

Marital satisfaction and extramarital intentions in clinical and non-clinical samples

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ABSTRACT

Background: Marriage is the most important factor in the life of human being. It is one of the most important relationships between man and woman. It involves both emotional and legal commitment. Marital satisfaction is related with the Extramarital Intentions. **Aim:** To study the relationship and comparison between marital satisfaction and extramarital intentions. **Methodology:** The study was conducted on Clinical and Non-Clinical Samples. Consent form, socio-demographic and clinical data sheets and marital adjustment Questionnaire and Marital Satisfactory Index was used for data collection. In this study, marital adjustment and marital satisfaction was assessed on a sample of 60 couples. **Statistical analysis:** t-test and correlation was used. **Result:** The results indicated a high significant relationship between marital adjustment and marital satisfaction. **Conclusion:** Thus if an individual is dissatisfied with their relationship then there are possibility is having extramarital intentions. Marital satisfaction is related to happiness in life. And this study will be helpful in developing management plans for the spouse to reduced Extramarital Intenrions through psychological intervention by the professionals.

Keywords: Marital Satisfaction, Extramarital Intentions, Clinical, Non-Clinical Samples

Marriage Here some Sociologists have offered several definitions of marriage:

1. “Marriage consists of the rules and regulations which define the rights, duties and privileges of the husband and wife.”—George A. Lundberg
2. “Marriage is more or less a durable connection between male and female, lasting beyond the mere act of propagation till after the birth of the offspring.”—Western Marck

Marriage is the most important factor in the life of human being. Most of the people get married at least once in life. Marriage is expected to be a source of satisfaction. Marriage is one of the most important relationship between man and woman. It involves both emotional and legal commitment. In other words, marriage is a socially or ritually recognized union or legal contract between two individuals. Marriage is portrayed as lifelong companionship for an

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individual, which is built upon mutual trust, commitment, support and a greater level of intimacy.

Marriage as socially legitimate sexual union, Begun with a public announcement and undertaken with some ideas of permanence. It is assumed with more or less explicit marriage contract, which spells out that reciprocal rights and obligation between the spouse and children.

Marital Satisfaction

A person's who are married and wants to live with happiness and satisfaction and enjoy every moment. Therefore, they try to bond their relationship with each other. Marital satisfaction is that condition in which a married couple feels happiness and satisfied with together.

Yung and Mels (1991) mentioned some components as understanding in goals of life, spouse's moral attitudes, having a relationship with casual relatives and friends and appreciating and supporting spouses as the factor of marital satisfaction.

Kaslo, et al 1994 reported in his study that highest amount of marital satisfaction is among the spouses who are compatible with each other. Concerning philosophy of life, their perception of sexual satisfaction, the amount of time they spent with each other and how they spend leisure with each other.

Emily A. Stone & Todd K. Shackelford In: *Encyclopedia of Social Psychology*

A mental state that reflects the perceived benefits and cost of marriage to a particular person is called marital satisfaction. When a marriage partner inflicts more cost on a person, the less satisfied one generally is with the marriage and with the marriage partner. Likewise, the greater the perceived benefits are, the more satisfied one is with the marriage and with the marriage partner.”

According to the literature, marital satisfaction is the subjective evaluation of individual's experience in their marriage. By the subjective evaluation, we mean that marital satisfaction can only be rated by each person in response to the question, “How satisfied are you?” The satisfaction level of yours cannot be determined by anyone else. Marital satisfaction is a subjective experience and opinion, it is not a property of a relationship.

Extramarital affairs:- Extramarital affairs describes as relationships that happens outside of a marriage, between the two people who are not married to each other. An *extramarital* affair can damage a marriage. Extramarital affairs are the relationships where a romantic friendship, passionate attachment or an illicit romantic or sexual relationship occurs. Several people claim that the reason of extra marital affair as their unsuccessful or unhappy marriage and that both spouses failed to please each other.

Some of the reasons behind extra-marital affairs :

Early marriage:- Reports confirms that people who got married early are most likely to get bored sooner and indulge in extramarital affairs. When they reach the age of stability and understanding, the regret of wasting their important years of life without the excitement of love affairs comes to their mind and they might realize that they still can have it. This thrill of romance and dating comes natural to many women and if they are missing it, most likely they try to find it wherever they can.

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Married due to Family or Society Pressure

Emotional Disconnect. It can be due to lack of time or communication due to many reasons. Over the time partners may become emotionally disconnected. In India, most of the marriages are arranged by parents, there is no emotional connection right from the start. Couple realize that they are not getting enough of what they expect emotionally from their spouse and then if someone comes into life who can share your views, giving importance to you, your dreams and aspirations, relates to your feelings and his good looks attract you - you find yourself falling head over heels for that person due to getting happiness.

- **Physical Dissatisfaction:-** This could be probably one of the most common reasons for people to get involved in an extramarital affair.
- **No Common Interest.** If there are nothing in common, this can also lead to extramarital intentions.

Aim of the Study

The purpose of this study was to compare Marital Satisfaction and Extramarital Intentions in Clinical and Non-Clinical Samples.

Objectives

1. To determine the relationship between marital satisfaction and extramarital intentions in clinical and non-clinical samples.
2. To assess and compare the marital satisfaction and extramarital intentions in clinical and non-clinical samples.

