

## Family Involvement and Marital Satisfaction in Married Individuals

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### ABSTRACT

This research was conducted to study the relationship between family involvement and marital satisfaction in married individuals and also to understand family involvement and marital satisfaction in males and females. Marriage is viewed as an alliance between two families as well as a relationship between two people. Family involvement affects how happy couples are in their marriages. The spouse's adjustment with their own family members, such as the couple's parents, siblings, and other family members, is crucial to the stability of the family environment. To do this research, total sample included (N=200) married participants (out of which were 103 Female and 97 Male) aged between 21-60 years from Delhi-NCR region. The test was administered using the family involvement questionnaire (by Dr. Ashok P. Singh & Dr. Akhilendra K. Singh) and marital satisfaction scale (by Dr. Kranti K. Srivastava). The SPSS statistics Pearson's Correlation and Independent Sample t-test was used for analysing the data of the sample. The result showed that there is a moderate positive correlation between family involvement and marital satisfaction in married individuals and this relationship between family involvement and marital satisfaction in married individuals is significant at 0.01 level. The t-test analysis indicated that for the family involvement ( $p$ -value= 0.234>0.05) and marital satisfaction ( $p$ = 0.884>0.05), there is no significant difference between males and females in married individuals.

**Keywords:** *Family Involvement, Marital Satisfaction, Marriage, Family*

Families and marriage are typically significant pillars of society. It is a child's initial and closest exposure to the social world. A child learns language, general behaviour and about the society in the household. When making decisions that would affect one's personal life, including getting married and choosing a career, the family's interests will typically take precedence over those of the individual. According to certain ancient writers, a woman is half of her husband (Ardhangini) and a man is incomplete without a woman. Thus, a woman completes a man. Life is full of complications and adjustments and in this journey of life, one feels the need of a partner to fight with all these. And here comes the concept of marriage. It involves a legal commitment between two persons. Marriage is a universal institution. It is socially and ritually recognized union between spouses.

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### ***Marital Satisfaction:***

The degree to which spouses in marriages rate their acceptance of various aspects of their marital interactions is known as marital satisfaction, which is a special case of relationship. To measure the marital contentment, it evaluates several areas, such as good communication, time spent together, argument over a financial issue, conflict about children, and sexual satisfaction, among others. In marriage, adjustment and satisfaction is the most significant phenomenon.

***Family Involvement:*** Family involvement describes a person's psychological ties to their family and how important they are to them. Collaboration between adolescents, families, schools, companies, and agencies is essential for effective family participation. Family participation increases internal pressure to spend more time juggling the demands of family responsibilities. The obstacles we face in daily life today are numerous, but family is there to assist us through them, to meet our needs, and to ease our discomfort. The finest place to defuse tensions and frustrations is within a loving family.

Times have changed, nations have perished and men have lived without schools, industries or any religious institutions, but never without marriage and family. There are studies present on marital satisfaction related to work family conflict. (Büyükşahin-Sunal, A et al., 2022). There are limited studies exist that try to analyse the relationship between family involvement and marital satisfaction. Therefore, the following goals were established for the current study-

1. To understand the relationship between family involvement and marital satisfaction in married couples.
2. To know about the family involvement and marital satisfaction in males and females.

## **RESEARCH METHODS**

### ***Hypothesis:***

- **H1** There would be a significant relationship between family involvement and marital satisfaction in married couples.
- **H2** Family involvement and marital satisfaction would differ significantly between males and females.

### ***Research Design:***

Correlation research, a subtype of quantitative research design and t-test was used for the study. The aim of the correlational research was to identify the relationship between both the variables (family involvement and marital satisfaction) to an extent that change in one result in change in the other. The t-test was used to compare the means in family involvement and marital satisfaction between the male and female groups.

### ***Sample:***

The total number of married participants were (N=200, out of which were 103 Female and 97 Male) aged between 21-60 years. The sample included participants from Delhi NCR. Probability sampling method was used, involving the technique of convenient sampling. Its inclusion criteria was Married Individuals and exclusion criteria was Unmarried Individuals.

### ***Tools Used:***

The Family Involvement Questionnaire by Dr. Ashok Pratap Singh and Dr. Akhilendra K. Singh was used to measure the family involvement in the participants. The questionnaire

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consists of 20 items. A five category Likert scale was employed, with responses ranging from strongly agree (5) to strongly disagree (1). There are 20 items in total, out of which 16 items are true keyed and the remaining 4 items are falsely keyed, having a reverse scoring, from strongly agree (1) to strongly disagree (5). The whole family involvement scale's reliability score was 0.73. The content validation of the scale was done by examining the item validity. Result showed satisfactory item total correlation for all the 20 items indicating that the family involvement scale was valid.

The Marital Satisfaction Scale by Dr. Kranti K. Srivastava was used. This questionnaire consisted of 30 items measuring the marital satisfaction and adjustment level of married couples followed with the age group 21-60 years both individually and in a group. The reliability of the scale was found to be significant at 0.01 level (1 tailed) and 0.01 level (2 tailed) which is considered highly reliable in nature. The scale's overall test reliability was - 0.890. The scale's validity was determined to be 0.94. The content validity was also adequate in nature.

### **Data Collection Procedure:**

Responses were collected using Marital Satisfaction Scale and Family Involvement Scale. Rapport was established with the participants; they were informed about the purpose of the study and what are the tools administered and how. Consent was taken from the participants in the research. They were assured that all responses would be kept confidential and used only for the research study. The tools were administered after the instructions were given. They were informed that there are no right or wrong responses.

