

Resilience, Sense of Humor and Marital Satisfaction among Married Young Adults Across Gender

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ABSTRACT

The present study was undertaken to study the resilience, sense of humor and marital satisfaction among married young adults across gender. Resilience scale, Sense of humour Questionnaire 6 (SHQ-6 Reversed in 2015), ENRICH (Evaluation and Nurturing Relationship Issues, Communication and Happiness) Marital Satisfaction Scale were administered to a sample of 60 married young adults (30 males and 30 females) between the age of 24-35. The samples were collected by using purposive sampling method. Multivariate analysis of variance (MANOVA) and Pearson product moment correlation were used for statistical analysis with the help of SPSS version 22. The findings of the study reveals that there was no significant relationship between resilience, sense of humor and marital satisfaction among married young. The study also found that there was no significant difference in resilience, sense of humor and marital satisfaction among married young adults across gender.

Keywords: Resilience, Sense of Humor, Marital Satisfaction, Married Young Adults

Marriage is a significant human bond that can fulfill the physical, emotional, and societal needs of partners. Marriage is a legally recognized union between two people, typically involving a ceremony or ritual, which establishes a permanent and exclusive commitment to each other. It is a social institution that serves as a foundation for forming families and building communities.

Marriage can provide emotional and physical intimacy, companionship, support, and a sense of security for partners. It also carries legal, financial, and social implications, such as inheritance rights, joint property ownership, tax benefits, and societal expectations. The stability of a relationship could be a reason why getting married has a positive impact on the mental health of young adults. However, if the relationship is unstable, it may hide the negative impact that marriage can have on their mental health. Marriage is a complex and dynamic relationship that involves two individuals coming together to build a life together (Maria j. kefalas,2011).

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Erikson's sixth stage of psychosocial development theory identifies young adulthood as a period between 18 to 40 years of age where individuals are inclined to explore personal relationships and their desire to form intimate connections. However, during this phase, there can be significant challenges as we strive to build lasting relationships outside our family, with varying levels of achievement (Erik Erikson, 1958, 1963).

Resilience, sense of humor, and marital satisfaction are all important factors that contribute to a healthy and happy marriage among young adults. All three of these factors are important predictors of marital satisfaction among young adults. Couples who are able to bounce back from difficulties, maintain a positive attitude, and find humor in everyday situations are more likely to have a happy and successful marriage.

Overall, it is important for couples to focus on building resilience, maintaining a sense of humor, and prioritizing their relationship in order to achieve long-term marital satisfaction.

RESILIENCE

Resilience refers to the ability to bounce back from difficult situations or experiences. In the context of marriage, it means the ability to overcome challenges and difficulties that arise in the relationship. It showed that resilience is an important factor in maintaining a healthy and long-lasting marriage. Individuals encounter various forms of challenges in their lives. These challenges may arise from personal experiences such as health problems, losing someone dear, maltreatment, harassment, unemployment, and financial instability. Additionally, people also confront shared unfortunate events reported in the news, for example, terrorism, mass shootings, natural calamities, pandemics, and conflicts. People need to find ways to manage and overcome these demanding circumstances (Kendra cherry, 2013).

According to resilience theory, resilience is not an unchanging characteristic and can be developed over time. It also varies depending on the specific challenges a person faces. By being flexible, adaptable, and persistent, individuals can enhance their resilience by modifying their thoughts and behaviors. Young adults who get married face a variety of challenges and stressors that can put a strain on their relationship, such as financial difficulties, communication problems, conflicts, and changes in life circumstances (Garmezy, 1991).

Resilience is an important factor that can help married young adults navigate these challenges and maintain a healthy and fulfilling relationship. Resilience can be defined as the ability to adapt to change, overcome obstacles, and recover from adversity. Research suggests that resilient individuals are better equipped to handle stress, have better mental health, and experience higher levels of well-being.

Building resilience in a marriage involves developing skills and behaviors that promote positive communication, problem-solving, and emotional regulation. It also involves developing a strong support network of family and friends, as well as seeking professional help when necessary. By building resilience, married young adults can strengthen their relationship and create a foundation for a successful and fulfilling marriage.

SENSE OF HUMOR

Sense of humor refers to an individual's ability to find humor or make others laugh in different situations. It is often considered a desirable trait and is associated with positive social interactions, improved mental health, and enhanced coping skills. Having a sense of humor can

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help individuals to navigate through difficult situations and to reduce stress and tension in social interactions.

Humor can be used to break the ice, to diffuse conflicts, and to promote a positive and lighthearted atmosphere. It can also help individuals to cope with difficult emotions by providing a way to temporarily detach from stressful situations and to find perspective. There are different types of humor, including slapstick, satire, irony, and wordplay. Different people may have different preferences for humor, and what one person finds funny may not be as entertaining to another. However, overall, humor is considered an important component of social interaction, and it is often used to build and maintain relationships. Having a good sense of humor is not only beneficial for personal relationships, but it can also be helpful in professional contexts. People who are able to use humor appropriately and effectively in the workplace are often viewed as more approachable, likable, and trustworthy.

Additionally, humor can be used to relieve stress and tension in high-pressure work environments and to promote creativity and innovation. In summary, having a sense of humor is a valuable trait that can bring joy, relief, and positive social interaction to individuals and groups.

Sense of humor can be an important factor in the relationship between married young adults. It can help couples to better navigate conflicts and to build stronger emotional bonds. A good sense of humor can also help married young adults to cope with the various stresses and challenges that are a natural part of any marriage. Having a shared sense of humor means that both partners find similar things funny and can enjoy a good laugh together. This can help to create a positive and lighthearted atmosphere in the relationship, which can be beneficial for reducing tension and promoting intimacy. Couples who share a sense of humor may also be better equipped to handle conflicts, as they can use humor to lighten the mood and to avoid taking themselves too seriously.

However, it's important to note that not all humor is appropriate in a marriage. Humor that is demeaning, insulting, or hurtful can be harmful to the relationship and can erode trust and intimacy over time. It's important for couples to communicate openly about their humor preferences and to establish boundaries around what is and isn't acceptable.

Overall, a good sense of humor can be a valuable asset in a marriage, as it can help couples to build a stronger emotional connection, to navigate conflicts more effectively, and to cope with the stresses and challenges of married life.

MARITAL SATISFACTION

Marital satisfaction refers to the degree to which a married couple is content and fulfilled in their relationship. It is a complex construct that can be influenced by various factors, including communication, intimacy, trust, and commitment.

Marital satisfaction is important because it has been linked to a range of positive outcomes, including better mental health, physical health, and overall well-being. Couples who are more satisfied in their marriage are also more likely to stay together and to experience greater levels of happiness and fulfillment in their lives.

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Factors that can influence marital satisfaction include:

- **Communication:** Effective communication is essential for maintaining a healthy and satisfying marriage. Couples who can communicate openly and honestly with each other are more likely to feel connected and to resolve conflicts effectively.
- **Intimacy:** Physical intimacy is an important part of a healthy marriage, but emotional intimacy is also crucial. Couples who can share their feelings and emotions with each other are more likely to feel connected and satisfied in their relationship.
- **Trust:** Trust is an essential component of a healthy marriage. Couples who are able to trust each other are more likely to feel secure and satisfied in their relationship.
- **Commitment:** Commitment to the marriage and to each other is also important for marital satisfaction. Couples who are committed to working through challenges and building a strong relationship are more likely to be satisfied with their marriage over the long term.

