

Exploring Relationship between Marriage Attitude and Life Satisfaction among Unmarried Working Professionals

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ABSTRACT

This study delves into the correlation between marital attitude and life satisfaction among unmarried professionals in the workforce, focusing particularly on gender differences. With a sample size comprising 105 individuals (51 male and 53 female), our analysis employed diverse statistical methods, including correlation and t-tests. Through these analyses, we uncovered a subtle yet statistically significant positive association between marital attitude and life satisfaction, suggesting a reciprocal influence between the two variables. Furthermore, our examination revealed notable disparities between genders in the General Attitude towards Marriage Scale, indicating a stronger predisposition towards marriage among males compared to females. These findings shed light on the intricate dynamics between marital attitudes and life satisfaction, underscoring the relevance of gender nuances in understanding these relationships within the professional sphere.

Keywords: *Marital Attitude, Life Satisfaction, Unmarried Working Professionals*

The evolving landscape of *Marriage* and its intersection with *Life satisfaction* among unmarried working individuals is a complex and dynamic subject that reflects shifting cultural norms and individual preferences. Historically, *Marriage* has been viewed as a fundamental aspect of adulthood, symbolizing commitment, shared responsibilities, and the beginning of a new chapter in life. However, in recent decades, societal changes such as shifting gender roles, increased access to education and employment opportunities, and greater financial independence have led to a reevaluation of the traditional concept of marriage.

Marital attitude encompasses individuals' perspectives on marriage, shaped by a blend of cultural, social, and personal influences. Across different societies and time periods, marriage has traditionally symbolized commitment, partnership, and the formation of families. Yet, in today's world, attitudes towards marriage are experiencing significant shifts due to changing gender roles, evolving ideas about partnership, and new understandings of personal fulfillment. (Kay, N. M. (2012).

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Received: April 18, 2024; Revision Received: May 12, 2024; Accepted: May 18, 2024

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Many unmarried working individuals are opting to postpone marriage, choose cohabitation, or remain single altogether, prioritizing personal fulfillment, autonomy, and professional growth over traditional marital obligations. This shift in attitudes towards marriage is indicative of a broader cultural trend towards individual well-being and autonomy. Additionally, changing ideas about gender and sexuality have led to a reevaluation of traditional marriage customs and the acceptance of diverse family forms by society.

Life satisfaction, a multidimensional concept encompassing various aspects of well-being such as emotional state, sense of direction, and satisfaction in different life domains, is increasingly important for unmarried working individuals navigating the challenges of work, relationships, and personal fulfillment. “*life satisfaction is a subjective assessment of the quality of one’s life. Because it is inherently an evaluation, judgments of life satisfaction have a large cognitive component*” (Sousa, Lorie & Lyubomirsky, Sonja. 2001). Understanding the factors that contribute to life satisfaction in this demographic is crucial in a time of evolving social norms and notions of fulfillment and partnership.

While marriage has traditionally been associated with increased life satisfaction (Aksu, Gökhan & Eser, Taha & Emekli, Hatice, 2023) due to factors such as emotional support and companionship, the nature of this relationship is complex and influenced by individual traits, interpersonal dynamics, and marital quality. Moreover, there is significant variation in the experiences of married individuals, with some experiencing higher levels of life satisfaction than others.

Among *unmarried working Professionals*, the relationship between *Life satisfaction* and *Marital attitude* holds particular significance, as individuals balance personal and professional goals with varying attitudes towards marriage. The pursuit of career advancement, personal growth, and meaningful relationships may intersect with attitudes towards marriage, influencing overall well-being. This study aims to investigate the association between *Life satisfaction* and *Marital attitude* among unmarried working individuals, shedding light on whether marriage remains a significant determinant of happiness and fulfillment in today's changing society. By examining views on marriage and experiences with happiness and fulfillment, this research seeks to provide insights into the evolving landscape of relationships and well-being among unmarried working Professionals.

THEORETICAL FRAMEWORK

This research on the relationship between marriage attitude and life satisfaction among unmarried working professionals can be theoretically supported by several psychological and sociological frameworks. *Social Exchange Theory* proposes that individuals weigh the costs and benefits of relationships, including their attitudes towards marriage, which can impact their overall life satisfaction. *Attachment Theory* suggests that early attachment experiences shape individuals' views on relationships, potentially influencing their life satisfaction. Furthermore, *Gender Role Theory* indicates that societal expectations regarding gender roles may affect marriage attitudes differently for men and women. These theories offer insights into how personal experiences and cultural norms shape individuals' perceptions of marriage and relationships, thereby influencing their overall satisfaction with life.

