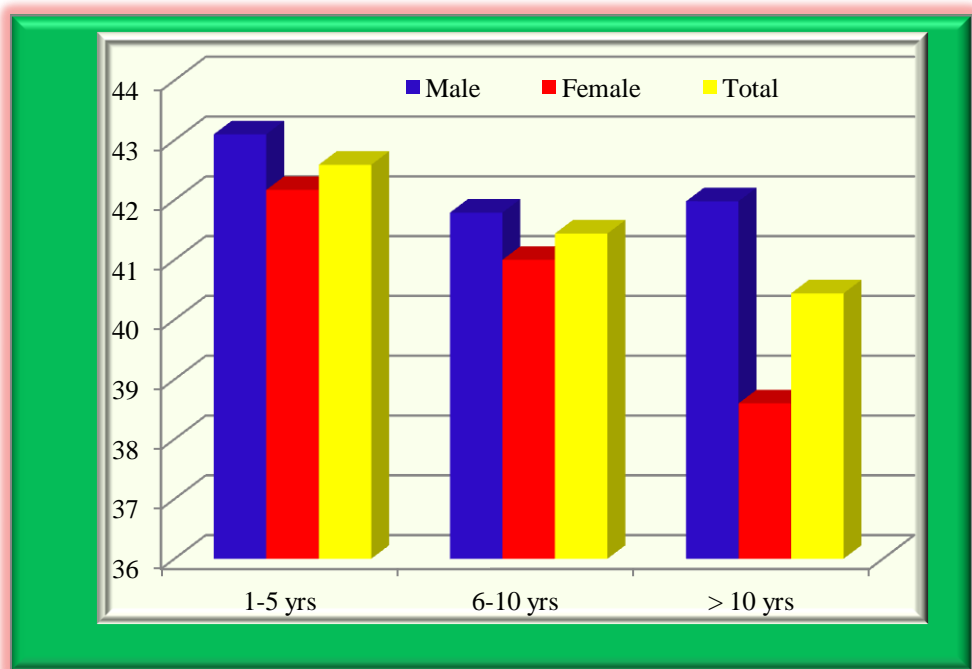
Nazari (2007) emphasized the importance of the factor namely marital years in influencing family happiness and personal health. Bakhshi et al., (2007) identified the couple's age, number of married years and children as influencers of the joy and happiness in marital satisfaction. Based on this, the researcher analyzed the data and made an attempt to consider the number of married years in determining the level of marital satisfaction and was projected in Table X.

**TABLE – X**  
**MARITAL SATISFACTION FOR SELECTED SAMPLE BASED ON NUMBER OF MARRIED YEARS**

Variable		Gender						Total			Analysis of variance			
		Male			Female									
		Mean	S.D	No	Mean	S.D	No	Mean	S.D	No	Sum of square	df	Mean square	'f' value
Physical needs	1-5 years	43.10	5.76	10	42.17	5.51	12	42.59	5.51	22	92.562	2	46.281	1.655 <sup>NS</sup>
	6-10 years	41.79	6.17	14	41.00	4.73	11	41.44	5.49	25				
	> 10 years	41.98	5.24	57	38.60	5.04	48	40.44	5.40	105				
	Total	42.09	5.41	81	39.58	5.21	71	40.91	5.45	152				
	Sum of square-254.729										Interaction			
	df- 1										No. of married years vs. Gender			
	Mean square- 254.729													
'f' value- 9.108**										51.212	2	25.606	0.916 <sup>NS</sup>	
Psychological needs	1-5 years	146.50	20.19	10	147.92	18.42	12	147.27	18.79	22	125.703	2	62.851	0.215 <sup>NS</sup>
	6-10 years	146.57	19.54	14	140.91	18.78	11	144.08	19.03	25				
	> 10 years	147.11	15.68	57	144.73	16.71	48	146.02	16.12	105				
	Total	146.94	16.73	81	144.68	17.18	71	145.88	16.92	152				
	Sum of square-210.581										Interaction			
	df- 1										No. of married years vs. Gender			
	Mean square- 210.581										144.983	2	72.491	0.247 <sup>NS</sup>
'f' value- 0.719 <sup>NS</sup>														
Sexual needs	1-5 years	9.50	0.85	10	9.33	0.78	12	9.14	0.80	22	9.038	2	4.519	2.993 <sup>NS</sup>
	6-10 years	9.21	1.19	14	8.27	1.90	11	8.80	1.58	25				
	> 10 years	9.05	1.06	57	8.29	1.38	48	8.70	1.27	105				
	Total	9.14	1.06	81	8.46	1.43	71	8.82	1.29	152				
	Sum of square-18.694										Interaction			
	df- 1										No. of married years vs. Gender			
	Mean square- 18.694										2.007	2	1.004	0.665 <sup>NS</sup>
'f' value- 12.380**														

The above table lucidly explains the result based on the number of married years with the reference to gender on marital satisfaction. None of the dimension of marital satisfaction interact with the main variable and thereby authentically providing that gender and number of married years do not influence each other on the marital satisfaction. However, it should also be observed that the mean score of men was significantly higher when compared to their counterparts in two dimensions- physical and sexual and the 'f' value was significant at one percent level.