Overall, marital satisfaction is a complex and multifaceted construct that can be influenced by many factors. By focusing on effective communication, intimacy, trust, and commitment, couples can build a strong and fulfilling relationship that can stand the test of time.

Marital satisfaction among married young adults refers to the degree to which young couples who have recently married feel fulfilled and content in their relationship. Young adulthood is a period of significant transition and development, and married young adults may face unique challenges that can impact their satisfaction in their marriage.

Marital satisfaction tends to be high among newlywed couples, but can decline over time if certain factors are not addressed. Some of the factors that can impact marital satisfaction among young adults include:

- **Communication:** Effective communication is essential for maintaining a healthy and satisfying marriage. Young couples may need to learn how to communicate with each other in a way that is respectful and effective.
- **Financial stress:** Many young adults face financial stress, such as student loans, low starting salaries, and the cost of starting a new household. This can put a strain on the relationship if not managed effectively.
- **Family and social support:** Support from family and friends can be important for young couples as they navigate the challenges of married life. A lack of support can make it more difficult to maintain a satisfying relationship.
- **Balancing roles and responsibilities:** young couples may need to negotiate and adjust their roles and responsibilities within the marriage, such as managing household chores, work, and childcare.
- **Maintaining intimacy:** Physical and emotional intimacy are important components of a satisfying marriage. Young couples may need to make time for intimacy and prioritize their relationship over other demands.

Overall, marital satisfaction among young adults can be influenced by a range of factors, and it's important for couples to communicate openly, seek support when needed, and prioritize their relationship. By focusing on building a strong foundation of communication, trust, and intimacy, young couples can create a satisfying and fulfilling marriage that can stand the test of time.

YOUNG ADULTS

Young adults typically refer to individuals between the ages of 18 and 35, although this age range may vary depending on the context. This is a period of significant transition and development, as individuals in this age group often experience major life changes such as completing their education, starting their careers, forming intimate relationships, and starting families.

During young adulthood, individuals may be exploring their identity, beliefs, and values, and may be developing a sense of purpose and direction in their lives. They may also be facing challenges such as financial stress, social pressures, and mental health concerns.

Some common characteristics of young adults include:

- **High levels of energy and creativity:** Many young adults are full of energy and enthusiasm, and are often eager to explore new opportunities and experiences.
- **Technology and media-savvy:** young adults tend to be comfortable with technology and digital media, and often use social media to connect with others and share their experiences.
- **Optimism and idealism:** young adults may be more likely to hold idealistic views and to believe that they can make a positive impact on the world.
- **Desire for independence:** Many young adults value their independence and may be eager to establish their own identities and make their own decisions.

Overall, young adulthood is a time of significant growth, change, and exploration. It can be both exciting and challenging, and individuals in this age group may benefit from support and guidance as they navigate the complexities of this life stage.

Married young adults' period who have entered into a legal and committed partnership with their spouse. This period of life can be both exciting and challenging, as individuals navigate the transition from single life to married life and all of the responsibilities and commitments that come with it.

Some common characteristics of married young adults include:

- **Strong desire for companionship:** Many young adults' values companionship and may feel a strong desire to form a committed relationship with a partner.
- **Financial challenges:** young adults who are married may face financial challenges such as student loans, low starting salaries, and the cost of starting a new household.
- **Balancing responsibilities:** Married young adults often need to balance their responsibilities to their spouse, their careers, and other areas of their lives.
- **Establishing a home and family:** Many young adults who are married may be starting a family or establishing a home together, which can be both exciting and challenging.
- **Building a shared future:** Young married couples often have a shared vision for their future together and may be working towards common goals and aspirations.

Marriage can provide young adults with a sense of stability, support, and companionship, but it can also come with its own set of challenges. Effective communication, trust, and commitment are essential for building a strong and satisfying relationship that can stand the test of time.

NEED AND SIGNIFICANCE OF THE STUDY

Young adulthood is a critical stage in the development of an individual, and the ability to cope with stress and adversity is an essential aspect of their psychological well-being. Resilience, defined as the ability to bounce back from adversity, is a crucial characteristic that can help individuals overcome the challenges that arise in their lives. Sense of humor is another important psychological characteristic that can help individuals cope with stress and adversity. Humor can act as a buffer against stress and can help individuals maintain a positive outlook, even in difficult situations. Marital satisfaction is an important factor that can influence the psychological well-being of individuals. A satisfying marital relationship can provide individuals with emotional support, a sense of security, and can positively impact their overall quality of life. Therefore, studying the relationship between resilience, sense of humor, and marital satisfaction among married young adults across gender can provide valuable insights into the factors that contribute to the psychological well-being of individuals in this demographic. The study can also help identify potential areas of intervention for individuals who may be struggling with their mental health and marital relationship. This study helps to understand the significant relationship between the resilience, sense of humor and marital satisfaction among married young adults across gender.

REVIEW OF LITERATURE

A literature review is a type of article. A body of work done by earlier scientists is technically called literature. Any scientific investigation starts with a review of literature. Working with literature is an essential part of the research process which generates the idea, helps in developing significant questions and is regarded as instrumental in the process of research design. The sources of review include journals and subject specific books, reviews, abstract, internet, doctoral dissertations etc.

G M. Anna (2022) conducted a study on 'Resilience and Coping with Stress and Marital Satisfaction of the Parents of Children with ASD during the COVID-19 Pandemic'. The aim of the study is to find out about the relationship between spouses' resilience and coping styles and their assessment of marriage satisfaction. In total, 50 married couples participated in the study-50 mothers of children with ASD and 50 fathers, the partners of these mothers (N = 100). The following tools used were the Resilience Scale (SPP- 25), the Coping Inventory for Stressful Situations (CISS) and the Well-Matched Marriage Questionnaire (KDM-2), as well as a survey questionnaire (data on respondents). The results show that the gender of the parent of a child with ASD does not differentiate the overall assessment of the quality of marriage (the overall score on the scale indicates a low level of satisfaction with the relationship). When analyzing in detail the dimensions of individual scales of satisfaction with the relationship, one statistically significant difference was noted for the sex of the respondents in the disappointment dimension, showing that the level of disappointment in the quality of the relationship is higher in wives than in husbands.

A U, Asuquo (2014) conducted a study on 'Factors Influencing Marital Satisfaction Among Couples in Lartebiokoshic, Accra, Ghana'. The study examined the interaction of three variables, intimal, self-esteem, and locus of control. and their effect on marital satisfaction in Tartebiokashie a suburb under the Alekna South Constituency in the Greater Accra Region, Ghana. Across sectional survey method was adopted to study the variables of interest, Standardized questionnaire were used to assess all variables of interest. Enrich Marital Satisfaction Scale (EMS), Rosenberg Self Esteem Scale (RSE) and Locus of Control of Behaviour scale (LCB were used, Data entry, validation and analysis was done using the Statistical package for Social Science software (SPSS version 25). A total of 720 purposively

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selected participants took part in the research. The sample was predominantly female, 430 (60%) and Clunatian, 073 (94). The modal age group for respondents and spouses was 31-43 years 387(54%) and 100 (50%) respectively. Study participants who were married by ordinance comprized 400 (50%) One hundred and fifty study participants (219%) had the same ethnicity with the spouses and the nan years of marriage was 13.15 10.70. The read of the study revealed a significant positive correlation between intimacy and marital satisfaction frass = 400, $p < .0007$, a no significant correlation between locus of control and marital satisfaction frs-041. $p.05$), a negative correlation between self-esteem and marital satisfaction variables [ros 027, $p 05$]. Partner intimacy for to be wed couples should be promoted within appropriate and approved settings due to the significant influence demonstrated in this research.

