

**A STUDY OF MARITAL ADJUSTMENT AND LIFE SATISFACTION AMONG
MARRIED MEN AND MARRIED WOMEN**



**DISSERATATION
(COURSE CODE: P-503)**

**Submitted
In partial fulfillment of the requirements for the
Award of the Degree of
B.A. (Honors) in Psychology**

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CERTIFICATE

This is to certify that Ms. Nadia Altaf student of B.A. Honors Psychology Semester V, Session 2021-2024, bearing Roll No. 2108014 has worked under supervision of Dr. Priya Choudhary on Project entitled “A Study of Marital Adjustment and Life Satisfaction among Married Men and Married Women”. Her mini project is fit for submission, in partial fulfillment of their requirements for the award of the Degree in B.A. Honors psychology.

Date:

SUPERVISOR:

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And, last but not the least, to my beloved and incredible family, for being my constant source of strength. Your encouragement and believe in me have helped me overcome challenges and achieve success.

CHAPTER-1

INTRODUCTION

BACKGROUND TO THE STUDY

Marital adjustment between husband and wife is the space they share with each other at a given time. Marriage life is also accompanied with the presence of marital stressors in which both partners develop ways to cope, establish an emotional bond with each other. Also, the benefits and costs perceived with marriage and the partner reflects the mental state in an individual's life, if the perceived benefits are higher, the level of satisfaction between the partners in their marriage would be higher. (Stone & Shackelford, 2007).

MARRIAGE

Marriage is an ancient practice, although its meaning may have changed throughout time and space. The word 'marriage' means only a legal union between one man and one woman as husband and wife, and the word 'spouse' refers only to a person of the opposite sex who is a husband or wife. According to Vries (2006). Marriage is more than love. Marriage consists of a life of effort and concern, felicitation and melancholy, illness and health. It consists of being young and becoming old, dealing with small and big problems, coping with internal and external hardships and threats. A lot of days, weeks, months, and years are lived jointly. During this lengthy phase, the couple lives together in proximity, which unveils all. It soon become clear that big things can matter very little while small things can become awfully big. Often over a small matter a great dispute arises up. Marriage can explain how any person can be awfully small. Mistakes and shortcomings or deficiencies are visible in marriage. Married couple who live closely together can harm each other horribly through words expressions and actions (Thompson, 1990). 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.

MARITAL ADJUSTMENT

Marital adjustment has long been a trendy topic in studies of the family, most likely because the idea is supposed to be narrowly associated to the stability of any marriage. 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. (Hashmi et al., 2007). Many studies were conducted on marriage and marital adjustment. Studies constantly proved that age at marriage is affect quality of the marriage itself. Number of investigations conducted at different times has confirmed that early marriage increases marital instability (Glick & Norton, 1976; Lee, 1977).

LIFE SATISFACTION

Life satisfaction can be explained as a feeling of goodness and may be decide in terms of mood, satisfaction with dealings with others and with self-achievements, self-concept, and self-supposed capability to deal with everyday life Satisfaction is the manner a person feels how his or her life has been and how they perceive about where it is going ahead. It is a way to measure of wellbeing. (en.wikipedia.org/wiki/Life_satisfaction). Life satisfaction comes from inside a person himself/herself based on the persons own morals and values and what the person holds essential things. For some people it is there family, for others people it is care and love, and for some others it is wealth or other material things; any way, it is different from every person's point of view, same as life satisfaction looks different from every point of view. (psychology.wikia.com/wiki/Life_satisfaction) There are many factors contributing to success or failure in marriages. Some of these factors are aggression, financial uncertainties, intelligence, religious and personal maturity, level of understanding, independence of thoughts, education, awareness, health, skills to manage family life, stress and strain affects, lack of experience, lake of patience and individual interests.