### **GENDER AND NUMBER OF MARRIED YEARS ON MARITAL SATISFACTION - PHYSICAL NEEDS**

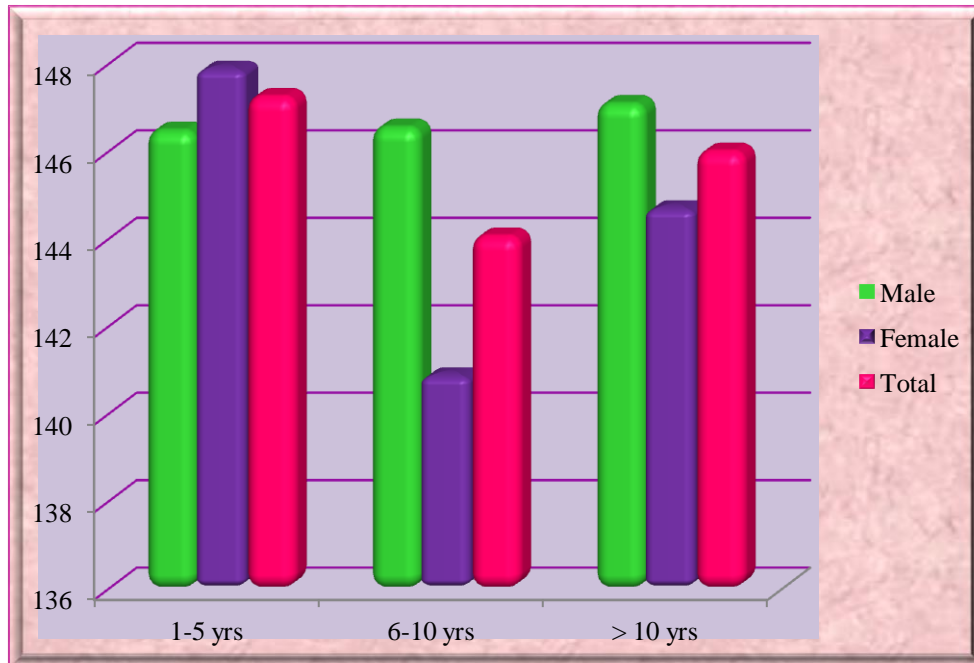


**FIGURE - 17**

The variation in men's score was the most at early years of marriage with a drop at the 6-10 years level and again the score tend to increase for respondents married for more than 10 years. In other words men do experience better physical need fulfillment. The figure also vividly portrays that female respondent score was descending with an increase in the number of married years. The f value between the genders of 9.108 significant at 1 percent level establishes. The fact that, gender has proved to influence

marital satisfaction in the physical dimension irrespective of the number of married years.

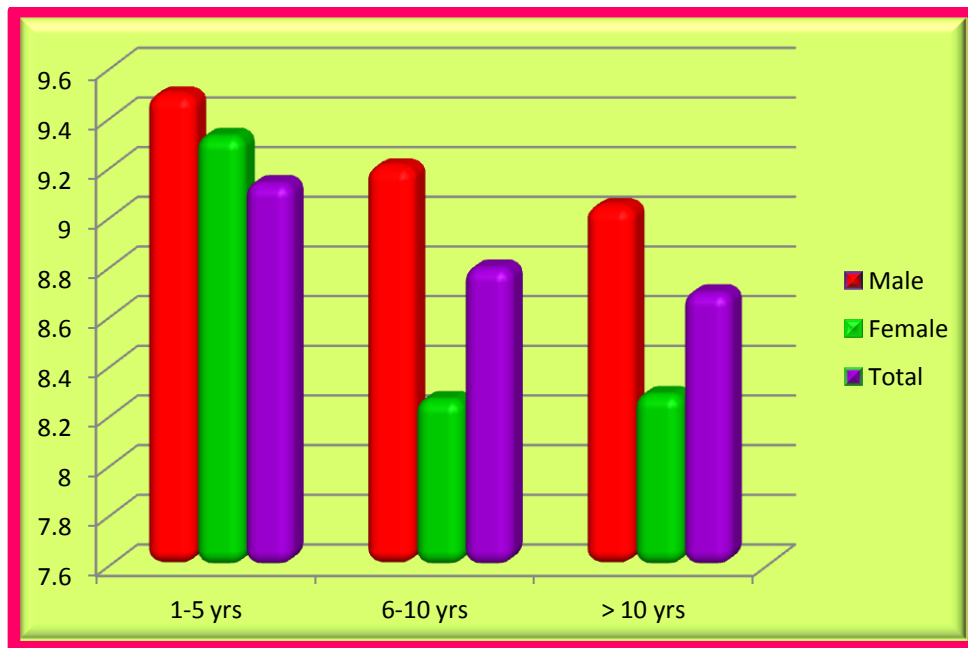
### **GENDER AND NUMBER OF MARRIED YEAR SPECIFIC DIFFERENCE ON MARITAL SATISFACTION - PSYCHOLOGICAL NEEDS**