REVIEW OF LITERATURE

Kanji, S., et al. (2023). "The impact of early marriage on the life satisfaction, education and subjective health of young women in India: A longitudinal analysis." While early marriage didn't directly lead to lower life satisfaction, those who married young exhibited lower life satisfaction from a young age, indicating underlying influences. Additionally, early marriage showed significant negative effects on the health and educational attainment of young women by age 22, highlighting the multifaceted challenges associated with early marriage in India.

Şahin, E. S. & Bilge, F. (2022). "Marital attitudes according to the marital messages of university students from various sources". This study found that university students who receive abundant positive marital messages from family, friends, media, and other institutions tend to hold more favorable marital attitudes compared to those who receive fewer positive messages.

Sayın, M, et al. (2019). "The relationship of marital satisfaction and life satisfaction with spiritual orientation: the mediating role of sacrifice and sensitivity". Results from the analysis of 454 participants indicated a good fit for the tested model, with statistically significant values confirming the proposed mediation roles of sensitivity and sacrifice in the relationship between marital and life satisfaction with spiritual orientation.

Shefali, S. K., et al. (2016). "Attitude towards marriage and life satisfaction among mid adults." This study aimed to explore the connection between attitude towards marriage and life satisfaction among middle-aged adults, finding no significant gender or urban-rural differences in either variable. The research revealed that attitude towards marriage and life satisfaction are independent of each other, suggesting that other factors may play a more prominent role in determining life satisfaction among mid adults.

Fors Connolly, F., & Gärling, T. (2022). "Mediators of differences between employed and unemployed in life satisfaction and emotional well-being." Results indicated that the employed generally reported higher levels of both life satisfaction and emotional well-being. Financial satisfaction and satisfaction with time use were found to mediate the relationship between employment status and both life satisfaction and emotional well-being. However, while financial satisfaction directly influenced emotional well-being, satisfaction with time use played a mediating role only in the relationship between employment status and emotional well-being, with unemployment associated with lower satisfaction in this regard.

METHODOLOGY

Aim

The aim of this study is to find the relationship between Marital Attitude and Life satisfaction among the unmarried working Professionals.

Objective

- To find the gender difference in Marriage attitude and life satisfaction among unmarried working adult.
- To find the relation between Marriage attitude and life satisfaction among unmarried working adult.

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Hypothesis

- H1 – there is an association between Marriage attitude and life satisfaction in unmarried working Professionals.
- H2 - there is no significant difference in Marriage Attitude among male and female unmarried working Professionals.

Research Design

Quantitative Co relational design is used in this study, further to analyze the data T-test and correlation was used in Statistical product and service solutions (SPSS).

Sample

The sample size of this research is 105 (Male-51, Female- 54) working unmarried Professionals. The study was conducted using Random sampling method.

Inclusion Criteria

- Unmarried working Professionals
- Age 18+ year old
- Able to provide Informed Constant
- No pervious diagnosis of dementia and other related cognitive issues.

Exclusion Criteria

- Married working Professionals
- Age below 18 year old
- Not able to provide informed constant
- Pervious Diagnosis of dementia and other related cognitive issues.

Tools Employed

- **Marital Attitude and Expectations Scale (MAES)** – The Marital Attitudes and Expectations Scale (MAES) developed by Stacey S. Park. This scale measures the broader range of concepts compared to earlier marital attitude scales; it has three sub scale such as Intent to marry (IMS), General attitude toward marriage (GAMS) and Expectations for Marital Relationships (AMS). It consists of 36 items. Reliability of IMS is 0.91 for GAMS is 0.84 and for AMS is 0.92.
- **Life Satisfaction scale (LSS)** – life satisfaction scale by Prof. Hardeo Ojha was used to collect the data, it measures measure an individual's overall satisfaction with their life. It consists of 20 items in which 12 items are positive and 8 are negative. The response format of this scale is a five-point scale, ranging from strongly agree to strongly disagree. Reliability of this scale is 0.75 and the Validity is 0.78.

