

## Martial satisfaction and extramarital intensions in clinical and non-clinical samples in gender Perse

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### ABSTRACT

**Background:** Among all the interpersonal relationship, marriage is the most important one. Marriage is expected to be a source of satisfaction. Marital Satisfaction can be different in male and female and it is related to Extramarital Intentions. **Aim:** To study the relationship and comparison between marital satisfaction and extramarital intentions in Gender Perse. **Methodology:** The study was conducted on Clinical and Non-Clinical Samples. Consent form, socio-demographic details 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 that there is no relationship between Marital satisfaction and Extramarital Intentions in Gender Perse. **Conclusion:** Thus whether an individual is male or female is dissatisfied with their relationship then there are possibility is having extramarital intentions.

**Keywords:** Eritrean counseling, counseling approach

**M**arriage is socially or ritually recognized Union or legal Contract between two individuals. It is the most important event in one's life and one of the most important relationships between a man and woman. Marriage is portrayed as lifelong companionship for an individual, which is built upon mutual trust, commitment, support and a greater level of intimacy.

**Marital Satisfaction** Among all the interpersonal relationship, marriage is the most important one. Mostly people get married at least once in their life. Marriage is expected to be a source of satisfaction. Marital satisfaction is a psychological phenomenon that imitates the supposed profit and costs of marriage to a specific individual that is known to be as spouse.

Relationships begin with an optimum level of hope regarding the persistence of intimacy and the warmth of love (Markman, Stanley, P Blumberg, 1994). Unfortunately, over the course of life when test of time brings changes in the person, physique and emotional responses,

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breaches in the expected intimacy would start to occur. The challenges begin to rise against the stability. The concept of marital satisfaction, thus, gets strayed, and the consequences are marital disharmony and divorce.

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,etal 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.

Marital satisfaction depends upon the one's needs, expectations, and desires for the relationship.

Another term, Marital quality is really a comprehensive term which serves as an umbrella term and comprehend three concepts: (1) marital satisfaction, (2) marital happiness, and (3) marital adjustment.

These three concepts are related but distinct. To clarify their meanings, we can compare the following definitions:

1. Marital satisfaction refers to subjective experience of the marriage by an individual. Usually, individuals are satisfied when their needs are being met and when their expectation and desires are satisfied.
2. Marital happiness is defined as the level of personal happiness an individual feels about his or her marriage. Like marital satisfaction, it is a private evaluation which can only be made by the individual through self-report by asking a question such as, "On a scale of 1-10, where 1 is low and 10 is high, how happy are you?" While it can be easily measured, this term is considered to be a rather vague concept."
3. "Marital adjustment refers to two different ideas. First, marital adjustment may refer to the process whereby individuals adjust their lifestyles to the lifestyle of marriage; or second, marital adjustment may can be evaluated by an outside observer who determines whether a couple appears well-adjusted or poorly-adjusted. The catch here is that marital adjustment often occurs regardless of marital happiness or marital satisfaction. People often adjust to situations where there is no happiness or satisfaction."

As we can say that **Marital Satisfaction is...**The degree of an individual's needs, desires and expectations which are being satisfied in their marriage.

It is a subjective condition in which can only be described by the individual spouse.

An one's personal evaluation of their marriage overall. It is most similar to the concept of marital happiness as only the individual is able to say how happy or satisfied they are.

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### ***Aim of the study***

The purpose of this study was to assess the marital Satisfaction and extramarital intensions in male and female both.

### ***Objective***

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

### ***Hypothesis***

There will be no significant correlation between marital satisfaction and extramarital intentions in both clinical and non-clinical samples of male and female.

- 1) There will be no significant difference of marital satisfaction and extramarital intentions between both clinical and non-clinical samples male and female.

## **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. Instruments used for Data Collection.

### ***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.

## RESULTS

*Table 1:-Correlation of score on marital satisfaction and extramarital intentions in both clinical and non-clinical samples of gender.*

Variable	Extramarital intentions	Sample type	Gender
Satisfaction	.510**	-.346**	.106
Extramarital intentions		-.115	.065
Sample type			.000

*\*\*Correlation is significant at the 0.01 level (2-tailed)*

Correlation was used to assess the relationship between marital satisfaction and extramarital intentions, sample type and Gender. Results presented in the table 4 indicate that satisfaction and sample type both group (clinical and non-clinical) are negatively and significantly correlated on .01 level ( $r = -.346^{**}$ ). And extramarital intentions and sample type both group (clinical and non-clinical) are negatively associated but there is no any significant correlation ( $r = -.115$ ). And gender is not correlated with couple satisfactory index, extramarital intentions and sample type both group (clinical and non-clinical). The null hypothesis is thus accepted which shows the no any significant correlation between the three variables.

*Table 5: t-test comparing the scores of gender in non-clinical samples of marital satisfaction and extramarital intentions.*

Measures	GENDER	Mean	SD	T
CSI	Male	1.33	.47	-.809
	Female	1.44	.51	
MARITAL ADJUSTMENT	Male	2.11	.80	-.497
	Female	2.22	.54	

t-test was used to see the difference between Couple satisfactory index and Marital adjustment between Clinical and non-clinical samples in gender. The analysis of samples in Table-5 shows that there is very marginal difference between male and female on couple satisfactory index (mean male=1.33, SD=.47, female=1.44 and SD=.51). Hence there is no significant difference between male and female on couple satisfactory index with (t-value = -.809). And in Marital Adjustment is compare to gender also very marginal difference which scored (mean male=2.11, SD=.80, female=2.22 and SD=.54). Hence there is no significant difference between male and female with (t-value = -.497).

## DISCUSSION

The finding of the first hypothesis that “There will be no significant correlation between marital satisfaction and extramarital intentions in both clinical and non-clinical samples of Gender perse”. According to the findings there is no association between marital satisfaction and extramarital intentions in both clinical and non-clinical samples in Gender Perse. It indicates that whether a individual is male or female it does not effect on marital satisfaction and extramarital intentions.

Result of the study also support the second hypothesis that “There will be no significant difference of marital satisfaction and extramarital intentions between both clinical and non-clinical samples in Gender Perse. The analysis of satisfaction scores shows that extramarital intention can occur irrespective of Gender (whether male or female) and mental illness (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 intentions.

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### *Conflict of Interest*

The author declared no conflict of interests.

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