**FIGURE -18**

The figure clearly states that the mean score of male on their psychological needs fulfillment was more or less at the same level at all age variations. But female who outscored their counterparts during the early years of marriage had scored at their minimum at 6-10 years of married life. However the score increased to a better level for the female respondents who were married for more than 10 years.

## GENDER AND NUMBER OF MARRIED YEAR SPECIFIC DIFFERENCE ON MARITAL SATISFACTION - SEXUAL NEEDS



**FIGURE - 19**

A glance at the figure portrays that at every stage of marriage the men scored more when compared to women in the sexual dimension of marital satisfaction. As seen in the previous two figures women scored comparatively lower score in the middle stage of their married life. However the ANOVA significance was observed only in the gender variable. The number of married years seems not to influence the marital satisfaction of the selected respondents.

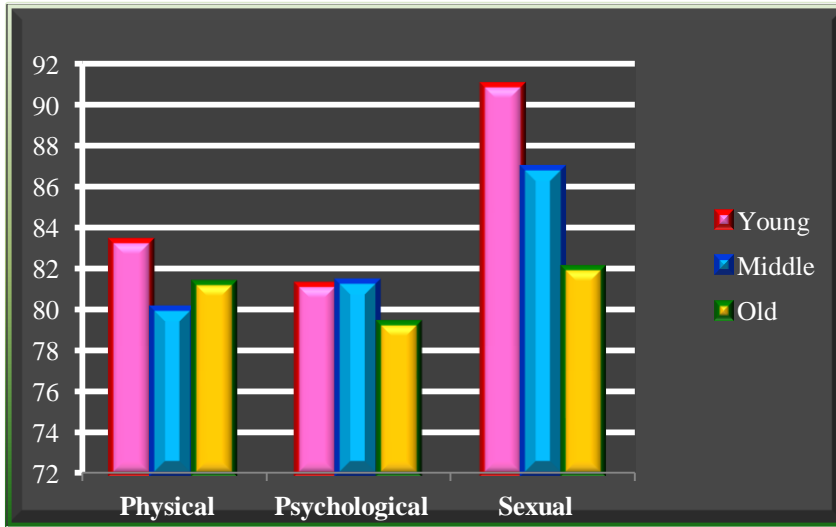
### **D. DESCRIPTIVE STATISTICS ON THE MARITAL SATISFACTION OF SELECTED ADULTS**

Descriptive statistics provides summary of the sample and about the observations that have been made by highlighting potential relationships between variables. The main variable physical, psychological and sexual needs of the marital satisfaction was associated with other dependent variable namely age, gender, education, occupation, income, area, marriage type, and number of married years and the descriptive score were tabulated in Table XI and Figure 20.

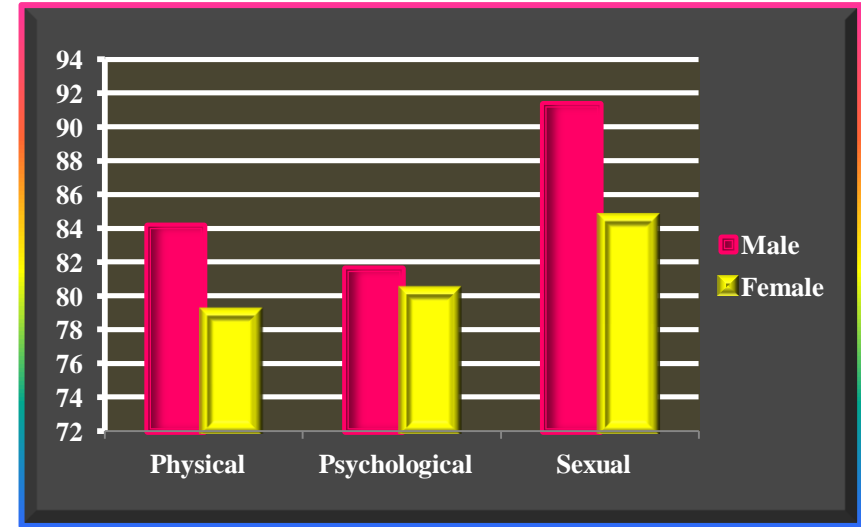
**TABLE - XI****DESCRIPTIVE STATISTICS ON THE MARITAL SATISFACTION OF  
SELECTED ADULTS**