## **RESULTS AND DISCUSSION**

**Results:** In order to understand, analyze and check for our hypothesis, it was done on the following basis:

Dependent Variable- Marital Satisfaction; Independent Variable- Family Involvement

**Table 1: Correlations**

	Mean	SD	Total Sample	r	p
Family Involvement Scale	79.84	8.604	200	.475	.000
Marital Satisfaction Scale	128.00	8.194			

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

**Table 1** demonstrates the relationship between marital satisfaction and family involvement in married individuals (N=200). The findings showed that in married individuals, there is a significant positive association between the two variables (i.e., family involvement and marital satisfaction). At the 0.01 level, the correlation is significant.

### **T-test**

**Table 2: Group Statistics (gender wise)**

	Gender	Total Sample	Mean	SD	SEm
Family Involvement Scale	Male	97	79.09	9.188	.933
	Female	103	80.54	7.997	.788
Marital Satisfaction Scale	Male	97	128.09	7.769	.789
	Female	103	127.92	8.612	.849

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**Table 2** provides the sample size that falls within that category, followed by the mean score, standard deviation, and standard error mean. It also reveals that the group statistics for the gender (specifically, male and female) for both the scale.

**Table 3: Independent Sample t-test (gender wise)**

	Gender	Total Sample	Mean	SD	t	df	Significance
Family Involvement Scale	Male	97	79.09	9.188	-1.193	198	.234
	Female	103	80.54	7.997			
Marital Satisfaction Scale	Male	97	128.09	7.769	.147	198	.884
	Female	103	127.92	8.612			

**Table 3** shows the t-test analysis for family involvement ( $t = -1.193$ ,  $p = 0.234$ ) suggesting  $p > 0.05$ , demonstrating that there is no statistically significant difference in family involvement between the genders in married individuals. Similarly, for marital satisfaction ( $t = 0.147$ ,  $p = 0.884$ ) indicating that  $p > 0.05$ , therefore there is no statistically significant difference in family involvement between the genders in married individuals.

## DISCUSSION

The term "marital satisfaction" refers to a state of mind that reflects how much a person perceives the advantages and disadvantages of marriage. People's attitudes towards marriage and family structures have changed, particularly in terms of the duties played by husbands and wives. So, families are now facing some challenges like breaking down of marriages, changing economic and social conditions, etc. which is leading to family destruction. Family involvement influences the marital happiness in married individuals. This study examined how family involvement and marital satisfaction in married individuals relate to one another. Thus, a sample of 200 married individuals (97 male and 103 female) from Delhi NCR region were considered. Probability sampling method was used, involving the technique of convenient sampling. Two test- Family Involvement Questionnaire and Marital Satisfaction Scale were administered on the participants. Pearson's Correlation and Independent Sample t-test were the SPSS statistics which analysed the sample's data.

Hypothesis 1 stated that family involvement and marital satisfaction in married individuals would be significantly correlated. **Table 1** shows that there is a positive correlation between family involvement ( $M = 79.84$ ,  $SD = 8.604$ ,  $n = 200$ ) and marital satisfaction ( $M = 128.00$ ,  $SD = 8.194$ ,  $n = 200$ ). Additionally, it has been shown that in married individuals, the relationship between family involvement and marital satisfaction is (.475) significant at 0.01 level. As a result, we can conclude that in married individuals, there is a considerable association between family involvement and marital satisfaction and hence, our hypothesis is accepted. Nindyasari, Y & Herawati, T (2018) did a study on the relation of emotional maturity, family interaction and marital satisfaction of early age married couples. In this study, similar correlation result was found that family interaction had a significant positive relationship with marital satisfaction.

Hypothesis 2 stated that family involvement and marital satisfaction would differ significantly between males and females. **Table 2** shows that, on comparing the means of males and females (79.09 and 80.54 respectively) for the family involvement scale indicates that female have a slightly higher family involvement compared to males. Similarly, on comparing the means of males and females (128.09 and 127.92 respectively) for the marital

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satisfaction scale indicates that males have slightly higher marital satisfaction compared to females. P.G. Holeyannavar and P.B. Khadi (2018) conducted a study to explore the Interrelationship between Marital Satisfaction and Familial Characteristics on University teachers from northern Karnataka. Gender analysis was performed and it was observed that females had a better Family Environment as compared to males. Similar results were found by Gyesook Yoo & Susanna Joo (2022) who studied the relation between perceptions of love and marital satisfaction and gender moderations. The sample included Korean men and women, who were middle-aged and married. It was found that males had a higher score on marital satisfaction when compared to females.

On analysing the t-test, it can be observed from **Table 3** that for family involvement the t-value is -1.193 and the associated significance value is .234 which is much higher than 0.05 level of significance. Similarly, on analyzing the t-test for marital satisfaction, it can be observed that the t-value is 0.147 and the corresponding significance value is 0.884 which is substantially higher than the 0.05 level of significance. This indicates that there is no significant difference between males and females in family involvement and marital satisfaction in married individuals. Hence, our second hypothesis is rejected. Nourani, S et al., (2019) researched on the relationship between gender-role beliefs, household labour division and marital satisfaction in couple and found that marital satisfaction of spouses had no significant relationship with their gender role beliefs.

### CONCLUSION

Marriage partners' assessments of their level of approval of many aspects of their marital ties are known as marital satisfaction, which is a special case of relationship. It seeks to provide a global measure of satisfaction by evaluating several areas, such as effective communication, time spent together, argument over financial problems and children and sexual satisfaction, etc. The main phenomenon in marriage is adjustment and satisfaction. Family involvement describes a person's psychological ties to their family and how important they are to them. Marriage is not just seen as connection between two individuals but also as an alliance between two families. This research intended to understand the relationship between family involvement and marital satisfaction in married individuals. On these lines, family involvement and marriage satisfaction were found to be significantly correlated. Another major finding was that irrespective of gender differences (male and female), there was no difference between the family involvement and marital satisfaction in married individuals.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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