SIGNIFICANCE OF THE STUDY

The study of "Marital Adjustment and Life Satisfaction among Married Men and Married Women" holds significant importance as it delves into the intricate dynamics of marital relationships, shedding light on how well partners adapt to each other's needs and expectations. This understanding is crucial, as marital satisfaction is deeply intertwined with overall life satisfaction and mental well-being, with poor adjustment often leading to stress, anxiety, and other

psychological issues. Furthermore, the study offers valuable insights into gender differences in perceiving and achieving marital satisfaction, which can inform more tailored and effective counseling approaches. It also highlights the impact of marital adjustment on family stability, showing how a harmonious marriage can positively influence the family unit and the upbringing of children. Additionally, the study provides cultural and social perspectives on marriage, essential for professionals working in diverse settings. The findings can be instrumental for marriage counselors and therapists in developing strategies to improve relationships and prevent marital discord. Moreover, understanding the factors contributing to marital satisfaction can lead to personal growth for individuals, helping them make informed decisions about their relationships. On a broader scale, the insights gained from such research can guide policymakers in creating programs and initiatives that support married couples, ultimately fostering healthier, more fulfilling marriages and stable family structures.

STATEMENT OF THE PROBLEM

A study of "Marital Adjustment and Life Satisfaction among Married Men and Married Women"

OPERATIONAL DEFINITION

Marital Adjustment refers to the process by which married individuals modify their behavior, attitudes, and interactions to achieve harmony and satisfaction within their marriage. It involves the degree to which spouses accommodate each other's needs, communicate effectively, resolve conflicts, and maintain emotional intimacy. In the context of a study, marital adjustment may be measured using standardized questionnaires or scales that assess aspects such as communication, conflict resolution, affection, and mutual understanding between partners.

Life Satisfaction is a subjective assessment of one's overall well-being and contentment with life. It reflects an individual's evaluation of their life as a whole, including various domains such as work, family, health, and personal relationships. In research, life satisfaction is typically measured using self-report scales that ask individuals to rate their satisfaction with different aspects of their life or their life as a whole. This construct is often used to gauge overall happiness and well-being in relation to one's expectations and desires.

Objectives of the study

- i. To investigate the difference among married men and women in their marital adjustment.
- ii. To examine the difference among married men and women with life satisfaction.
- iii. To find an association between marital adjustment and life satisfaction among married men and women.

Hypotheses of the study

H1: There will be no significant difference between married men and women in their marital adjustment.

H2: There will be no significant difference among married men and women with life satisfaction.

H3: There will be no significant correlation between marital adjustment and life satisfaction.

DELIMITATION OF THE STUDY

1. The study focuses specifically on married males and females of jammu district only.
2. This study is limited to the population of Jammu district.

CHAPTER II

REVIEW OF LITERATURE

INTRODUCTION

The importance of review of literature is very heavy in the research process where every researcher wanted to have. Identify the need for additional research (justifying your research) and Place your own research within the context of existing literature making a case for why further study is needed. The major purpose of reviewing the literature is to determine what has already been done related to the topic and Identify the need for additional research that can relate to one's problem. It involves the systematic identification, Identification of the relationship of works in the context of its contribution to the topic, location and analysis of documents containing related information about the problem. The review of published literature is a faithful source of information where one can place their own research within the context of existing literature making a case for why further study is needed and it helps to show the relationship between completed research and the topic under investigation. A literature review is a thorough summary of earlier studies on a subject. The literature review examines scholarly books, journals, and other sources that are pertinent to a particular field of study. This prior research should be listed described, summed up, impartially evaluated, and clarified in the review.

Liat & Havusha-Morgenstern, (2011) examined differences in marital adjustment and in personal and spousal variables related to marital adjustment among women who cohabited with their spouses before marriage versus those who did not. The non-cohabiting women reported better levels of adjustment of spousal cohesion and display of affection, and they used strategies of concession to resolve marital conflicts to a greater extent than did women who cohabited. Among both groups of women, conflict resolution strategies correlated positively with marital adjustment, whereas the strategy of dominance and the attachment style of anxiety correlated negatively. In light of the research findings, practical recommendations are provided for preventive interventions among couples who cohabited before marriage and those who did not.

