

General Well-Being And Marital Satisfaction Of Married Individuals.

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ABSTRACT

Marriage is often legally recognized union between people. This study compare marital satisfaction and general well-being of married individuals. Relationship between marital satisfaction and general well-being related each other. Total 196 participants participated in the study. Married individuals were participated in the study. Positive and significant relation exists between marital satisfaction and well-being.

Keywords: Marital Satisfaction, General Well-being, Married individuals,

INTRODUCTION

The study General well being and marital satisfaction of married individuals in Kerala, aims to analyze and compare the factors, well-being and marital satisfaction among the married couples in Kerala. The evaluation of well being in marital life and marital satisfaction is being analyzed by using rating scales. The present study has hypothesized the existence of positive correlation between well-being and marital satisfaction among married individuals. Brandburn (1969) asserted that the concept of well-being it's to do with people's feelings about their everyday life activities. Seligman (2011) has proposed that positive emotions, engagement, relationships, meaning in life and accomplishments are basic components of human well-being. Singh (2008) considers that well-being as a specific term, well-being covers all aspects of health such as physical, mental, social, emotional and spiritual. Well-being is a subjective feeling of fulfillment, happiness, satisfaction with life's experience and one's part in the world of work, sense of achievement, utility belongingness and no distress, dissatisfaction or worry Pavot and Dinner (2003).

Well-being is a state of being comfortable, healthy and happy. It's a feeling of fulfillment, joy, achievement and one's role in family and society.

Marital satisfaction is a feeling of married individuals about their spouse and marital life. Degree of happiness with present marriage, the extent of agreement or disagreement between married couples and preference of the mate play an important role in marital satisfaction.

Marital satisfaction is described as a subjective analysis of favorability towards his or her spouse as well as the marital relationship. Mavumengwana, (2016). Madhu satisfaction is a state of contentment and happiness with the functioning of one's marriage McGray(2015).

Golestani et al (2012) believed that marital satisfaction is the state in which the couples are happy and satisfied with their marriage. Research findings illustrate that sexual intimacy is strongly related to marital satisfaction Poma (2012).

Literature Review

Marital satisfaction has a positive and significant importance for the well-being of working husbands whose wives are also employed(Scorsolini-Comin & dos Santos, 2012). Married high school female teachers have higher well-being than unmarried high school female teachers and high school female teachers do not differ significantly in their well-being with respect to marital satisfaction(Devi, 2012). Prolux, Helms and Buchler (2007) conducted a meta-analysis examining 93 studies of marital quality and individual well being. The study found that marital quality and psychological well-being were positively related and overtime such marital quality where associated with individual well-being. Even though many studies have analyzed marital quality as a continuous variable they did not analyze the relation between marital quality and individual well-being for a highly satisfied marriage. Hawkins and booth (2005) identified unhappy marriages scored below the mean of marital happiness among respondents present in each of the first four waves of the study. The study also found that spouses who were married for a long time reported a mean or higher level of marital happiness and had greater well-being than that of continuously unhappily married respondents even though they had initial marital happiness.

A Study by Camp, Dush and Amato (2005) found that spouses who scored one standard deviation for marital happiness had significantly greater subjective well-being than spouses who scored below one standard deviation. However, both these papers did not systematically evaluate or distinguish satisfied marriages from unsatisfied marriages. Oh it is hard to identify or distinguish between satisfied marriages and dissatisfied marriages using statistical methods. Statistical methods like mean or median would inflate the number of unhappy couples while methods such as LCA systematically analyzes and determines group membership and patterns with change of time.

The two main perspectives linking marital quality and psychological well-being in the literature (Proulx et al, (2007)). The stress generation model(Davila, Bradbury, Cohan, & Tochluk, 1997) states that individuals with lower psychological well-being encounter stressful interactions with their spouses and intern this interactions lead to greatest decline in psychological well-being. For example, wife with low psychological well-being might withdraw from family life creating tension in her marital relationship by causing unnecessary arguments with her spouse. These tensions might lead to further deterioration in wife's well-being(Brown, Andrews, Harris, Adler, & Bridge, 1986), stressful and hostile family environment leads to unhappy marriages and also increases the risk for low psychological well-being.

As the quality of marriage declines factors such as social support also declines, the level of marital quality declines, the determinant the psychological well-being increases more than marital satisfaction(Williams, (2003)). Those who experience greater marital happiness will also experience a greater increase in psychological well-being among depressed and non-depressed persons(A & K, 2007). It is well documented that individuals who are married have higher levels of positive well-being (Horowitz, McLaughlin, and White, 1997).