<b>S.No</b>	<b>Factors</b>		<b>Physical needs</b>	<b>Psychological needs</b>	<b>Sexual needs</b>
1.	Age	Young	83.35	81.23	90.95
		Middle	80.07	81.39	86.90
		Old	81.30	79.36	82.00
2.	Gender	Male	84.17	81.63	91.36
		Female	79.15	80.38	84.65
3.	Education	SSLC	78.75	77.18	84.17
		HSc	78.33	80.89	84.67
		Degree	82.64	81.83	90.67
		> PG	86.96	82.73	89.13
4.	Occupation	Government	86.76	84.36	91.18
		Private	85.93	83.60	90.69
		Business	78.51	78.73	88.04
		Homemaker	78.74	79.24	83.95
5.	Income	1000-20,000	75.82	73.64	80.91
		21,000-50,000	81.91	81.95	88.68
		51,000-70,000	84.06	82.08	90.97
		71,000-1 lakh	83.48	83.12	87.83
		>1,00,000	84.25	83.75	95.00
6.	Area	Rural	83.70	80.24	90.30
		Urban	81.31	81.27	87.65
7.	Marriage type	Love	83.50	81.53	93.50
		Arranged	81.58	80.97	87.42
8.	No. of married years	1-5 years	81.85	81.29	88.75
		6-10 years	82.00	76.48	83.33
		10 and above	81.14	82.22	84.29