Tüzer et. al. (2010) included population sample comprising total of 120 (60 couples), individual's men and women diagnosed with infertility. Three tools of instrument were used for the study that is Beck Depression Inventory (BDI) and Spielberger State and Trait Anxiety Scales (STAI-S and STAI-T) were used to assess the individual emotional symptoms. Dyadic Adjustment Scale (DAS) was used to measure the marital adjustment status of the couples. The results of the study indicated significant gender differences in affectional expression and sexual satisfaction domains of DAS. The study also revealed the predictive power on anxiety and depressive symptoms of infertile men, when infertility is due to male factor.

Pandey and Tulika (2010) suggests that emotional intelligence (EI) is a factor of paramount importance in adjustment to life. It is believed that couples with high EI are good at understanding each other's emotions and feelings which, in turn, enhances marital adjustment and happiness in their life. This study examined the relationship of EI with marital adjustment and health of spouse. Thirty-two married couples completed a set of self-report questionnaires consisting measures of emotional intelligence, marital adjustment, health and well-being. Pearson's coefficients of correlations revealed that marital adjustment was correlated positively with the measures of general health and wellbeing. Scores on various dimensions of EI were also found significantly correlated with the measure of subjective well-being. It was also observed that high EI of a spouse was positively associated with one's own marital adjustment, as well as that of their partner. However, this pattern of relation was not observed for the measures of health and well-being except that wife's satisfaction with her life that was positively related with her owns EI as well as that of her spouse. For other dimensions of health and well-being, the general observation of this study was that wife's EI was significantly related with the husband's health and wellbeing whereas the husband's health and well-being correlated significantly with the EI of wife. The implications of the findings in understanding marital adjustment and spousal health have been discussed.

Ebenuwa-Okoh, (2008) examined the extent to which emotional expression, communication flow, financial management and work involvement predict marital adjustment among married persons in Delta State, Nigeria. One question was raised and one hypothesis was formulated to guide the study. 2561 married persons were selected [68] through the use of purposive sampling technique to participate in the study. Data were gathered using a questionnaire titled "Marital adjustment and Personality Types Inventory (MAPTI). It has a reliability of .90. The analysis of the data generated

from the respondents revealed that emotional expression, financial management, communication flow, works involvement are significant correlates and predictors of marital adjustment. Consequently, it was recommended that counseling services should focus on acquisition of skills for the general improvement of marital interaction among married persons.

Jose and Alfons (2007) examined the effects of age, education, number of children, employment status, and length of marriage on marital satisfaction. Seven hundred and eighty-seven nonrandomly selected married adults from the Flanders region in Belgium completed the Maudsley Marital Questionnaire (MMQ) (Arrindell, Boelens, & Lambert, 1983a). The results indicated a statistically significant difference between the marital satisfaction of the first married and remarried adults. A gender-level analysis showed a statistically significant difference between the marital satisfaction of men and women. Among the demographic variables, the effect of length of marriage was highly significant with marital satisfaction. In a separate analysis, we found that the effect of age and number of children had a statistically significant effect on the sexual adjustment of the respondents. Accordingly, we found that age, number of children, and length of marriage were significantly positively correlated with sexual adjustment (MMQ-S) and educational attainment with general-life adjustment (MMQ-GL) problems.

Fernández-Ballesteros et al. (2001) designed a study on “The contribution of socio demographic and psychosocial factors to life satisfaction”. The study involved 507 Spanish populations in terms of gender and aged 65 and over. The participants were interviewed at their home. The outcome of the study indicated income and education the two socio demographic variables had directly and indirectly predisposed life satisfaction. The results were conferred via the activity theory of ageing.

Demerouti et al. (2000). conducted a study related to burnout model and life satisfaction amongst nurses. The sample of the study included 109 German nurses. The tools to measure included a scale of life satisfaction based upon Rice (1984) consisted of 4 items and the Oldenburg Burnout Inventory (OLBI) constructed for the study measuring two dimensions, namely exhaustion and disengagement. The results of the study stated that job demands and job resources have a strong effect on exhaustion and disengagement and facilitating burnout between work conditions and life satisfaction. Their findings have helped towards the existing knowledge of burnout while providing guidelines that aim to prevent reduction of burnout among nurses.

Nagarathnamma et al., (1997) investigating the job and life satisfaction in public and private organization. The sample was taken from public and private sector organization consisting of 360 employees. The tools administered included job satisfaction scale and life satisfaction inventory. The results revealed a significant relationship between job satisfaction and life satisfaction for both public and private sector employees. Public sector employees expressed greater satisfaction both with their jobs and life in comparison to private sector workers.