Methodology

Objective:

1. To analyse how well being of married individuals is related to Marital Satisfaction.
2. To analyse the socio-demographic profiles of the respondents to know how it influences Marital Satisfaction
3. To analyse the socio-demographic profiles of the respondents to know how it influence General Well-being.

Using a single group design a survey method was adopted to conducted the study

Participants

This study involved 196 participants with the characteristics of:

Inclusion Criteria: Married individuals in Kerala who complete d 2 years of wedded life and not more than 25 years of wedded life.

Exclusion Criteria: Married individuals not completed 2 years and completed more than 25 years

Measures

General Well-being Scale by V.L.Chauhan and R. K. Didwania(2015) is the scale to measure General well being for this study. Dimensions of this scale consisting of 12 aspects, namely are (a) physical well-beibg, (b) psychological well-being, (c) social well-being, (d) happiness, (e) spiritual well-being, (f) cultural & religious well-being, (g) active life style, (h)positivity, (i) economical independency, (j) self awareness, (k)family relations and (l) environmental adjustment. The scale used in the measuring instrument is a Likert scale with five alternative answer choices, namely 1 = Strongly Agree, 2 = Agree, 3 = Undecided, 4 = Disagree, and 5 = Strongly Disagree. After conducting item testing of the measuring instrument, the results showed Cronbach's Alpha value of 0.78.

Marital satisfaction is measured using Marital Satisfaction Scale developed by Jnana Prabhodhini's Institute of Psychology(JPIP, Pune 2006). Sub areas of marital satisfaction

scale are: (a) sexual relations, (b) emotional bonding, (c) sharing thoughts, (d) sharing household responsibilities, (e) views towards child rearing, (f) time devoted to each other, (g) economic stability, (h) personality of spouse, (i) motivating each other, (j) relations with in laws, (k) growing in & with the relationship, (l) religious beliefs & faith and (m) general marital satisfaction. The scale used in the measuring instrument is a Likert scale with five alternative answer choices, namely A = Totally disagree, B = Partly disagree, C = Sometimes agree, D = Mostly agree and E = Totally agree..

Results

The main data analysis (relationship test) was performed using Pearson Correlation. The results showed the value of $r(197) = 0.369$ and $p < 0.01$. From these results it can be concluded that there is a positive and significant relationship between marital satisfaction and subjective well-being.

Table 1. Correlation test between marital satisfaction and general well-being

| Variable | r | p | Description |
|---|-------|----------------|---|
| Marital Satisfaction and General Well-being | 0.369 | Less than 0.01 | There is a significant and positive correlation |

Furthermore, the researchers also tested the relationship between marital satisfaction and marriage duration by using Pearson Correlation. The result showed $r(196) = 0.02$ and $p = 0.63 < 0.05$. This means that there is no relationship between marital satisfaction and marriage duration because the value of p obtained is more than 0.05.

Table 2. Correlation test between Marital Satisfaction and Marriage Duration

| Variable | r | p | Description |
|--|------|------|--------------------------------------|
| Marital Satisfaction and Marriage Duration | 0.02 | 0.63 | There is no significant relationship |

The relationship between Marital Satisfaction and Family Income were also tested using Pearson Correlation. The result showed the value of $r(196) = -0.04$ and $p = 0.72 > 0.05$. This means there is no relationship between the marital satisfaction and family income because the value of p obtained is more than 0.05.

Table 3. Correlation between Marital Satisfaction and Family Income

| Variable | r | p | Description |
|--|-------|------|--------------------------------------|
| Marital Satisfaction and Family Income | -0.04 | 0.72 | There is no significant relationship |

Then, the researchers tested the relationship between General Well-being and marriage duration(Years in marriage) using Pearson Correlation. The result showed $r(196) = 0.102$ and $p = 0.154 > 0.05$. This means that there is no relationship between subjective wellbeing and marriage duration because the value of p obtained is more than 0.05

Table 4. Correlation test between General Well-being and Marriage Duration (Years in marriage)

| Variable | r | p | Description |
|--|-------|-------|--------------------------------------|
| General Well-being and Marriage Duration | 0.102 | 0.154 | There is no Significant relationship |

The relationship between General well-being and family income was tested using Pearson Correlation . The result showed $r(196) = 0.068$ and $p = 0.341 > 0.05$. This means that there is no relationship between General well-being and family income because the value of p obtained is more than 0.05

Table 5. Correlation test between General Well-being and family income

| Variable | r | p | Description |
|--------------------------------------|-------|-------|---------------------------------------|
| General Well-being and family income | 0.068 | 0.341 | There is /no Significant relationship |

Comparative test on General Well-being variables based on education level was conducted using one-way Anova because the data distribution is normally distributed with more than two distinguishing groups. Based on the result the F value obtained was 0.454 and p value obtained was 0.636 > 0.05 . This means that there is no significant difference in General Well-being in terms of education level.

