



“RELATIONSHIP BETWEEN MARITAL WELLBEING AND PSYCHOLOGICAL WELLBEING AMONG COUPLES IN KERALA”

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ABSTRACT

The aim of this study was to find the relationship between marital wellbeing and psychological wellbeing among Couples in Kerala. 200 Couples (100 males and 100 females) were selected by convenience sampling technique, all from the state of Kerala. The study comprised couples age between 20 and 35 years. The study excluded the individuals with mental sickness. Ryff's Psychological wellbeing scale was used to assess the psychological wellbeing and Marital well-being inventory was used to collect data regarding marital wellbeing. Data was collected directly from the couples by face to face and through Google form. Data



was analyzed using SPSS software. It was found that positive relationship between marital well-being and psychological wellbeing in Couples..Among males the marital wellbeing was reported to be better than females. As the marital wellbeing increases the rating on psychological wellbeing also increases.

The impetus for this paper stems from a perceived need to create awareness about the importance of creating positive emotions and love in couple relationships, increment of conflict solving styles, the necessity of the personal desire to express emotions among close circles and promote chances of sexual discussions.

KEYWORDS: *marital wellbeing and psychological wellbeing , couple relationships.*

INTRODUCTION:

Marriage

“Happy marriages are based on a deep friendship, mutual respect and enjoyment of each other’s company”

John M. Gottman

Marriage is a culturally recognized union between peoples, called a couple that establishes rights and commitments between them, just as between them and their children, and among them and their in-laws. The meaning of marriage changes the world over, among societies, between religions and culture. After some time, it has extended and furthermore contracted as far as who and what is enveloped. Regularly, it is a foundation where relational connections, generally sexual, are recognized or authorized. In certain societies, marriage is recommended or considered as necessary before seeking after any sexual activity. People may wed for a few reasons, including legal, social, libidinal, and emotional, money related, spiritual, and religious purposes. Whom they marry maybe influenced by gender, socially decided standards of incest, prescriptive marriage rules, parental decision and

individual desire. In certain regions of the world, arranged marriage, child marriage, polygamy, and sometimes forced marriage, maybe practiced as a social custom. On the other hand, such practices might be banned and punished in parts of the world out of concerns with respect to the infringement of women's rights or children's right or because of worldwide law. Around the world, essentially in developed democracies, there has been an overall pattern towards guaranteeing equivalent rights for women within marriage and legally recognizing the marriage of interfaith, interracial, and same-sex couples.

MARITAL WELLBEING

Marital wellbeing is a self-reported measure of the perception of the level of satisfaction with aspects of a committed romantic relationship and it is an important factor in considering overall quality of life. Marital happiness, marital conflict, marital commitment, social support, marital interaction, marital discord, forgiveness, and domestic violence have each been conceptualized as dimensions of marital quality and are sometimes combined as a single indicator of marital quality (Stanley, 2007). Marital happiness is a powerful indicator of marital quality, although it does not capture specific behavioral correlates. A well-adjusted marriage not only produces a satisfied life but also generates a sense of wellbeing. The harmony and sympathy between husband and wife in achieving common goals in life lead to satisfaction in marriage. Marital adjustment let both sides ignore conflicts and solve them with a suitable method and achieve a positive feeling (Chen et al., 2007). Simply, marital adjustment is a method which two married persons are adjusted with each other to keep their marriage (Bar-On & Parker, 2006). Social exchange theory posits that there are costs and benefits in potential interactions. People analyze each situation to determine the risks and benefits. Within a marital relationship, this is "the cyclical patterns of transactions of valued resources, tangible or intangible, between partners and the rewards and costs associated with such transactions" (Nakonezny and Denton, 2008).

One of the most important goals of marriage is the will to attain marital wellbeing. It is a complex and multi-dimensional phenomenon, which has been extensively explored by the most diverse scientific fields. According to Schoen et al., marital satisfaction is a global evaluation of the state of one's marriage and a reflection of marital happiness and functioning. From an evolutionary perspective, marital well-being can be viewed as a psychological state of regulated mechanisms that monitor the benefits and costs of marriage to a particular person. In the definition of marital wellbeing, experts agree that it subjectively assesses quality of relationship. It seems that factors which influence or contribute to marital satisfaction may differ across cultures.

PSYCHOLOGICAL WELL-BEING

Marriage has long been recognized as an important factor in contributing to the psychological well-being of both. In spite of the recent changes in the demographics and meanings of marriage, the impact of marital quality and communication styles on psychological wellbeing has remained a vital topic of interest among researchers, practitioners, and the public (Musick & Bumpass, 2012; Carr, Freedman, Cornman, & Schwarz, 2014). Married couples may experience numerous psychological benefits by accepting a stable and officially established character of their union and by trusting that their marital bonds hold legal meaning and significance.

Marriage may strengthen couples wellbeing by offering meaning and purpose, facilitating interactions between couples, sharing financial resources, and generating emotional and social support.