Didem Aydogan, et.al (2021) conducted a study on ‘Understanding relational resilience of married adults in quarantine days. Quarantine and isolation caused by COVID- 19 pandemic revealed a new stress condition in marriage relationship. This study aimed to investigate, under quarantine and isolation days, how relational resilience in marriage is explained with their psychological distress, and mediation roles of negative and positive dyadic coping in the marriage relationship between psychological distress and relational resilience. Data of the research study was obtained via an online form two months after the announcement of the pandemic in Turkey. The participants were 386 married people (49.7% were men, 50.3% women) who ranged in age from 23 to 65 years ($M = 37.35$, $SD = 10.10$). Participants were given Personal Information Form, The Relational Resilience Scale, The Dyadic Coping Inventory, Kessler Psychological Distress Scale, and Intolerance of Uncertainty Scale. Results showed that negative and positive coping have mediating influence on psycho- logical stress of married individuals and their relational resilience during quarantine. It is seen that especially in quarantine days, positive coping strategies of married individuals, in coping with these conditions, is an important factor increasing relational resilience.

Ellen Xiang, et.al (2020) conducted a study on ‘Risk and resilience in couple's adjustment to the COVID-19 pandemic’. The COVID-19 pandemic's global scope and resulting social distancing measures have caused unprecedented economic, lifestyle, and social impacts to personal and relation- ship well-being. While lockdowns have prompted individuals to increase reliance on intimate partners for support, stressful external contexts can also interfere with partners' capacity to request and provide support, resulting in relationship dissatisfaction and even dissolution. Guided by a risk and resilience framework, this study examined the impact of perceived stress, social contextual factors, and dyadic coping on self-reported relationship satisfaction changes during the initial United States COVID-19 lockdown period. Participants were adults in romantic relationships who completed an online sur- vey between April 13 and June 8, 2020. Overall, survey respondents ($N = 1106$) re- ported higher perceived stress levels than established population norms, and small but significant decrements in relationship satisfaction.

Cihan Hudayar, et.al (2020) conducted a study on ‘Relational resilience as a protective factor in marital adjustment of couples with cancer: a dyadic model’ The aim of this study is to examine the relationship between relational resilience as a protective factor and marital adjustment for couples with one spouse being a cancer, by employing a dyadic approach. In this study, relational resilience is thought to be a supportive structure in ensuring marital adjustment.152 couples ($n=304$) with one of the spouses being a cancer patient participated in the study. Results indicated that relational resilience of husband and wife in the face of cancer had positive and significant effects on marital adjustment. The research found that the partner effects on marital adjustment was higher for wives compared to husband. The results

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demonstrated that each person's relational resilience is the strongest predictor of their own marital adjustment and the partner's relational resilience also plays significant role in one's marital adjustment. The results of the study showed the importance of the actor and partner effects of relational resilience for increasing the marital adjustment and strengthening the relationships. These results were discussed within the context of marriage counseling by taking the cultural structure into consideration.

Bradley. J M, et.al (2016) conducted a study on 'A Model of Resilience and Marital Satisfaction.' This study examined the hypothesis that resilience mediates the relationship between marital satisfaction and a host of relevant variables, including spousal attachment, social support, and affect. Participants were 195 married individuals, who completed online surveys about their marriage. Importantly, the findings indicated that resilience has a direct effect on marital satisfaction. In addition, affect and social support were each shown to indirectly impact satisfaction through resilience. The relationships between spousal attachment, resilience, and satisfaction were more complicated than predicted and are further discussed. Overall, the results demonstrate the importance of resilience in marital satisfaction.

Sanford Keith, et.al (2017) conducted a study on 'Couple resilience and life wellbeing in firefighters. The validity of the Couple Resilience Inventory was tested using 102 married or cohabiting firefighters. This instrument measures types of relationship behavior that often occur during stressful life events and that are expected to be associated with an ability to cope with employment in a stressful occupation. It includes scales measuring two nearly orthogonal dimensions, with one dimension pertaining to positive behavior and the other to negative. In line with hypotheses, scales measuring positive and negative couple resilience were nearly orthogonal to each other, and distinct from a measure of relationship satisfaction, but both scales correlated positively with exposure to traumatic events, and both correlated in opposite directions with relationship satisfaction and life wellbeing. Results were consistent with the theoretical model and they supported instrument validity.

Conway¹ Lucy, et.al (2021) conducted a study on 'Shared Experiences of Resilience Amongst Couples Where One Partner Is Living with Dementia-A Grounded Theory Study'. Resilience is a concept which may help explain how older people are able to live well with dementia. Existing resilience research in dementia focuses on the caregiver and relatively little is known about how dyads (person with dementia and care partner) experience resilience. Using constructivist grounded theory, this qualitative study aimed to develop a theory of shared resilience amongst couples where one partner is living with dementia. Interviews were conducted with 12 dyads (n = 24) to explore their shared understanding of resilience, what helps to develop and maintain their resilience and how resilience shapes their relationship and mutual well-being. Findings indicate that resilience was experienced as continuing with a "normal" life as a couple notwithstanding the impact of dementia. This is in contrast to models of resilience which emphasize bouncing back or flourishing in the face of adversity. Instead, couples described a shared resilience that enabled them to maintain their couple-hood, a sense of togetherness and reciprocity in their relationship, which in turn provided a further source of resilience. Findings emphasize the importance of dyadic research in developing a clearer understanding of the experience of living well with dementia. Interventions aimed at building resilience should engage dyads to consider how the couple's shared resilience can be maintained and enhanced.

Ahmad Shafaq (2020) conducted study on 'Resilience as predictor of marital adjustment among couples'. The purpose of the study is to evaluate the effect of resilience on marital

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adjustment among couples, Correlational Research Design was used. The sample comprised of 75 married couples (75 males and 75 females) with 5 to 15 years of duration of marriage. Their age ranges were between 25 to 50 years (mean age of women 32.6, SD-5.4; mean age of men=37.2, SD-6.07) Brief Resilience Scale and Dyadic Adjustment Scale were administered. Regression analysis indicate that resilience predicts marital adjustment in males and in females. Additionally, independent t-test revealed no significant difference among gender on the variable of marital adjustment. Results indicate that resilience has significant role in the adjustment in a marital relationship. Furthermore, it indicates that males and females are at same level in terms of marital adjustment.

M. K. Shelia (2022) conducted a study on 'Humor and resilience: relationships with happiness in young adults. The findings showed that more resilient individuals report higher levels of happiness. An online survey study with a sample of 204 (105 men, 99 women) young adults showed that after controlling for resilience, less frequent use of the negative humor styles (I. Aggressive and self-defeating) emerged as protective factors, related to higher levels of happiness. The results are compatible with research suggesting that improvements in well-being are associated with behavioral changes.