Möller & Van Zyl (1991) conducted a study on 46 married couples to measure their relationship beliefs, interpersonal perception, and marital adjustment. The tools administered included Relationship Belief Inventory consisting of five subscales: Disagreement is destructive (D); Mindreading is expected (M); Partners cannot change (C); Sexual perfectionism (S); and the sexes are different (MF) (RBI; Eidelson & Epstein, 1982) and the Dyadic Adjustment Scale (DAS; Spanier, 1976). The results of the study indicated significant correlations between the DAS score and the D and S subscales of the RBI. The results of the study also indicated individual perception of their spouse's relationship beliefs.

Rice et al. (1980) submitted a qualitative review of empirical research of more than 350 job-satisfaction/life-satisfaction relationships reported in 23 studies varying different variables. The findings of the data were based on conceptual and methodological concerning at a general level between work and non work relationship. The scale for overall review included male in mid 30's and females in mid 20's. The review designated a zero order relationship between the variable of job satisfaction and life satisfaction. The correlation showed drop to low teens for specific facets of life satisfaction such as marital or leisure.

CHAPTER 3

RESEARCH METHODOLOGY

INTRODUCTION

Research is a scientific enquiry, definite and systematic procedure to collect data. It helps to find out more information about study in detailed and careful manner. According to Creswell (2008) research is a process of steps used to collect and analyze information to increase our understanding of a topic or issue. It consists of three steps: pose a question, collect data to answer the question, and present an answer to the question. The research methodology is a systematic way to resolve a problem. Methodology helps to contribution towards the success or failure of any research work. A pre-planned and well organized method of research that helps researcher to make scientific and systematic plan for solving the problem under investigation. After selection of the problem, the researcher has to decide suitable procedure and techniques that to be used for investigation according to the nature of research problem.

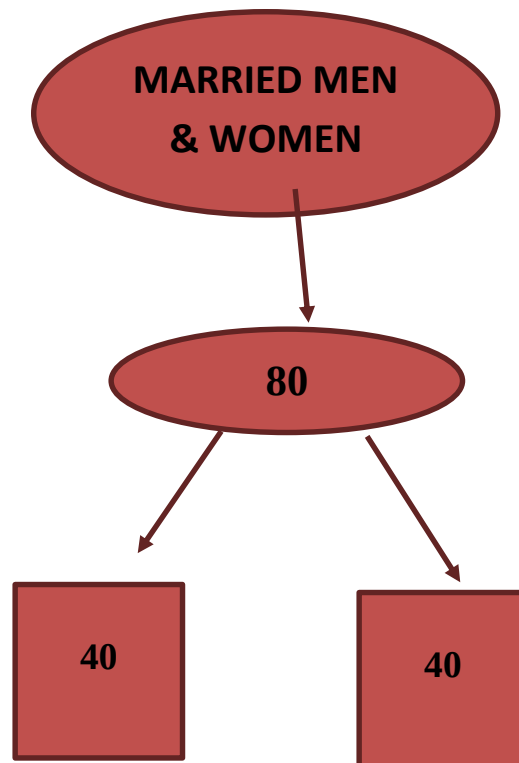
Methodology

Sample

The sample was collected through snowball sampling technique using Google forms. The sample size was 50 married individuals (25 females, 25 males), aged between 25 to 50 years married for more than 3 years.

SAMPLING

Purposive sampling method will be used to ensure representation of key characteristics relevant to our study objectives.



VARIABLES

On the basis of above illuminations and nature of problem following independent variables were selected in present study.

A) DEPENDENT

- MARRIED MEN AND WOMEN

B) INDEPENDENT

- MARITAL ADJUSTMENT
- LIFE SATISFACTION

Tools

The data were collected by using

- Revised Dyadic Adjustment Scale (Busby, et. al.1995)
- Satisfaction with Life Scale (Diener, et. al.1985).

