

Life Satisfaction of Young Cohabited and Married Women

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ABSTRACT

Life is the primordial beginnings and satisfaction in life is fulfillment of ones needs, drives, expectations, and desires. Life satisfaction is the way people show their feeling, emotions how they express their future. The life satisfaction comes by our self it is related to the contentment, psychological wellbeing and happiness. People get married as it's the major component. Marriage is a bond between two people or even two family, People live with each other which forms attachment. So, the want to discover more account marriage before getting married. The new way is trail marriage ME Berger (1971) according to him it's a valid period of marriage. It has its own merits and demerits. Keeping above points in view the present study was undertaken to find out the life satisfaction of married and cohabited young A total of (N=60) married and (N=60) cohabited young adults were included in the study. Life satisfaction developed by Singh and Joseph (1996) was administered. The obtained result shows that there is a significant difference between Marriage and cohabitation young adults in their Life satisfaction score.

Keywords: *Life Satisfaction, Marriage, Cohabitation*

Life satisfaction is the way people express their way of living. It may be their mood, there emotions, or it may be their feelings. According to Ellison et.al it's a cognitive assessment of an underlying state though to be relatively consistent and influences by social factors. If we are happy, we are satisfied in our life. Gilbert (2009) says its anything which we pleased. There are number of ways through which we can be happy, it may be growth in our carrier, romantic relation, work style, parents, family, friends, health or even personal development. When we speak about development. Marriage is a part of our wellbeing. It is the way we live our lives with a particular person. It depends on many physical and psychological factors. It may be social support, perception of spouse to look through people are moving to trail marriage. There are many merits and demerits. Myers (2000) reports Married people tend to be happier than unmarried the transition into a marriage brings happiness, wellbeing, mental health. Winker (1998) reports married couples are in more harmony than not married. Marriage is a part of live as most of the youngsters are changing their way of marriage, as marriage is no longer dictated as a social norm. 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

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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 striking. Keeping the views of the previous research the present study undertaken to explore the Life Satisfaction among the married women and cohabited women.

METHODOLOGY

Problem: To study the Life satisfaction of married and cohabitation young adults.

Aim and Objectives

- Aim of the study the level of life satisfaction of married and cohabitation young.
- The objective of the study is: To determine the Life satisfaction in married and cohabited young adults.

Hypotheses

The hypothesis are as follows:

H1: There is a significant difference between married young adults and cohabited young adults in their Life satisfaction.

Variables

Independent variable: Relationship (type)

Dependent Variable: Life satisfaction

Operational Definition

- **Cohabitation:** The state of living together and without being married or a trail marriage.
- **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 way of bonding between the people.
- **Life satisfaction:** The level of satisfaction in life.

Research Design

The present research design is between group research designs.

Sample

The present study consists of 60 married and 60 cohabited young women who are in a relationship from past 2 years. Snow ball sampling method was used.

The Inclusion Criteria

- Married young adults age range between 21-30 years who are married within 2 years and without children.
- Cohabited young adults age range between 21-30 years with minimum 3 months to 2 years in cohabitation.
- Residents of Bengaluru.

The Exclusive Criteria

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

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Materials

Life Satisfaction Scale: For measuring the life satisfaction of the subjects, Life Satisfaction Scale (L – S Scale) was used. The scale is developed by Singh and Joseph (1996). The scale consists of 35 items, individually rated on the five-point scale- Always, Often, Sometimes, Seldom and Never. Its reliability and validity are adequate.

ANALYSIS OF RESULTS AND DISCUSSION

The data was collected by taking the consent of the young married and cohabited women adults. The collect the demographic details an information schedule was developed. Along with the information schedule the questionnaire was administered to the subject were instructed to read the questions and doubts were cleared before the correct option to fill the forms. After the response was filled the analysis was done further using suitable statistical measures.

Table 1 shows the married and cohabited young adults N, mean, SD, t, df, p.

Scale	Subjects	N	Mean	SD	t	df	p
Life satisfaction	Married women	60	124.96	20.36	3.28**	118	0.001
	Cohabited Women	60	134.86	11.36		92.477	

*Note: **0.01 Level of significance*

DISCUSSION

Life satisfaction different from one to others, as human beings are unique it also affected by their personality types. The level of life satisfaction varies from person to person. To find out the significant difference between two group 't' test was used. The obtained 't' value is significant at 0.01 level, which states that there is a significant difference between married women and cohabited women. The obtained results also support the study result given Malgorzata Mikucka (2016) reports that the life satisfaction decreases as the married year increases over time. The women show normal level of satisfaction. It is not seen in developing countries where the level of life satisfaction decreases in developed countries. Gender specialization is not observed in developing countries. In developing countries, the life satisfaction of the unmarried people increases but life satisfaction of the married people is not affected. Here in the obtained mean scores the married women have less mean scores when compared to cohabited women. The probable reasons may be the cohesiveness, the responsibility, happiness about living conditions, and relationship with the spouse, acceptance and decision taken regarding marriage played vital role in the present study.

CONCLUSION

There is a significant difference between married young women and cohabited young women in their life satisfaction scale scores and married women having better life satisfaction than cohabitants.

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Conflict of Interest

The author(s) declared no conflict of interest.

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