Conway Stephen (2020) conducted a study on 'It's No laughing Matter; Humor, Resilience, Happiness and the self, a Typology approach'. The present study investigated humor styles, self-efficacy, temperament and their relationship to self-esteem, resilience, and happiness. With a sample of (n=160) Humor styles were examined in a correlational study. Adaptive humor styles (self-enhancing and affiliative) were found to moderate associations with the thought the more significant relationships were found between Temperament (mood, cheerfulness) along with gender age, relationship status and resilience, self-esteem, and happiness. While the maladaptive styles (self-defeating and aggressive) were found to have weak and no significant relationships respectfully. During research it was found that a typology approach to study humor styles may garner more reflexive results of how humor styles interact with an individual each with a differing relationship to the well-being indicators was pertinent. 4 distinct clusters were found with unique relationships to the independent variables.

S. Vinayak, et.al (2018) conducted a study on 'Emotional intelligence and resilience as a predictor of marital satisfaction among spouses of patients with diabetes type 2' The sample for the current study consisted of 150 married adults (75 males and 75 females) in the age group of 35 – 55 years residing in the tri city for at least three years. The sample was administered a questionnaire of emotional intelligence, resilience scale along with ENRICH Marital Satisfaction Scale. Inter-correlation analysis, t-test and multiple linear regression analysis were applied. They revealed that emotional intelligence and resilience were positively related to marital satisfaction. It was found that emotional intelligence and resilience predicts marital satisfaction in just males but not in females. Emotional intelligence and resilience play an important role in prediction of marital satisfaction.

Sang Zhi-qin, et.al (2020) conducted a study on 'The Relationship Between Resilience and Mental Health in Chinese College Students: A Longitudinal Cross- Lagged Analysis'. The relationship between resilience and mental health was examined in three phases over 4 years in a sample of 314 college students in China. The present study aimed to gain insight into the reciprocal relationship of higher levels of resilience predicting lower levels of mental ill- being, and higher levels of positive mental health, and vice versa, and track changes in both resilience, mental ill-being, and positive mental health over 4 years. We used the Depression Anxiety Stress, the Positive Mental Health, and the Resilience Scales. Results revealed that first- year

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students and senior year students experienced higher negative mental health levels and lower positive mental health levels than junior year students. Cross-lagged structural equation modeling analyses showed that resilience could significantly predict mental health status in the short term, namely within 1 year from junior to senior year. However, the predicting function of resilience for mental health is not significant in the long term, namely within 2 years from freshman to junior year. Additionally, the significant predicting function of individuals' mental health for resilience is fully verified for both the short and long term. These results indicate that college mental health education and interventions could be tailored based on students' year in college.

METHODOLOGY

Method is a systematic theoretical analysis of the methods applied to a field of study. The process used to collect information and data for the purpose of making research work. Data is represented as properties of the object and behavior as method. It is called the particular procedure for accomplish or approaching something. specially a systematic or established one. This chapter includes participants, research instruments employed and design of the study (Margret Rouse,2004).

Aim of the study

The aim of the research is to study the Resilience, Sense of humor and Marital satisfaction among married young adults across gender.

Research questions

1. Is there any significant difference in resilience, sense of humor and marital satisfaction among married young adults across gender?
2. Is there any significant relationship between resilience, sense of humor and marital satisfaction among married young adults?

Objectives

- To study the significant difference in resilience, sense of humor and marital satisfaction among married young adults across gender.
- To study the significant relationship between resilience, sense of humor and marital satisfaction among married young adults.

Hypothesis

- H0 1: There is no significant difference in resilience among married young adults across gender.
- H0 2: There is no significant difference in sense of humor among married young adults across gender.
- H0 3: There is no significant difference in marital satisfaction among married young adults across gender.
- H0 4: There is no significant relationship between resilience, sense of humor and marital satisfaction among married young adults.

Research design: This study adopted exploratory in nature and survey sample research design was implemented. This design is to acquire insight into the research topic, since there is no much investigations conducted on the topic before, the current study required more insight. Survey research is a type of research methodology that focuses on using surveys as the primary

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means of data collection. This approach is employed by researchers to gain insights into the opinions and viewpoints of individuals or groups regarding a specific subject or idea.

Sampling

The target population of the study was married young adults. The researcher used non probability convenience sampling strategy to choose samples for the study. The study consists of 60 married young adults between the age group of 18-35 years (according to Erikson's psychosocial development theory). All are from the State of Kerala. For the selection of the sample, socio-demographic data were collected using the inclusive and exclusive criteria. The socio demographic data thus collected was used for considering and ruling out the participants in the study.

Table. 3.1 sample distribution

males	females	Total sample
30	30	60

Criteria

Inclusion criteria:

- Individuals of age group 24-35.
- The participants who will be able to compute and communicate in English.
- Two to six years of experiences in their married life.
- Individuals residing in Kerala.

Exclusion criteria:

- Divorced or second marriage young adults
- Newly married young adults
- The physically and mentally challenged individuals

Variables:

Independent variable

- Gender

Dependent variable

- Resilience
- Sense of humor
- Marital satisfaction

Operational definitions

- Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences especially through mentally and emotionally.
- Sense of humour refers to the ability to find things funny and amusing rather than being serious all time.
- Marital satisfaction can be defined as the attitude an individual has toward his or her own marital relationship.
- Married young adults are the ones who are not related to each other that is they are not couples independent of the groups.

Tools

In the present study the investigator tries to study the variables resilience, sense of humor and marital satisfaction. The tools include those which are developed and standardized by experts in the field. The selected measures are;

- Resilience scale
- Sense of humour Questionnaire 6 (SHQ-6 Reversed in 2015)
- ENRICH (Evaluation and Nurturing Relationship Issues, Communication and Happiness) Marital Satisfaction Scale

Resilience scale

Dr. Vijayalakshmi developed Resilience scale in the year of 2017. This is a 30 Item scale and is meant for individuals from 14 years and above of age. For each statement, there are five response options like 'Strongly Agree', 'Agree', 'Neutral', 'Disagree' and 'Strongly Disagree'.

Tool assesses four dimensions of resilience:

- Perseverance: persistence in doing something despite difficulty or delay in achieving success.
- Composure: The state or feeling of being calm and in control of oneself.
- Self-reliance: one's own powers and resources rather than those of others.
- Faith: it denotes complete trust or confidence in someone or something.

The perseverance scale includes 8 items, Composure scale includes 9 items, Self-reliance scale includes 7 items and Faith scale includes 6 items.

Scoring: The scoring of positive items of Resilience scale was done by giving a score 5, 4, 3, 2, and 1 for 'Strongly Agree', 'Agree', 'Neutral', 'Disagree' and 'Strongly Disagree' and negative items were scored as 1, 2, 3, 4, 5, respectively. Scores earned were added together to yield total score.

Reliability and validity: The test re-test reliability was calculated and was found to be 0.87 and the split-half reliability was found to be 0.84. All reliability coefficients were significant at .01 level. The concurrent validity was found to be 0.86 which was significant.