STATISTICAL TECHNIQUE EMPLOYED

The collected data was scored according to directions given in the list manuals. Then standard statistical procedures were used to conduct the analysis. Descriptive statistics such as Mean and Standard Deviation were calculated to test significance of means of different variables in the study. Correlational Analysis was performed to derive the relationship between the variables and to see one variable's effect on other variables.

CHAPTER 4

RESULTS AND INTERPRETATION

The major controversy of scientific studies in the field of psychology revolves around the contribution of various variables in determining psychological characteristics within the person. In this reference result of the present study was conducive as in this research has been made to determine the effect of gender on some personal characteristics i.e. marital adjustment and life satisfaction. A brief account of the results obtained in this work, along with the employed data analysis techniques, is offered here and it has been discussed in the light of relevant research studies with reference to the hypotheses laid down.

Table 4.1

Showing demographic of the participants

	N	%age
Male	40	50.0
Female	40	50.0
Total	80	100.0

The table presents a clear overview of gender distribution within a sample of 80 individuals, making it evident that the group is evenly split between males and females, with each comprising 50% of the total which is shown in the fig below.

Fig 4.1

Showing demographic of the participants

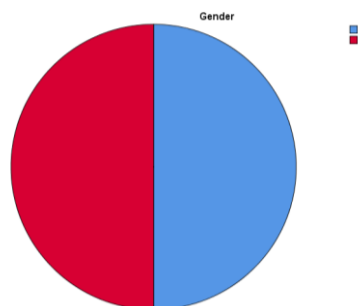


Table 4.2

Showing age of the participants

	<i>N</i>	<i>%age</i>
60-65	13	16.3
55-60	29	36.3
50-55	20	25.0
45-50	5	6.3
40-45	13	16.3
<i>Total</i>	<i>80</i>	<i>100.0</i>

The table illustrates the frequency distribution of responses based on age. Each level corresponds to a different count of occurrences within a sample size of 80. The most common response level is 55-60, representing 36.3% of the total responses, followed by level 50-55 with 25.0%. Levels 60-65 and 40-45 each account for 16.3% of the responses, while level 45-50 has the lowest frequency at 6.3%. This distribution indicates a varied pattern of responses across the categories, suggesting diversity in how participants or observations relate to the variable being studied.

Fig 4.2

Showing age of the participants

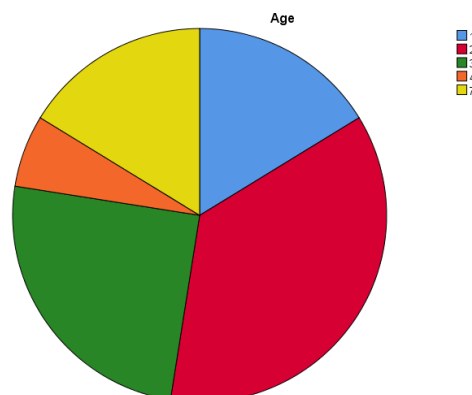


Table 4.3

Showing types of job of the participants

		Frequency	Percent
	1	Govt job	7.5
	2	Pvt job	25.0
	3	Business	10.0
	4	House	57.5
	Total	80	100.0

Fig 4.3

Showing types of job of the participants

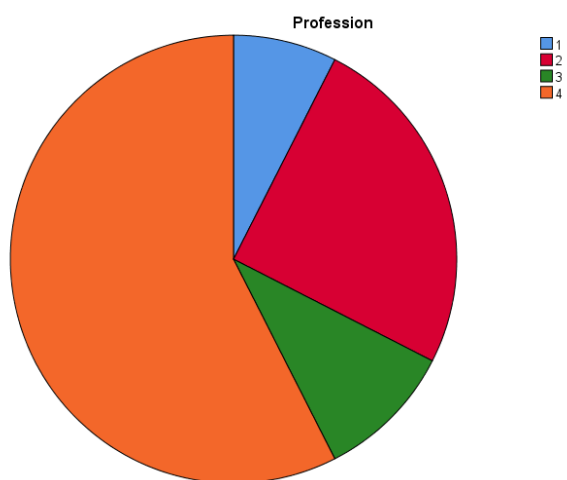


Table 4. 4

Showing Mean & S.D. values of female and male on marital adjustment

	Gender	N	Mean	SD	SEM	T test	P value
Marital adjustment	Male	40	20.92	4.43	.702	1.55	.276
	Female	40	19.50	3.75	.593		

The result table 4.1 and figure 4.1 Showing that the Mean & S.D. values of female and male subject on marital adjustment. It indicates that the mean score of (35.65) the female is comparatively larger than mean score of (24.76) the male on level of marital adjustment.

