

## Psychological Wellbeing of Married and Cohabited Young Women

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### ABSTRACT

Psychological wellbeing is the mental state of satisfaction. Being happy psychologically. Able to perceive happiness is called the psychological wellbeing. Psychological wellbeing differs from person to person. The experience of positive emotion or subjective wellbeing. Marriage is also a positive component but how individual perceive differ. Some prefer trail marriage to experience their happiness subjectively. Marriage and cohabitation both have its merits and demerits. Keeping above points in view the present study was undertaken to find out the psychological wellbeing of married and cohabited young adults were taken for the study. A Total of (N=60) married and (N=60) cohabited young adults (only men) were included in the study. A Psychological wellbeing questionnaire developed by (Sisoda and Choudhary, 2012) was administered. The obtained result shows that there is a significant difference between Marriage and cohabitation young adults in their psychological wellbeing scale score, the probable reasons were discussed in this study.

**Keywords:** *Psychological Wellbeing, Marriage, Cohabitation*

Psychological wellbeing is subjective in nature. The feeling of happiness and satisfaction mentally. Carruthers and Hood (2004) reports the term “Hedonic” welling it is the subjective happiness. It has two components affective component and cognitive component. The affective component has high positive effect and low negative affect and cognitive component refers to the satisfaction in life. Marriage is universal phenomenon where two people choose to be together. There are many benefits of marriage. Edward Westermarck (1889) reports marriage as a durable connection between male and female to have an offspring. It’s an emotional bond, attachment. Cohabitation is also a form of trail marriage where two people live together, this kind of living has become common in western countries. People have the freedom to stay without marriage it’s their personal choice. In most of the Asian countries marriage is a social norm but in western countries youngsters choose cohabitation which is also called as trail marriage. Cohabitation is derived from Latin word Cohabitare which means together dwell or Cohabit or coexist. It has become a social stigma. Scott (1998) reports changing attitude towards pre-marital life is

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striking. Keeping the views of the previous research the present study was undertaken to explore the psychological wellbeing of married women and cohabited women.

### *Problem*

To study the psychological wellbeing of marriage and cohabitation young adults.

### *Aim*

Aim of the study is to assess psychological wellbeing of married women and cohabitation women.

### *Objectives*

The objective of the study is:

To determine the psychological wellbeing of married and cohabited young women.

### *Hypotheses*

The hypothesis are as follows:

**H<sub>1</sub>:** There is a significant difference between married women and cohabited women on psychological well being

### *Operational Definition*

- **Cohabitation:** The state of living together and without being married.
- **Marriage:** The legally or formally recognized union of two people as partners in a personal relationship (historically and in some jurisdictions specifically a union between a man and a woman).
- **Family:** The emotional bonding or attachment between two people or two families.
- **Psychological wellbeing:** The wellbeing of our mental state, the positive health and satisfaction of being happy.

## **METHODOLOGY**

### *Research Design*

The present research design is between group research designs.

### *Sample*

The present study contains 60 married women and 60 cohabited women who are in a relationship with minimum of 2 years. Snow ball sampling technique (Google forms) was used to collect the relevant data for the study.

### *The Inclusion Criteria*

- Married women age range between 21-30 years who are married within 2 years and without children.
- Cohabited women age range between 21-30 years with minimum 3 months to 2 years in cohabitation.
- Residents of Bengaluru district.
- Women who were literates, who were able to fill the google forms were considered.

### *The Exclusive Criteria*

- Married women below the age of 21 and above 30 years of age.
- Cohabited women below the age of 21 and above 30 years of age.
- Married and cohabited women who are living in outside Bengaluru District.

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- Women who are illiterates and who are unable to read English or could not fill google forms were excluded.

### Materials

**Psychological wellbeing scale (PWBS – SDCP)** Dr. Devendra Singh hod Sisodia, Udaipur (raj.) Ms. Pooja Choudary research scholar Udaipur. (Raj.) (2012). The scale consists of 50 items in areas. The scale has 5 subscales. This is five point Likert scale with 5 as strongly agree to 1 as strongly disagree respectively. The sub areas are as follows 1. Satisfaction (10 items). 2. Efficiency (10 items). 3. Sociability (10 items). 4. Mental health (10 items). 5. Inter personal relation (10 items).

## ANALYSIS OF RESULTS AND DISCUSSION

The data was collected by taking the consent from young married and cohabited women. The collection of socio demographic details was taken. The questionnaire was administered to the subject and asked them to read the questions and doubts were cleared before the correct option to fill the forms. Contact details were provided for the subject who filled the Google forms. They could ask any clarification regarding the questionnaire were cleared over the phone calls. After the response was filled the analysis were done further using suitable statistical measures.

*Table 1 Shows the married women and cohabited women mean scores, SD, t, p values.*

Scale	Subjects	N	Mean	SD	't'	df	p
Psychological well being	Married women	60	184.91	17.63	1.40 <sup>NS</sup>	118	0.16
	Cohabited women	60	179.50	22.41			

*Note: NS:-No significant difference at 0.01 level.*

The above table shows the score of married women and cohabited women in their psychological wellbeing. To find out the significant difference between two group 't' test was calculated. The obtained 't' value is not significant at 0.01 level, which states that there is no significant difference between married young women and cohabited young women. Beach and colleagues (1993) reports that individuals turn to their spouse for social support and attribute interpersonal stress to their partner, if satisfaction does not significantly reflect the nature of the support and negative interactions within a marriage, or if a majority of social support and interpersonal stress are found outside of the marital relationship. The probable reasons in the present study shows that the difference in stability in relation and the kind of hindrance absorbed in relation by both married women and cohabited women.

## CONCLUSION

There is no significant difference found between married women and cohabited women in psychological wellbeing scale.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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