Sense of humour Questionnaire 6 (SHQ-6 Reversed in 2015)

The SHQ-6 Revised consists of 6 statements and questions designed to measure sense of humor. The SHQ-6 Revised is a revision of the SHQ-6 which, in turn, was a revision of the SHQ, which assessed three separate dimensions of the sense of humor by 21 items. The SHQ-6 Revised contains two items to measure each of three dimensions (cognitive, social, and affective). It Provides an overall Sense of Humor score and sub scores for two cognitive, two social, and two affective items.

Scoring: Individuals select one of four responses along a four-point scale to indicate an answer to a question or agreement with a statement. Responses to each item are scored from 1 to 4 and summed for an overall Sense of Humor score.

Reliability and validity: The SHQ-6 has good internal consistency with alpha = .85. Scores on the SHQ-6 correlate positively with scores on other measures of sense of humor that reflect affiliative/self-enhancing styles of humor (Rs about .50) rather than hostile/self-defeating style

(Rs about .15). SHQ-6 scores tend to be inversely related with scores on measures of depression and anxiety.

ENRICH (Evaluation and Nurturing Relationship Issues, Communication and Happiness) Marital Satisfaction Scale

ENRICH (Evaluation and Nurturing Relationship Issues, Communication and Happiness) Marital Satisfaction Scale (EMS) scale was developed in 1993. It is 15 questionnaire style items using a 5-point scale. Brief measure of marital quality for married adults. Can obtain dyadic and individual scores. 10 items measure 10 domains of marital quality, and the remaining 5 items compose a marital conventionalization scale to correct for the tendency to endorse unrealistically positive descriptions of the marriage.

Scoring: Items 1, 4, 6, 9, and 13 constitute the Idealistic Distortion Scale. The remaining items are in the Marital Satisfaction Scale. Raw scores for both scales are calculated by reverse scoring the negative items and summing the appropriate items for each scale. After obtaining the raw scores, one determines the percent scores in the norm table. EMS score = percentile score for individual Marital Satisfaction Scale – [(0.40 x PCT) (percentile score for individual Idealistic Distortion Scale x 0.01)]. Positive couple agreement score is the percentage of items on which both partners agree that an item is a strength for them. An item is scored as a PCA item when both partners mark a 4 or a 5 on a positively scored item or a 1 or a 2 on negatively scored items. 7 PCA items = a score of 70; 3 PCA items = a score of 30 etc.

Validity and reliability: Concurrent validity (0.73) with the Locke-Wallace Marital Adjustment Test, as well as (0.71 for men and 0.77 for women) with a single item measure of satisfaction. Construct validity through comparison with Family Satisfaction Scale, thoughts of divorce, and demographic correlations of other satisfaction scales, suggesting non-redundancy among the scales. And Cronbach's alpha revealed an internal reliability of 0.86. Test re-test reliability was measured, with a reliability coefficient of 0.86 over time. Total item correlations are strong, ranging from 0.52 to 0.82.

Procedure for data collection

The participants were met individually. Rapport will be established and instructions of the questionnaire is given carefully and thoroughly. The appendix includes the socio-demographic details and three questionnaires such as Resilience scale, Sense of humour Questionnaire 6 (SHQ-6 Reversed in 2015) and ENRICH (Evaluation and Nurturing Relationship Issues, Communication and Happiness) Marital Satisfaction Scale. The participants were given proper clarification and explanation about the confidentiality and purpose of the data to be collected. 10 minutes gap will be given to each individual after every filling statements. If the individual prefers a break in between so that is also take in care. And the scoring will be done according to the manual. Data analysis would be done through SPSS.

Ethical consideration

- Research was conducted only after the approval from department's research committee.
- Only after getting approval from the department data was collected.
- Before collecting data from participants informed consent was taken.
- The purpose of the study was explained properly to each participant.
- Clarification regarding the confidentiality was given before filling the questionnaires.
- The participants were treated equally and fairly.

Statistical analysis

Test of normality was carried out to test normality of the data collected. The multivariate analysis of variance (MANOVA) test was used for testing H01, H02, H03 and Pearson Product moment correlation test was used for testing the H04.

Statistical package for social science the program for statistical analysis will be used to analyze the data obtained.

RESULT AND DISCUSSION

This chapter represents the results reached by the investigator through the statistical analysis. Analysis is the key of any research, where it is the way to test the hypothesis formulated by the investigator. The chapter consists of the data relevant to the test hypothesis and interpretation of the results. The data are given in tabular format also. It also includes the graphical representation of the socio-demographic data collected for the research.

Demographic details of the participants

The demographic characteristics like gender, residence, occupation, socioeconomic status, family type, types of marriage and number of children are graphically represented.

Figure: 4.1 Percentage of married young adults belongs to different place of residence

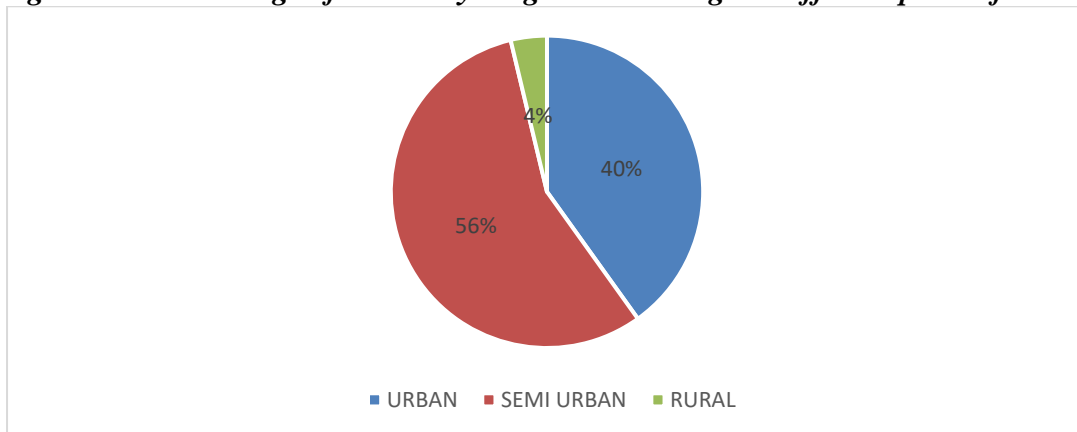


Figure: 4.2 Percentage of married young adults belongs to different gender

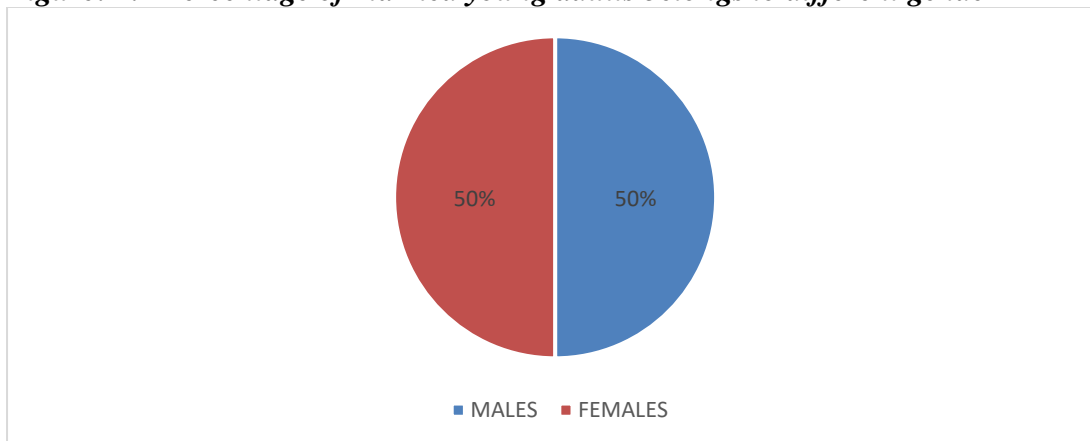


Figure: 4.3 Percentage of married young adults belong different category of occupation