Bjornskov et al., (2007) analyzes the impact of gender discrimination on individual life satisfaction using a cross-section of 66 countries. We employ measures of discrimination of women in the economy, in politics, and in society more generally. According to our results, discrimination in politics is important to individual well-being. Overall, men and women are more satisfied with their lives when societies become more equal. Disaggregated analysis suggests that our results for men are driven by the effect of equality on men with middle and high incomes, and those on the political left. To the contrary, women are more satisfied with increasing equality independent of income and political ideology. Equality in economic and family matters does overall not affect life satisfaction

Figure 4.4 Bar Diagram showing Mean & S.D. values of female and male on marital adjustment.

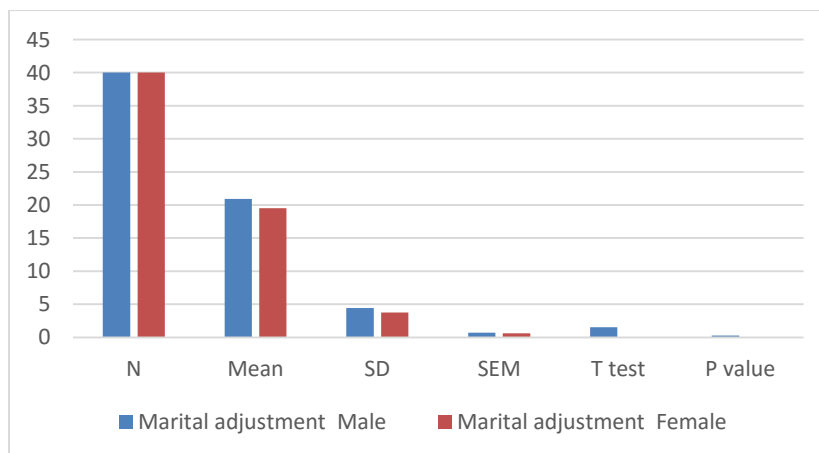


Table 4. 5

Showing Mean & S.D. values of female and male on Life satisfaction.

	Gender	N	Mean	SD	SEM	T test	P value
Life satisfaction	Male	40	27.95	5.96	.943	-	.014
	Female	40	29.07	3.95	.625	.993	

Figure 4.5

Bar Diagram showing Mean & S.D. values of female and male on life satisfaction



The mean life satisfaction score for females (29.07) is higher than that for males (27.95). The standard deviations indicate that the variability in life satisfaction scores is higher among males (SD = 5.96) compared to females (SD = 3.95), suggesting that females' life satisfaction scores are more consistent. The t-test value of -0.993 and the p-value of 0.014 indicate that there is a statistically significant difference in life satisfaction between males and females at the conventional alpha level of 0.05. This suggests that gender has a significant effect on life satisfaction, with females reporting higher life satisfaction than males in this sample.

Table 4.6

Correlation between marital adjustment and life satisfaction

	Mean	SD	N	r
Marital adjustment	20.21	4.14	80	.397**
Life satisfaction	28.51	5.06	80	

The data presents an analysis of the relationship between marital adjustment and life satisfaction among a sample of 80 individuals. The mean score for marital adjustment is 20.21 with a standard deviation of 4.14, indicating some variability in how participants perceive their marital relationships. On the other hand, the mean life satisfaction score is 28.51 with a slightly higher standard deviation of 5.06, suggesting a moderate level of satisfaction with life among the participants, but with a wider range of responses. The correlation coefficient (r) between marital adjustment and life satisfaction is 0.397, which is statistically significant at the 0.01 level (as indicated by **). This positive correlation suggests that individuals who report better marital adjustment tend to also report higher life satisfaction. While the correlation is moderate, it underscores the importance of a well-adjusted marital relationship as a contributing factor to overall life satisfaction.