Hypothesis

1. There will be no significant correlation between marital satisfaction and extramarital intentions in clinical and non clinical samples.
2. There will be no significant difference between clinical and non-clinical samples on marital satisfaction and extramarital intentions.

METHODOLOGY

Venue

Mental Hospital Varanasi, Nai subah OPD, BHU (Sir sunder Lal hospital) Varanasi, urban area of Varanasi.

Research design

Cross sectional research design

Sample

Purposive sampling method is chosen.

Sample size: Sixty (60) clinical and non-clinical.

For present study thirty (30) clinical and thirty (30) non-clinical married couple. .

Inclusion criteria (non-clinical sample):

1. Married couple.
2. Age range between 30 to 55 years.
3. Male and Female both.
4. Education at least up to intermediate.

Exclusion criteria:

1. Those spouses who have physical illness.

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2. Spouses who has active psychopathology.
3. Those who have been married for less than 5 years
4. If the informant is not willing to provide the written consent.

Inclusion criteria (clinical sample)

1. Married person. (One spouse should be mentally ill)
2. Age range between 30 to 55 years.
3. Male and Female both.
4. Education at least up to intermediate.

Exclusion criteria:

1. Non-clinical couple (Those spouses who have no physical illness)
2. Spouses who has no active psychopathology.
3. If the informant is not willing to provide the written consent.

Tests/Tools

Screening tools

1. Socio demographic details
2. BPRS
3. General health questioner (GHQ 12)

Study tools

1. The Couples Satisfaction Index (CSI)
2. Marriage Adjustment Inventory

Description of tools

Socio demographic details

Socio-demographic characteristics. Socio-demographic variables included: gender, age, level of education, employment status, profession, marital status, total number of persons living in the house and living arrangements. The last three variables were used as potential measures of social support.

The Couples Satisfaction Index (CSI)

A 32-item scale designed to measure one's satisfaction in a relationship. The scale has a variety of items with different response scales and formats. The authors have also specified that the scale safely be shrunk to either a 16-item format or even a 4-item format depending on a researcher's needs.

Marriage adjustment inventory

Author of this test is Prof. C.G. Deshpande Dept. of applied Psychology, University of Mumbai. There are 25 items, 15 items are with rated statements, on a five point scale. The remaining 10 items are to be checked by the subject on five point scale of agreement-disagreement. Use of this test is to know the perceived adjustment of the individual spouse with his/her spouse and to measure the marital adjustment between the spouses.

Table 1:- correlation of score on marital satisfaction and extramarital intentions in clinical and non clinical samples.

Variable	Extramarital intentions	N
Marital satisfaction	.510**	60

** Significant at .01 level.

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Correlation was used to assess the relationship between marital satisfaction and extramarital intentions. Results presented in the table 1 indicate that there is significant correlation between marital satisfaction and extramarital intentions. The table suggests the correlation of Marital satisfaction is $r=.510^{**}$, which is significant at .01 level. The null hypothesis is thus rejected as the results show a significant correlation between the two variables.

Table 2:- Mean, SD and T value of Clinical and Non-Clinical sample group CSI and Adjustment.

Measures	Sample type	Mean	Sd	t
CSI	Clinical	1.53	.50	2.80**
	Non-Clinical	1.20	.40	
Adjustment	Clinical	2.23	.77	.880
	Non-Clinical	2.06	.69	

**P<0.01

t-test was used to see the difference between Couple satisfactory index and Marital adjustment between Clinical and non-clinical samples. The analysis of samples in Table-2 shows that clinical group scored high (mean=1.53, SD=.50) is compare to non-clinical group (mean=1.20, SD=.40). Hence there is significant difference between clinical and non-clinical samples in couple satisfactory index with (t-value = 2.80), which is significant at **P<.01 level. And in Marital Adjustment clinical group scored low (mean=2.23, SD=.77) is compare to non-clinical group (mean=2.06, SD=.69). Hence there is no significant difference between clinical and non-clinical samples in with (t-value = .880), which is no significant. The null hypothesis is thus accepted.

DISCUSSION

The study investigated that Comparative Study on Marital Satisfaction and Extramarital Intentions in Clinical and Non-Clinical Samples. The first hypothesis was “There will be no significant correlation between marital satisfaction and extramarital intentions in clinical and non-clinical samples” and findings reject the stated hypothesis as the results show a significant correlation between the two variables. This states that when there is satisfaction in a marriage there are low extramarital intentions and when there is dissatisfaction in marriage there are high extramarital intentions.

The findings support the second null hypothesis that “There will be no significant difference between clinical and non-clinical samples on marital satisfaction and extramarital intentions.” As the result shows that there is no significant difference between clinical and non-clinical samples on marital satisfaction and extramarital intension. It means that mental illness is not the criteria for extramarital intentions. Extramarital intentions will occur if marital satisfaction is not present. It does not depend on whether the spouse is suffering from mental illness or not.

CONCLUSION

The study concludes that marital Satisfaction is associated with extramarital Intentions whether spouse is mentally ill or not. Therefore, it becomes important for the clinicians to deliver management for the marital satisfaction to both the partners along with the couple and marital counseling. So this will be helpful to reduce factors of dissatisfaction and extramarital intensions.

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Conflict of Interest

The author declared no conflict of interests.

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