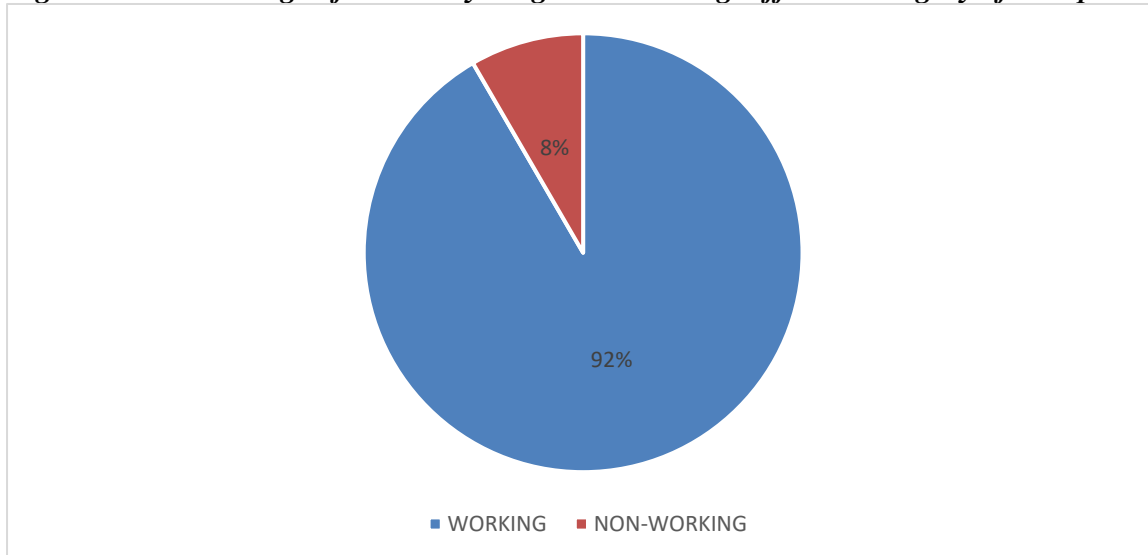


Figure: 4.4 Percentage of married young adults belongs to different socioeconomic status

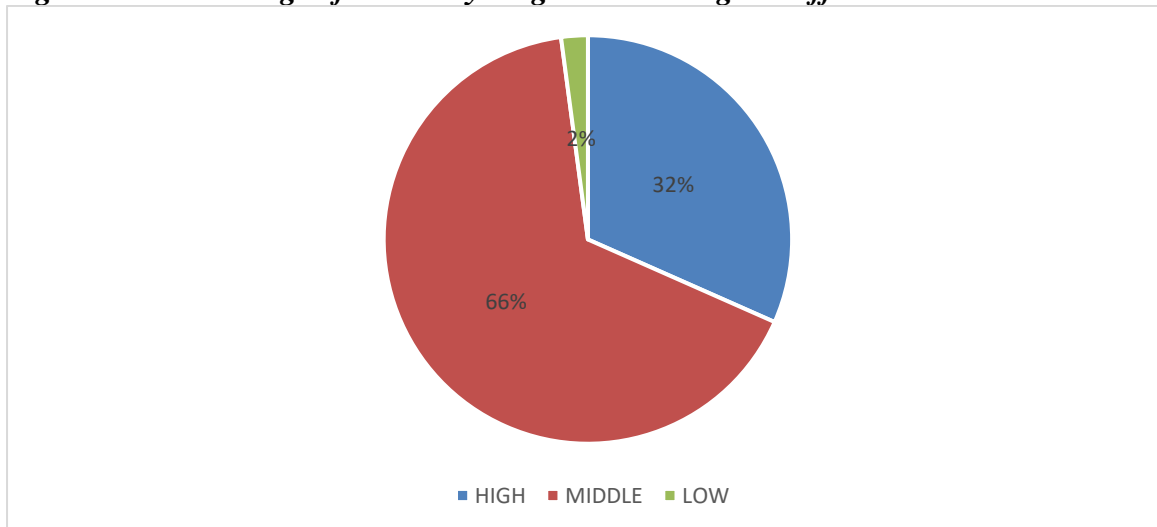


Figure: 4.5 Percentage of married young adults belongs to different family type

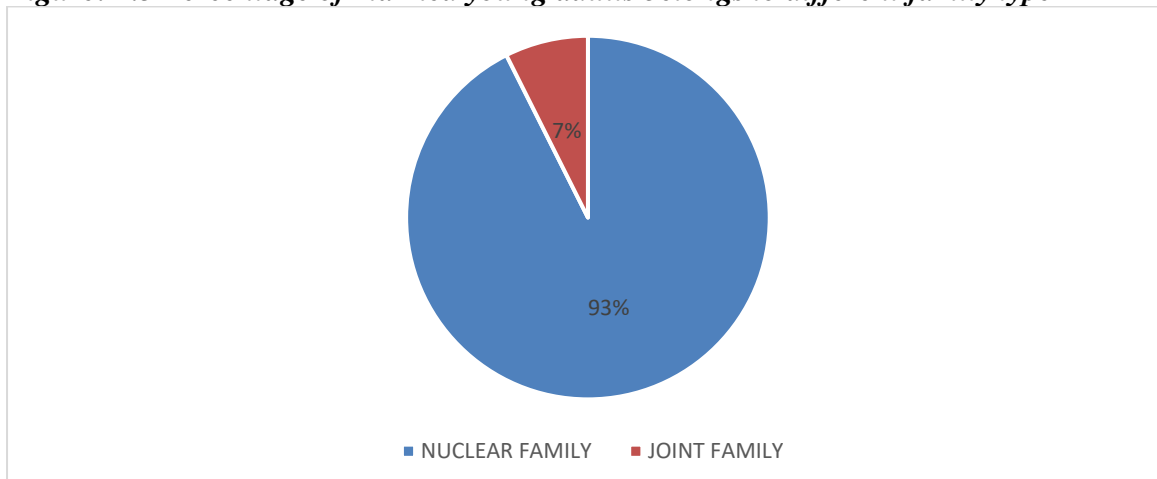


Figure: 4.6 Percentage of married young adults belongs to different types of marriage