Table 6. Comparative test between General Well-being based on educational level

| | df | Mean Square | F | p | Description |
|----------------|-----|-------------|-------|-------|-------------------------------------|
| Between groups | 2 | 178.974 | 0.454 | 0.636 | There is /no significant difference |
| Within Groups | 194 | 394.371 | | | |
| Total | 196 | | | | |

Comparative test on marital satisfaction variable based on education level was conducted using one-way Anova because the data distribution is normally distributed with more than two distinguishing groups. Based on the result the F value obtained was 0.200 and p value obtained was 0.819 > 0.05 . This means that there is no significant difference in subjective well-being seen from education level.

Table 7. Comparative test between Marital Satisfaction based on Education Level

| | df | Mean Square | F | p | Description |
|----------------|-----|-------------|-------|-------|--------------------------------------|
| Between Groups | 2 | 328.549 | 0.200 | 0.819 | There is / no significant difference |
| Within Groups | 194 | 1642.630 | | | |
| Total | 196 | | | | |

Discussion

The main data analysis was performed using Pearson Correlation and from the results it can be concluded that there is a positive and significant relationship between marital satisfaction and subjective well-being. (*Correlation Between Marital Satisfaction and Subjective Well Being of Working Husbands With Working Wives* / Atlantis Press, n.d.)

The results of this study are in line with the results of another study conducted by Aryati (2010) regarding "The Relationship between Marital Satisfaction and

Subjective Well-Being in Dual Career Women" that there is a positive and significant relationship between marital satisfaction and subjective well-being. In Aryati's research, the dual career wives felt happier and more satisfied because they were given the opportunity for actualization, whereas in this study, the husbands were influenced by the happiness of their spouses who were employed (increased socioeconomic status, increased confidence of the wife, psychological comfort)

which affects marital satisfaction.

According to Myers (quoted in Papalia & Martorell, 2014) [10] a person who is married has a tendency to be happier than an unmarried person. After analysis of the marital satisfaction data it was found that participants show a high level of marital satisfaction because a hypothetical mean value of 3.0 was obtained while the empirical mean value was 4.189 (SD = .5236). The empirical mean value shows a greater result than the hypothetical mean, which means that participants' marital satisfaction is high. Then, data analysis on subjective well-being obtained a hypothetical mean of 2.5 while the empirical mean is 2.636 (SD = .2902). Greater empirical mean value means that the participants' subjective well-being is high.

Faisal and Sari (2017) [11] explained that the duration of marriage is one of the factors that can influence the level of marital satisfaction. This is in line with Umberson et al., (quoted in Carr, Cornman, Freedman & Schwarz, 2014) [12] who also revealed that the duration of marriage is one of the factors that influence the quality of marriage and the subjective well-being of a person. In this study, it can be seen that the longer the age of marriage is, the higher the marital satisfaction. A correlation test between marital satisfaction and marriage duration obtained $r(196) = 0.02$ and $p = 0.63 > 0.05$. Based on the results of the analysis, it was proven that there is no relationship between marital duration satisfaction and marriage duration because the p value was more than 0.05.

The Researchers also conducted a correlation test between marital satisfaction and family income. The result showed $r(196) = -0.04$ and $p = 0.72 > 0.05$, which means that there is no relationship between the marital satisfaction and family income because the value of p is larger than 0.05. Income and Economic Status of the Family, Studies have shown that the economic situation and family income are associated with marital satisfaction (Pepping & Halford, 2012, Zainah et al 2012).

However, other studies have not shown any relationship between the level of income and marital satisfaction (Rahmani A et al 2009), or even, have shown an inverse correlation between them. As the economic status increases, marital satisfaction decreases (Schramm D & Harris VW 2011).

General well-being and marriage duration, the result showed $r(196) = 0.102$ and $p = 0.154 > 0.05$. This means that there is no relationship between subjective wellbeing and marriage duration because the value of p obtained is more than 0.05.

Similar correlation found in another study, between well being and marriage duration (Hansen et al 2007).

CONCLUSION

This research was conducted with the aim to find out the relationship between marital satisfaction and general well-being of married individuals. Based on the results of data analysis, it was concluded that marital satisfaction has a positive and significant relationship with general well-being. This means that the higher the level of marital satisfaction, the higher the general well-being.

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