CHAPTER - V

SUMMARY, CONCLUSIONS, LIMITATIONS AND SUGGESTIONS

Marriage is the process by which two people who love each other make their relationship public, official, and permanent. It is the joining of two people in a bond that putatively lasts until death, but in practice is increasingly cut short by divorce. Of course, over the course of a relationship that can last as many as seven or eight decades, a lot happens. Personalities change, bodies age, and romantic love waxes and wanes. And no marriage is free of conflict. What enables a couple to endure is how they handle that conflict. So how do you manage the problems that inevitably arise? And how can anyone keep the spark alive? The present study has been conducted to investigate the difference between male and female counterparts on marital adjustment and life satisfaction in Indian context. In this chapter the summary of investigation has been stated, as well as this chapter also includes the implications of the study and suggestions for future research.

Statement of the Problem: -

A STUDY OF MARITAL ADJUSTMENT AND LIFE SATISFACTION AMONG MARRIED MEN AND MARRIED WOMEN

Significance of the study: -

- This study may provide quantitative data on effect of gender and area of living on marital adjustment and life satisfaction.
- The study may highlight the importance of the marital adjustment and life satisfaction as a field of inquiry for profound our understanding of the nature, prediction of well-being.
- The study may bring an impetus for future experimental studies regarding the effect on prediction of marital adjustment and life satisfaction on the bases of gender and area of living.

Objectives of the study

- i. To investigate the difference among married men and women in their marital adjustment.

- ii. To examine the difference among married men and women with life satisfaction.
- iii. To find an association between marital adjustment and life satisfaction among married men and women.

Hypotheses of the study

H1: There will be no significant difference between married men and women in their marital adjustment. Accepted

H2: There will be no significant difference among married men and women with life satisfaction. Accepted

H3: There will be no significant correlation between marital adjustment and life satisfaction. Accepted

Conclusions: -

On the basis of data and discussion of results, the hypotheses were tested and verified. Some hypotheses were partially retained and some were rejected and following conclusions were drawn.

1. Male exhibit more adjustment in their marital life than male counterparts.
2. Female experience more life satisfaction than male counterparts.

There is positive relationship between male and female on marital adjustment and life satisfaction.

Limitations and suggestions of the present research: -

In any Social Science investigation, the external validity of the results of the study is limited by many constraints related to the sample selection/availability, research design, reliability and validity of the tools under study and number of variables feasible to study at a time. Thus the researcher has been able to sort out the following limitation in the present study and the suggestions to refine the same have been provided.

- ♣ Local of the study was restricted to Jammu district only. It can be spread into other areas also.

♣ The marital adjustment and life satisfaction of the individuals affected by numerous variables, however in the present study limited variable i.e. gender and area of living has studied.

♣ The sample of the study was small. The study can also be done by taking large sample size.

♣ The tools used in this investigation were self - reporting instruments it is therefore, noted that the accuracy of data reported is limited to the ability & willingness of the respondents to give truthful responses

APPENDIX

Demographic information

- **NAME**
- **AGE**
- **GENDER**
- **LOCATION**
- **PROFESSION**
- **NO. OF CHILDREN**
- **SOCIAL STATUS**

CONSENT FORM

Title of the Study: A Study of Marital Adjustment and Life Satisfaction Among Married Men and Married Women

Introduction

You are invited to participate in a research study exploring marital adjustment and life satisfaction among married men and women. Your participation in this study is entirely voluntary. The purpose of this study is to understand the factors that contribute to marital adjustment and life satisfaction among married individuals. The findings may provide insights into how marital dynamics affect overall life satisfaction. If you agree to participate in this study, you will be asked to complete a questionnaire that includes questions about your marital relationship, personal well-being, and overall satisfaction with life. The questionnaire will take approximately 20 minutes to complete. All information provided by you will be kept strictly confidential. Your responses will be anonymized, and no identifying information will be associated with your responses in any reports of the study. Data will be stored securely and will be accessible only to the research team. Your participation in this study is entirely voluntary. You may withdraw from the study at any time without penalty or loss of benefits to which you are otherwise entitled.