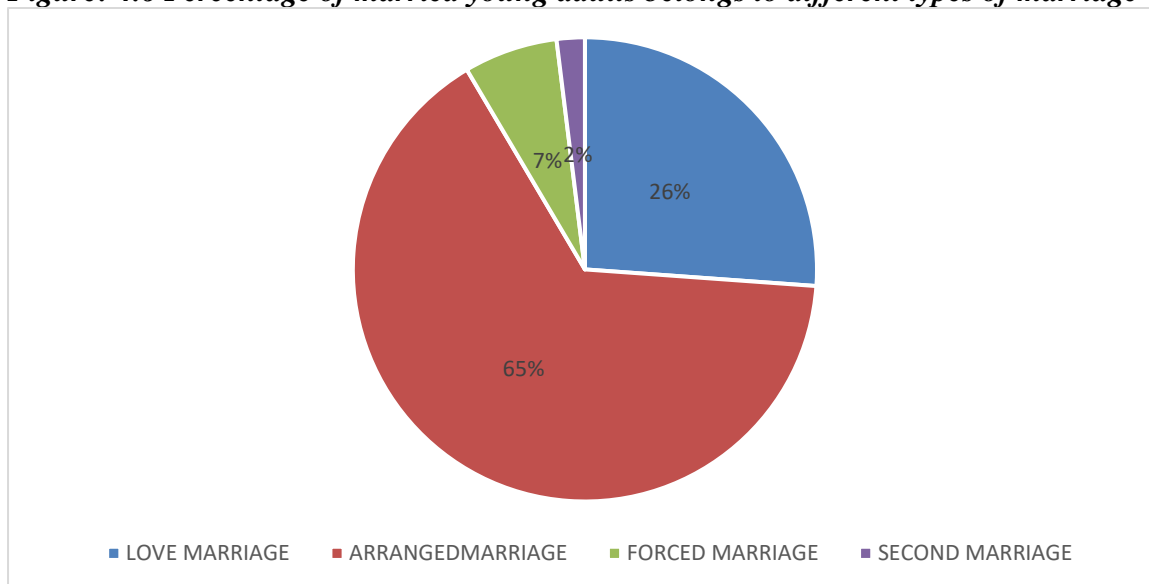
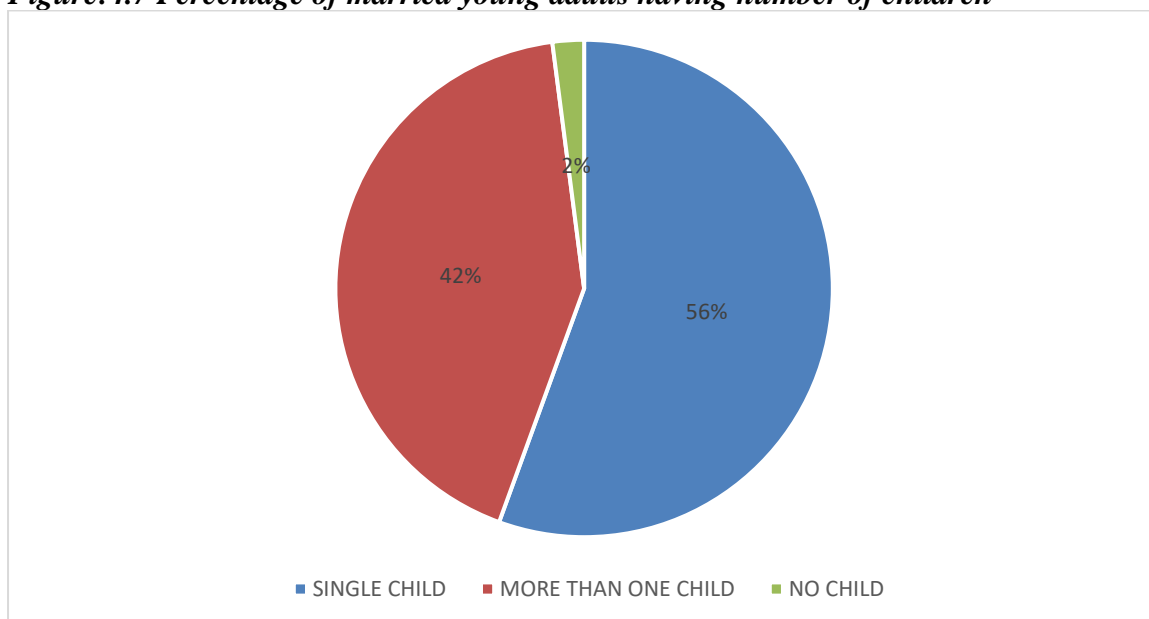


Figure: 4.7 Percentage of married young adults having number of children



Pie chart shows the demographic characteristics like gender, residence, occupation, socioeconomic status, family type, types of marriage and number of children are graphically represented. Figure: 4.1 shows the percentage of married young adults to different place of residence, 56% were semi urban, 40% were urban and 4% were rural areas. In figure: 4.2 shows the percentage of married young adults belongs to gender, 50% were males and 50% were females. In Figure: 4.3 shows the percentage of married young adults belongs to different category of occupation, 92% were working married young adults and 8% were non-working married young adults. In figure: 4.4 shows percentage of married young adults belongs to different socioeconomic status, 66% were middle class, 32% were high class and 2% were low class. In figure: 4.5 shows the percentage of married young adults belongs to different family types, 93% were nuclear family and 7% were joint family. In figure: 4.6 shows the percentage of married young adults belongs to different types of marriage, 65% were arranged marriage, 26% were love marriage, 7% were forced marriage and 2% were second marriage. In figure:

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4.7 shows the percentage of married young adults having number of children, 56% were single child, 42% were more than one child and 2% were no child.

Table 4.1 *Multivariate analysis of variance of resilience, sense of humour and marital satisfaction among married young adults across gender.*

Variables	Group	N	Mean	SD	F	P
Resilience	Male	30	116.13	12.517	3.320	.074
	Female	30	110.50	11.337		
Sense of humor	Male	30	18.97	2.822	.480	.491
	Female	30	18.50	2.374		
Marital satisfaction	Male	30	53.40	14.792	.543	.464
	Female	30	55.77	9.511		

The hypothesis stating that “There is no significant difference in resilience, sense of humor and marital satisfaction among married young adults across gender.”

The obtained F value indicates that there is no significant difference in the resilience among married young adults across gender ($f=3.320$, $p>0.05$). This reveals that there is no significant difference in the resilience among married young adults across gender. The table 4.1 indicates that there is a non-significant mean difference in the resilience in male (116.13) and female (110.50), which shows that male having more resilience than female.

The obtained F value indicates that there is no significant difference in the sense of humor among married young adults across gender ($f=.480$, $p>0.05$). This reveals that there is no significant difference in the sense of humor among married young adults across gender. The table 4.1 indicates that there is a non-significant mean difference in the sense of humor in male (18.97) and female (18.50), which shows there is no difference between male and female.

The obtained F value indicates that there is no significant difference in the marital satisfaction among married young adults across gender ($f=.543$, $p>0.05$). This reveals that there is no significant difference in marital satisfaction among married young adults across gender. The table 4.1 indicates that there is non-significant mean difference in the marital satisfaction in male (53.40) and female (55.77), which shows that females having more marital satisfaction than males. Therefore, there is no significant difference in resilience, sense of humor and marital satisfaction among married young adults across gender. So, the null hypothesis is accepted.