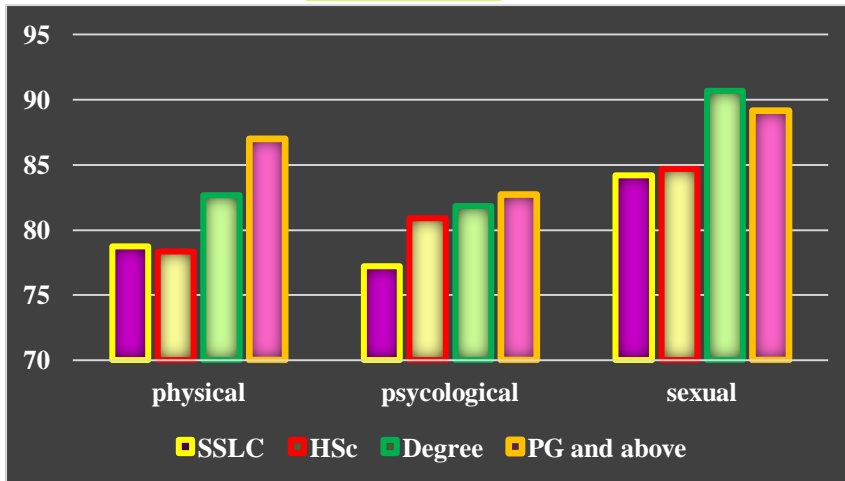
## DESCRIPTIVE STATISTICS ON THE MARITAL SATISFACTION OF SELECTED ADULTS



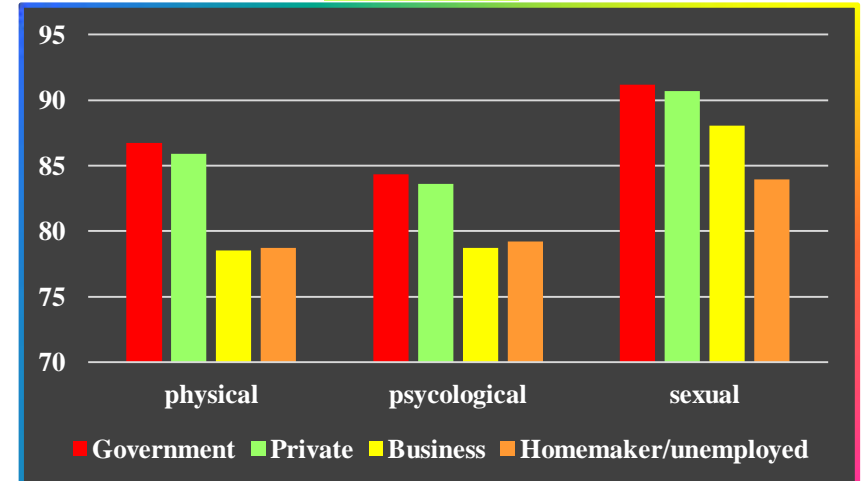
Income **AGE**



**GENDER**

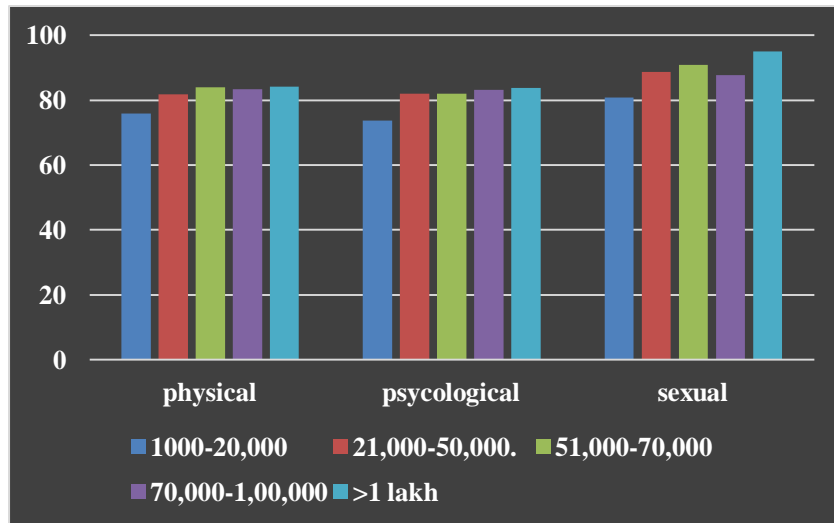


**EDUCATION**

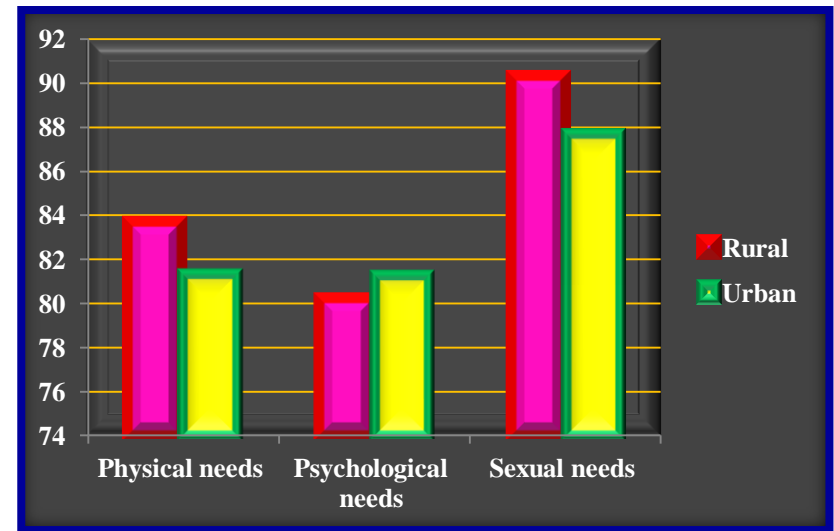


**OCCUPATION**

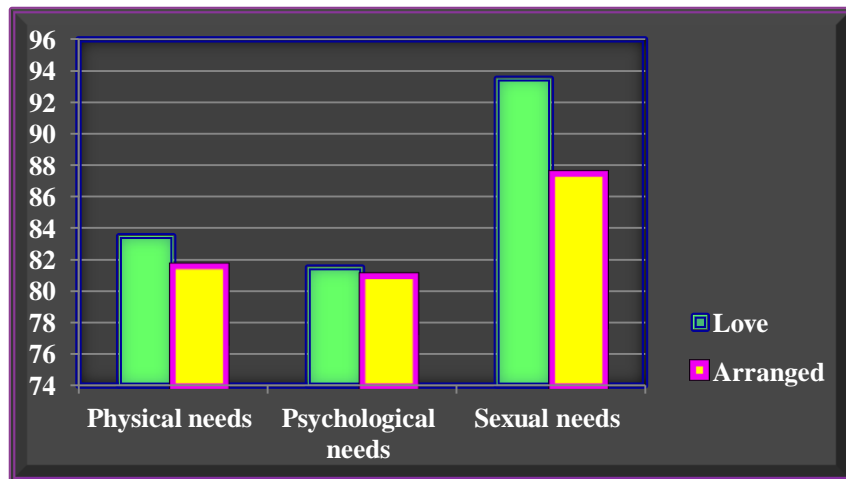
Cotd.....