Psychological well-being leads to desirable outcomes, even economic ones, and does not necessarily follow from them. In a very intensive research done by Diener and his colleagues, people who score high in psychological well-being later earn high income and perform better at work than people who score low in well-being. It is also found to be related to physical health. In addition, it is often noticed that what a society measures will in turn influence the things that it seeks. If a society takes great effort to measure productivity, people in the society are likely to focus more on it and sometimes even to the detriment of other values. If a society regularly assesses well-being, people will

provide their attention on it and learn more about its causes. Psychological wellbeing is therefore valuable not only because it assesses well-being more directly but it has beneficial consequences.

A well-adjusted marriage defined by Burgess, Lock, and Thomas (1993) is: Union in which the attitude and acts of husband and wife are in agreement of chief issues of family such as handling family finances and dealing with in-laws, where they have come to an agreement upon interests, objectives, and values, where they have few or no more complaints about their marriage.

The secret of healthy marriage is not the absence of conflict, but the ways of resolving the conflict. Good conflict resolution skill may very well communication and emotional understanding may help married partners to resolve their conflicts successfully. Effective conflict resolution is to settle dispute and differences of belief or opinion by accommodating the second party in an assertive and cooperative manner (Thomas, 1976) . Proper handling of relationship needs happy adjustment and resolution of mutual conflicts in a constructive manner. Marriage allows partners to share some of their deepest feelings and emotions from love, hate, and anger to fear, sadness, and joy in an intimate relationship; the extent to which spouse can understand, communicate, and manage these and other powerful emotions play a crucial role in their marital happiness.

METHODOLOGY

Method has to be most important aspect towards any society. Methods are important in research process. They describe the various steps of the plan of attack to be adopted in solving a research problem. In short, by method we mean systematic approach towards a particular phenomenon. In research there are numerous methods, and procedures to be applied such as Historical method, Experimental method, Survey method, Descriptive method and Case study method. Methodology and data collection are the tools used to obtain the raw material of hypothesis testing. The guiding principle of method section is that it must be detailed enough for other researchers to read it and be able to replicate the study (APA, 1994). Keeping these things in mind every possible attempt is made to produce the present methodology a sound one.

RESEARCH PROBLEM

“Relationship between marital wellbeing and psychological wellbeing among Couples in Kerala. “

Variables

Variable A: Marital wellbeing – In the present study marital wellbeing taken as independent variable.

Variable B: Psychological wellbeing – In the present study psychological wellbeing as the dependent variable.

Operational Definition

Marital well-being: Marital well-being can be defined as a dynamic state of perceiving reasonable amount of gratification in couple relationship which is characterized by Communication, Intimacy, Concern for relation, Commitment, Personal characteristics, and romanticism which will be facilitated by cognitive, behavioral and affective domains.

Psychological wellbeing: Psychological well-being refers to inter and intra individual levels of positive functioning that can include one’s relatedness with others and self-referent attitudes that include one’s sense of mastery and personal growth (Burns,2016). It is the positive mental states, such as happiness or satisfaction.

Couples : A person's relationship status in terms of whether she or he forms a couple relationship with another person living in the same usual residence, and the nature of that relationship.

Sample :

The total samples of the study consisted of 200 couples with arranged marriage from both rural and urban area, from nuclear and extend families. 200 wives and 200 husbands based on the following criteria of inclusion and exclusion. Other socio-demographic variables such as age, duration of marriage and educational qualification including type of family were considered.

Criteria of inclusion:

- a) Age group was 20-35 years.
- b) Minimum education was 10th
- c) Couples both employed and unemployed
- d) Couples were living with their partners.
- e) At least 2 years of marital life needed.
- f) Couples were selected from Kerala.

Criteria of exclusion:

- a) No couples had psychiatric history.
- b) Wives should not have less than 20 years.
- c) All couples should not have more than 35 years of marriage.

The population for the present study was couples from various districts of Kerala. Convenience sampling was employed for selecting participants. It is a specific type of non-probability sampling method that relies on data collection from population members who are conveniently available to participate in the study.

FINDINGS OF THE STUDY

- Positive relationship between marital well-being and psychological wellbeing in men and woman.
- Married men have more marital wellbeing than married women in Kerala.
- Married men have high score in psychological wellbeing than married woman.
- Age is not a key factor that determined marital wellbeing and psychological wellbeing among married men and woman in Kerala.
- Duration of married life is not key factor that determined on marital wellbeing and psychological wellbeing.
- Educational qualification of married men and woman is not key factor that determined on marital wellbeing and psychological wellbeing in Kerala.
- Nuclear family and extended family is not key factors that determined on marital wellbeing and psychological wellbeing.

LIMITATIONS

- The social/cultural perception of the individuals may influence the responses.
- The study was conducted through the lens of one partner only.
- The sample size of the study is small.
- The truthfulness of the study was depended on the honesty of those who filled the questionnaire.
- Misunderstanding of the respondents regarding the questions might have Influenced the result.

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