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Table 4.2 *Multivariate tests of resilience, sense of humor and marital satisfaction among married young adults across gender.*

Effect	Value	F	Hypothesis df	Error df	sig.
Gender	.921	1.594 ^b	3.000	56.000	.201

Table 4.2 shows multivariate tests of resilience, sense of humor and marital satisfaction among married young adults across gender. Wilk's Lambda value of gender were .921, the F value were 1.594^b and significant value were .201 which indicates that there is no significant difference between resilience, sense of humor and marital satisfaction among married young adults across gender. So, the null hypothesis was accepted.

Figure 4.8 *Mean scores of resilience, sense of humor and marital satisfaction among married young adults across gender.*

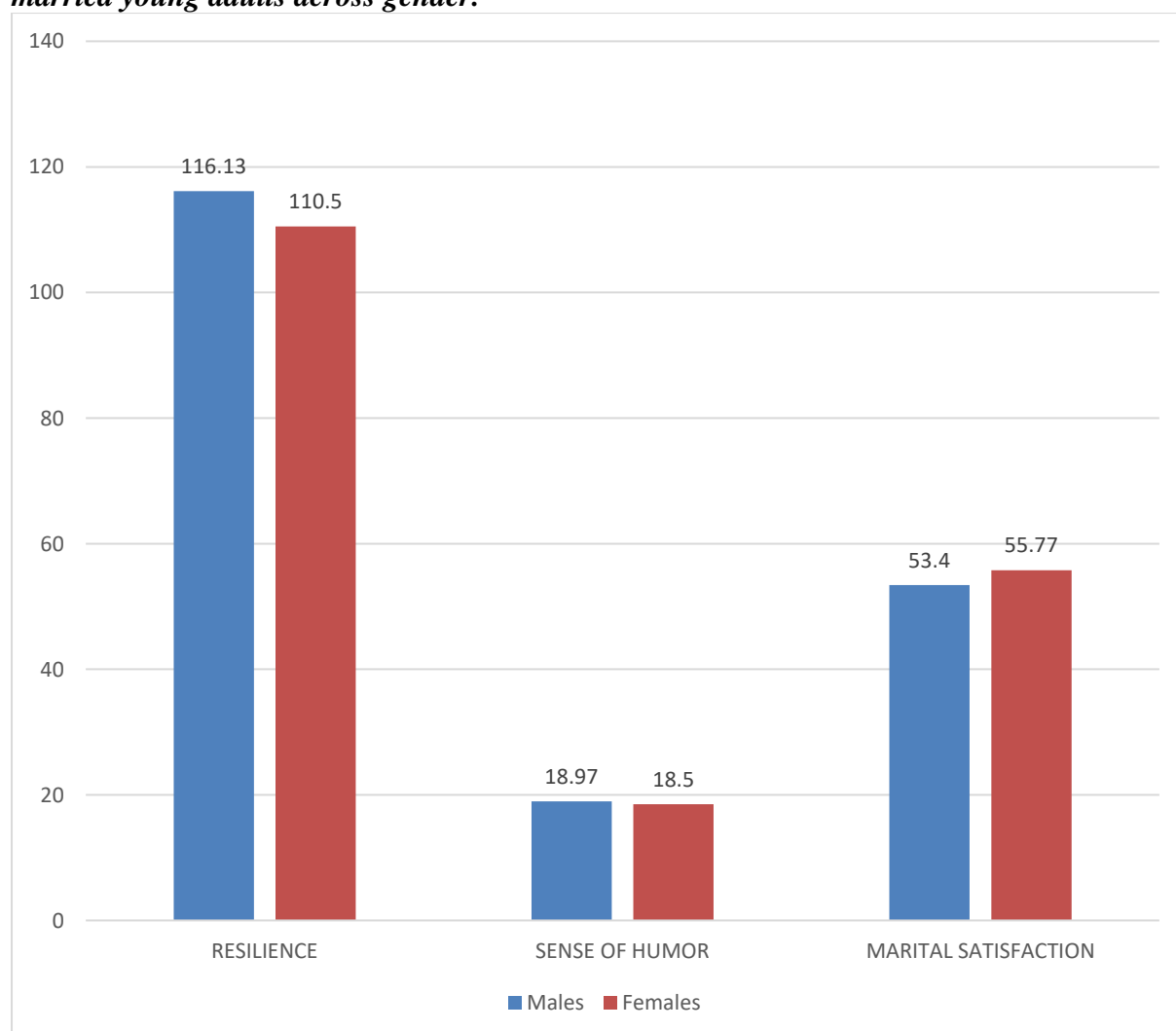


Table 4.3 correlation between resilience, sense of humor and marital satisfaction among married young adults.

Variables	Resilience	Sense of humor	Marital satisfaction
Resilience	1	.195	.235
Sense of humor	.195	1	-.113
Marital satisfaction	.235	-.113	1

The H04 stating that there is no significant relationship between resilience, sense of humor and marital satisfaction among married young adults was tested using Pearson Product moment correlation. From the table 4.3 it can observe that there is no relationship between the three variables resilience, sense of humor and marital satisfaction among married young adults. Hence, the null hypothesis was accepted.

SUMMARY AND CONCLUSION

The chapter provides an overview of the summary of the present study, findings of the study, conclusions, implications, limitations, and scope for the further research.

Summary and conclusion of the study

The study entitled” Resilience, sense of humor, marital satisfaction among married young adults across gender” was undertaken to assess the resilience, sense of humour and marital satisfaction among married young adults across gender. The sample of 60 married young adults consisting of 30 males and 30 females making ‘N=60’. The present study has taken participants from the age of 24-35. Data was collected by using convenience sampling.

The data collection of the study was done using the tools, ‘Resilience scale’ developed by Dr. Vijayalakshmi (2017), to assess the resilience among married young adults across gender; ‘Sense of humour Questionnaire 6 (SHQ-6 Reversed in 2015)’ developed by Sven Svebak (2015), to assess the sense of humour among married young adults across gender; and ‘ENRICH (Evaluation and Nurturing Relationship Issues, Communication and Happiness) Marital Satisfaction Scale’ developed by Fowers and Olson (1993), to assess the marital satisfaction among married young adults across gender. The obtained results were analysed using multivariate analysis of variance (MANOVA) and and Pearson Product moment correlation test. The result shows that there is no relationship between resilience, sense of humor and marital satisfaction among married young adults across gender and also there is no significant difference in resilience, sense of humor and marital satisfaction among married young adults across gender.

Findings of the study

- Findings of multivariate analysis of variance of resilience, sense of humor and marital satisfaction among married young adults across gender.
 - There was no significant difference between resilience, sense of humor and marital satisfaction among married young adults.
- Findings of Pearson Product moment correlation between resilience, sense of humor and marital satisfaction among married young adults.
 - There was no significant relationship between resilience, sense of humor and marital satisfaction among married young adults.

Limitations

- The data was collected only from Kerala hence generalization of the findings is restricted.
- The sample size is small.
- Age group was limited 24-35.

Implications of the study

The study could offer insight in to resilience, sense of humor and marital satisfaction among married young adults which could help the policy makers, mental health professionals, family court.

Scope for further study

The study can be further explored by using vast number of samples, by using qualitative method.

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Conflict of Interest

The author(s) declared no conflict of interest.

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