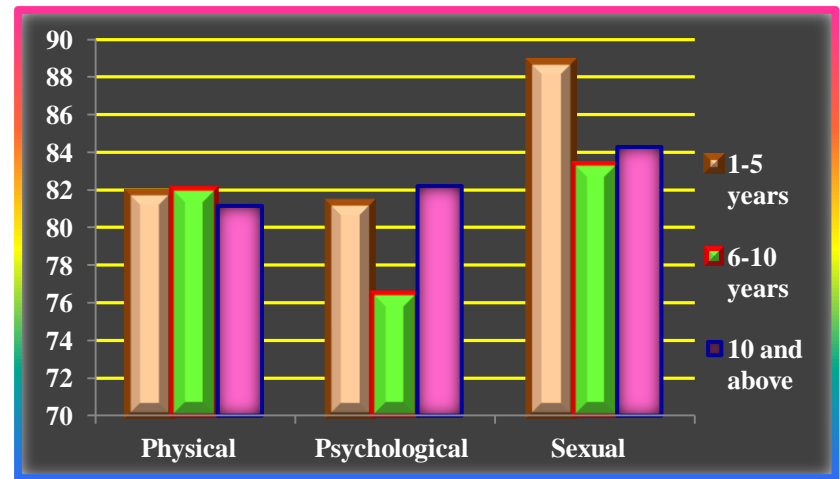
**INCOME**



**AREA**



**MARRIAGE TYPE**



**NUMBER OF MARRIED YEARS**

**FIGURE - 20**

The table and figure lucidly shows that the sexual need fulfillment outscored, physical and psychological needs of the selected adults with reference to every depend variable of study.

Galinsky and Sonenstein (2013) found that both genders who reported higher levels of perceived relationship commitment also reported higher levels of sexual enjoyment. Perceived relationship equity was also positively associated with sexual enjoyment for both.

Yeh, et al. (2006) identified the relationship between sexual satisfaction, relationship quality and relationship instability. The authors demonstrated that higher sexual satisfaction resulted in improvement of relationship quality in terms of happiness and satisfaction. Moreover, the outcome indicated that individuals who categorize their relationships as highly satisfied tended to report decreases in marital instability. The authors reported that for both spouses, results provided support for the causal sequences that extended from sexual satisfaction to marital quality, from sexual satisfaction to marital instability, and from marital quality to marital instability. Communication and sexual satisfaction are not only separately related to relationship satisfaction, as mentioned above, but also jointly contribute it.

To conclude, the level of marital satisfaction poses a threat to the overall well being as more that 1/4<sup>th</sup> of the selected respondents were not satisfied in their married life. When pondering into the gender specific difference marital satisfaction was found to influence the physical and sexual needs fulfillment of the selected married adults. However the psychological need remain unchanged with reference to gender.

Looking further, the age of married adults were found to influence the sexual need whereas the educational status influence both the physical and sexual areas. The occupational status of the married adults was found to influence two areas namely physical and psychological, whereas the income could alter the psychological and sexual need fulfillment. The type of marriage was found to be significant in only sexual area satisfaction. Contrary to any other variable, the number of married years do not influence any dimension of the main variable.

## V SUMMARY AND CONCLUSION

Considering the lacunae between married adults and the factors affecting their marital relationship, the investigator formulated a background for the research to add on to the literature that verified the associated factors influencing marital satisfaction among a heterogonous group of married adult. Specifically, this study looked at physical, psychological and sexual needs fulfillment as they impact marital satisfaction of adults, with this rationale the current study was carried out with the following objectives.

### **Primary objective**

To adjudge the marital satisfaction of the selected adults.

### **Secondary objectives**

To appraise the marital satisfaction of the selected adults in relation to the three dimensions namely physical, psychological and sexual needs based on

- Age
- Education
- Occupation
- Income
- Marriage type
- Number of married years

Random sampling method comprising of 152 married adults in the city of Coimbatore with certain inclusion criteria was adopted. A tool to elicit general details of the selected respondents and a rating scale to determine the level of marital satisfaction as well as to identity the need fulfillment on three dimension namely physical, psychological and sexual needs was formulated and subjected to pilot study and content validation. The rating scale was scored and categorized as low, moderate and high level of satisfaction. The data was collected and subjected to statistical analysis.

The key findings were summarized as below

## **A. Demographic profile**

- Young adult had the major contribution (48.7%) among the study sample followed by middle age (38.2%). However old age was found to be the least (13.2%) among the respondents.
- 53.3 percent of the respondents were male and remaining 46.7 percent were female. Majority of the adults (49.3%) were degree holders, 19.7 percent of them adults were HSc qualified.
- 33.6 percent of the adults were engaged in business.
- A majority of 45 percent earned in the range of 21,000-50,000 as their monthly income.
- A vast majority of 86.8 percent of the adults were reported to have had arranged marriage.
- Regarding the number of married years, majority of the adults (69.1%) were married for 10 years and more.

## **B. Level of marital satisfaction**

- Thirty three percent of the respondents were found to be highly satisfied in their marital relationship, whereas 28 percent were at a low level of satisfaction.

## **C. Marital satisfaction of the selected adults**

### ***a) Marital satisfaction based on age***

- The main factor (ie) the marital satisfaction was found to have a significant interaction only in the psychological domain at 5 percent level (4.116, df-2,  $P < .05$ ). The other two dimensions, through had significant difference between the independent variables, the interaction was not significant.
- Men experience better fulfillment of their physical needs when compared to their counterparts.
- Considering the life span of the selected sample categorized into young, middle, and old, 'f' value of 1.627, df - 2 revealed that there was no significant difference.