Marital adjustment questionnaire

	हाँ	नहीं
1. आप अधिकतर साथ-साथ घर से बाहर जाना पसन्द करते हैं।	☐	☐
2. आपको एक दूसरे पर पूर्ण रूप से विश्वास है।	☐	☐
3. आप दोनों की ईश्वर में आस्था है।	☐	☐
4. आप दोनों के बीच घर के खर्च को लेकर प्रायः तनाव पैदा हो जाता है।	☐	☐
5. आप दोनों ऐसा मानते हैं कि बच्चों की देखभाल करना दोनों की ही जिम्मेदारी है।	☐	☐
6. आप दोनों परिवार-नियोजन में विश्वास रखते हैं।	☐	☐
7. आप दोनों यह मानते हैं कि आपने शादी उचित आयु में की है।	☐	☐
8. आप दोनों एक दूसरे से अलग रहने पर अपने आपको अधूरा अनुभव करते हैं।	☐	☐
9. आप दोनों ही यौन सुख का पूर्ण आनन्द लेते हैं।	☐	☐
10. आप दोनों ही अपनी कुछ व्यक्तिगत बातें एक दूसरे से गुप्त रखना पसन्द करते हैं।	☐	☐
11. आप दोनों एक दूसरे के लिये अधिक से अधिक समय निकालने का प्रयत्न करते हैं।	☐	☐
12. आप दोनों एक दूसरे के परिवार वालों का आदर करते हैं।	☐	☐
13. आप दोनों को एक दूसरे पर गर्व है।	☐	☐
14. आप दोनों पारिवारिक कठिनाइयों का मिलकर हल ढूँढने का प्रयत्न करते हैं।	☐	☐
15. आप दोनों एक दूसरे को पति/पत्नी से अधिक एक सहयोगी के रूप में समझते हैं।	☐	☐
16. आप दोनों समय समय पर एक दूसरे की प्रशंसा करते हैं।	☐	☐
17. आप दोनों एक दूसरे की रुचि, आदत और जरूरतों का ध्यान रखते हैं।	☐	☐
18. आप दोनों परिवार बच्चों की संख्या के सम्बन्ध में एक मत हैं।	☐	☐
19. आप दोनों में प्रायः घरेलू बातों को लेकर बहस हो जाती है।	☐	☐
20. आप दोनों ही यौन सम्बन्धों में एक दूसरे की आवश्यकताओं का ध्यान रखते हैं।	☐	☐
21. आप दोनों अनुभव करते हैं कि आपने एक दूसरे से विवाह करके अच्छा किया।	☐	☐
22. आप दोनों को एक दूसरे की अनुपस्थिति बहुत अखरती है।	☐	☐
23. आप दोनों मानते हैं कि विवाहित जीवन की संपूर्ण यौन सुख प्रदान करता है।	☐	☐
24. आप दोनों की रुचियाँ तथा अभिव्यक्तियाँ समान हैं।	☐	☐
25. आप दोनों की अपने यौन सम्बन्धों में नचावन लगाये रखने का प्रयत्न करते हैं।	☐	☐

LIFE SATISFACTION SCALE

Scale:

Instructions: Below are five statements that you may agree or disagree with. Using the 1 - 7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

- 7 - Strongly agree
- 6 - Agree
- 5 - Slightly agree
- 4 - Neither agree nor disagree
- 3 - Slightly disagree
- 2 - Disagree
- 1 - Strongly disagree

_____ In most ways my life is close to my ideal.

_____ The conditions of my life are excellent.

_____ I am satisfied with my life.

_____ So far I have gotten the important things I want in life.

_____ If I could live my life over, I would change almost nothing.

Scoring:

Though scoring should be kept continuous (sum up scores on each item), here are some cut-offs to be used as benchmarks.

☐ 31 - 35 Extremely satisfied

☐ 26 - 30 Satisfied

☐ 21 - 25 Slightly satisfied

☐ 20 Neutral

☐ 15 - 19 Slightly dissatisfied

☐ 10 - 14 Dissatisfied

☐ 5 - 9 Extremely dissatisfied

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