- Age does not influence the marital satisfaction in the psychological needs fulfillment.
- Gender based score though found to be higher among men when compared to women counterpart the 'f' value was not significant.
- The f value at 5.066 significant at 1 percent level authenticates that the age could be considered as a factor influencing the marital satisfaction with its maximum at young adulthood.
- When gender based differences were pondered upon, the male respondents reported better level of marital satisfaction on their fulfillment of sexual needs and the 'f' value at 17.475 significant at 1 percent level further confirms the fact.

**b) Marital satisfaction based on the educational status**

- The interaction of the main effect on the dependent variables (ie) the physical needs (f value= 1.113 df 3 P<.05), psychological needs (f value= 0.428 df 3 P<.05) and sexual needs (f = 1.661) was not significant.
- Mean score procured by male respondents when compared to the female counterparts at all educational level indicating that men are more satisfied with their marriage in the fulfillment of their physical needs.
- Men respondents had an increase in their mean score as the educational status increased.

**c) Marital satisfaction based on occupation**

- The ANOVA for determining the influence of the occupational status of the respondents on the physical (f value- 7.542 df 3 P<.01) and psychological (f value 3.837 df 3 P<.05), dimensions vividly portrays that the occupational status do make a difference in their marital satisfaction. But sexual need fulfillment stays apart from the influence.

**d) Marital satisfaction among adults based on income**

- Gender had a remarkable influence on the physical needs and sexual needs of married couples, where men are more satisfied.

- Income does not influence the marital satisfaction in the area of physical needs.
- The interaction between the two variables on the main variable, the 'f' value of 0.739 was not significant for the physical dimension. Whereas for other two dimension it was indeed significant.
- But the dimensions of psychological and sexual needs income showed significant difference (f value 4.369, df 4 P<0.1 and f value 2.948, df 4, P<0.5), thereby authenticating the fact that income do influence the marital relationship of adults.

**e) *Marital satisfaction based on type of marriage***

- The interaction between the type of marriage and gender was found to be not significant on any of the three identified dimensions of marital satisfaction.
- The f value between the gender of 8.131 significant at 1 percent level establishes the fact that the gender had a remarkable influence with a clear preponderance of mean score by male respondents.

**f) *Marital satisfaction based on number of married years***

- None of the dimension of marital satisfaction interacts with the main variable and thereby authentically providing that gender and number of married years does not influence each other on the marital satisfaction.

**D. Descriptive statistics on the marital satisfaction of selected adults**

- Sexual need fulfillment outscored, physical and psychological needs of the selected adults with reference to every dependent variable of study.

To conclude, the level of marital satisfaction poses a threat to the overall well being as more that 1/4<sup>th</sup> of the selected respondents were not satisfied in their married life. When pondering into the gender specific difference marital satisfaction was found to influence the physical and sexual

needs fulfillment of the selected married adults. However the psychological need remain unchanged with reference to gender.

Looking further the age of married adults were found to influence the sexual need whereas the educational status influence both the physical and sexual areas. The occupational status of the married adults was found to influence two areas namely physical and psychological, whereas the income could alter the psychological sexual need fulfillment. The type of marriage was found to be significant in only sexual area satisfaction. Contrary to any other variable, the number of married years do not influence any dimension of the main variable.

### **LIMITATIONS**

- As this study relied on self-report information, the respondents might over-report or under-report their perceptions.
- The study population was restricted to the urban limit of one particular district. Therefore the results of the study may not be generalized to other population.
- The demographics section did not have a choice of analyzing the environmental conditions, the family type, the number of children etc. on the part of the respondents

### **SUGGESTIONS FOR FURTHER STUDY**

- A study on level of marital satisfaction and adjustments among married adults in different age group could be considered for the future study.
- More items on the sexual need has to be incorporated in such a way that the respondents don't feel embarrassed to answer the statements
- Further research should ponder on the level of marital satisfaction on working and non-working female respondents
- Experimental research on suggestive remedial model of strengthening the marital relationship should be developed.

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## APPENDIX –I

### INSTITUTIONAL HUMAN ETHICS COMMITTEE



*Avinashilingam*

Institute for Home Science and Higher Education for Women

*University*

(Estd. u/s 3 of UGC Act 1956)

**Chairman**

Dr. S. Ramalingam  
Principal, PSG Institute  
of Medical Sciences  
& Research, Coimbatore

**Member Secretary**

Dr. S.Uma Mageshwari  
Associate Professor,  
Department of Food Service  
Management & Dietetics

**Members**

Dr. S. Kowsalya  
Dr.P.R.Padma  
Mr. K.Arulmoli (Legal Expert)  
Dr. N.S. Rohini  
Dr. A. Saraswathy  
Mrs. V. Mangayarkarasi  
Dr.Subhashini K. Sripathi  
Mrs. S. Radha Devi  
Dr.G.Victoria Naomi  
Dr. Judith Justin  
Dr.Anitha Subash

19<sup>th</sup> March 2018

To  
Ms. K. Kiruba  
Department of Human Development  
Avinashilingam Institute for Home Science and  
Higher Education for Women  
Coimbatore – 641 043

Dear Kiruba,

Ref: Your proposal No. IHEC/17-18/HD/01 entitled “Marital Satisfaction among Working and Non-working Adults” submitted for approval of the IHEC on 14<sup>th</sup> December.

The Institutional Human Ethics Committee of our University hereby grants approval to your research proposal No. IHEC/17-18/HD/01 entitled “Marital Satisfaction among Working and Non-working Adults” submitted by you. The Approval number for the same is A UW/ IHEC/ HD -17-18/ XPD/01.

We wish you all the best in your research endeavours.

Regards,

*S. Uma Mageshwari*  
Dr.S.Uma Mageshwari  
Member Secretary



## APPENDIX –II

### Socio- demographic profile of the respondents

#### Personal Information:

Age : \_\_\_\_\_

Gender : \_\_\_\_\_

Education : \_\_\_\_\_

Religion : \_\_\_\_\_

Occupation: \_\_\_\_\_

Name of the occupation: \_\_\_\_\_

#### Family Background:

Monthly income: \_\_\_\_\_

Family type: \_\_\_\_\_

Family Size: \_\_\_\_\_

#### Living Condition:

Area of living: Rural  Urban  Slum

Type of house: Roof  Tiles  RCC

Ownership of the house: Rent  Own  Govt Quarters

#### Married Type:

Type of marriage: Love  Arrange  Run Away

No of Married Years:\_\_\_\_\_

**Note: To be used only for research purpose only**

## APPENDIX-III

### Marital Satisfaction Scale

**Instructions:**

Read each statement carefully and tick  any one option you find the most appropriate. Don't spend too much of time on any statement. All the answers should be attended.

**Note:** The information would be kept confidential and will be used for the research purpose only.

Sl. No	Statements	Almost every time	Every time	Occasionally	Never	Almost Never
1	Whenever we get time we enjoy our togetherness					
2	I cannot imagine my life without my spouse					
3	Both will have equal chance for decision making					
4	My quality of life improved after marriage					
5	I do not see the lifelong commitment modeled in my spouse nor towards my family					
6	We do have and accomplished our shared responsibilities					
7	My spouse cannot understand my hurts and feelings					
8	We both do household chores like cleaning & arranging house					
9	We follow both customs of family					
10	I feel I manage the whole family all on my own					
11	My spouse takes jobs or other stress out of me					
12	Our in laws will take care of household works					
13	I feel like I am being criticized by my spouse					
14	We prefer living in individual family which makes us less burden					
15	We prefer living in joint family					

16	Only one spouse is responsible for financial task					
17	My spouse has a habit of using alcohol/ drugs					
18	My spouse helped in child raising					
19	My spouse is more interested in financial matters than in us					
20	My spouse don't have time to help me in doing household tasks					
21	I feel I spent too less time with my spouse					
22	My spouse satisfies me emotionally, psychologically and sexually					
23	We both do cooking together					
24	My spouse cannot understand my hurts and feelings					
25	We both take financial tasks together					
26	I feel warm and comfortable with my spouse					
27	We leave our children under the care of helper/ aya in our absence					
28	We consider in laws or parents for taking major decisions					
29	I feel like quitting relationship with my spouse					
30	Our in laws are taking care of our children in our absence					
31	I feel my spouse is dominating me					
32	My spouse forgives my mistakes					
33	For my spouse work and business is more important than me and children					
34	My spouse helps in getting groceries and necessary items for house					
35	Without my knowledge my spouse helping his/her family financially					
36	I feel unaccepted by my spouse family					
37	When it comes to decision making to major					

	issues only head member of the family will take care					
38	My spouse gives preference to his/her family members rather than me					
39	I feel I am very lucky to have my spouse and prefer him/her in all 7 Janma's					
40	I discuss about family issues or working environment issues with my spouse					
41	I can share anything with my spouse					
42	I feel unaccepted by my spouse's family					
43	I experience physical or verbal abuse from my spouse					
44	My spouse supports me if I go out with friends/relatives for relaxation					
45	My spouse have extra marital affairs					
46	I like to spend time on mobile/ TV rather than engaging with spouse or family members					
47	I get attracted to extra marital affairs					
48	My spouse have regular sexual contact with me which makes me satisfied					