Data Analysis

The study was done by using Pearson's Correlation and Independent T- test in the Statistical product and service solutions (SPSS) software.

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RESULT

Table 1: Descriptive Statistics

	N	Minimum	Maximum	Mean		Std. Deviation
	Statistic	Statistic	Statistic	Statistic	Std. Error	Statistic
Intent to marry score	105	3	18	13.20	.404	4.136
General Attitude score	105	15	60	36.03	.999	10.242
Aspect of marriage score	105	68	138	119.45	1.603	16.422
Marital Attitude total score	105	104	209	168.68	2.245	23.005
Life satisfaction score	105	40	85	62.69	.932	9.554

Table 2: Correlation

	Marital Attitude	Life satisfaction
Marital Attitude	1	
Life satisfaction	.281**	1

The result shows that there is a very low Positive Correlation between Marital Attitude (M A) and Life satisfaction (LS) with the correlation of .281** at p – value of 0.01. As shown in Table 2.

Table 3: T test

	Gender group	N	Mean	SD	T-Test	df	Sig. (p)
Intent to marry score	Male	51	13.67	4.385	1.125	103	.263
	Female	54	12.76	3.875			
General Attitude score	Male	51	38.39	9.835	2.347	103	.021
	Female	54	33.80	10.204			
Aspect of marriage score	Male	51	119.10	14.723	-.211	103	.833
	Female	54	119.78	18.012			
Marital Attitude Total Score	Male	51	171.16	21.105	1.075	103	.285
	Female	54	166.33	24.633			
Life Satisfaction Score	Male	51	62.39	7.953	-.305	103	.761
	Female	54	62.96	10.922			

The result shows that there is a significant difference in the General Attitude towards Marriage among Male and Female with the value of 0.21 at p – value of 0.05. As shown in table 3.

DISCUSSION

In our study, we observed a prevalent tendency among unmarried working professionals towards a positive Marital Attitude, as reflected by the group mean. This favorable inclination is consistent with scores on both the Intent to Marry Scale (IMS) and Expectations for Marital Relationships (AMS), indicating a strong desire to pursue marriage and harboring high expectations for it. Conversely, results from the General Attitude towards Marriage Scale (GAMS) revealed a neutral stance regarding marriage within the group. The scores neither leaned towards a distinctly positive nor negative outlook on marital unions. Furthermore, analysis of the Life Satisfaction Scale (LSS) demonstrated an average level of contentment among unmarried working professionals, as suggested by the group mean.

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Hypothesis 1- There is an association between Marriage attitude and life satisfaction in unmarried working Professionals.

In this study, a significant association between Marital Attitude and Life Satisfaction was discerned. Our findings revealed a notably modest yet positive correlation of .281** between the two variables, with a statistically significant p-value of 0.01. Consequently, Hypothesis 1 is substantiated, indicating a discernible positive relationship between marital attitude and life satisfaction, albeit at a relatively low magnitude. This implies that any fluctuations, whether an increase or decrease, in either marital attitude or life satisfaction will consequently impact the other variable.

Hypothesis 2 - there is no significant difference in Marriage Attitude among male and female unmarried working Professionals.

A T-test was employed to discern the significant difference in marital attitude between male and female unmarried working professionals. Our analysis revealed a significant difference solely within the General Attitude toward Marriage Scale (GAMS), with a value of 0.21 at a p-value of 0.05. This disparity indicates that males exhibit a higher general attitude toward marriage compared to females, as evidenced by their respective group means (male: 38.39, female: 33.80). Conversely, no significant differences were observed in other scales such as the Intent to Marry Scale (IMS) and Expectations for Marital Relationships (AMS). Consequently, while Hypothesis 2 is partially accepted due to the noted discrepancy in GAMS scores, overall, there was no significant divergence in the total marriage attitude score between male and female unmarried working professionals.

CONCLUSION

In conclusion, our study indicates a prevalent positive inclination towards marital attitudes among unmarried working professionals, with a strong desire for marriage and high expectations regarding marital relationships. While the General Attitude towards Marriage Scale (GAMS) revealed a neutral stance, the Intent to Marry Scale (IMS) and Expectations for Marital Relationships (AMS) underscored a keen interest and optimism towards matrimony. Additionally, our analysis uncovered a modest yet significant positive correlation between marital attitude and life satisfaction, emphasizing the interconnectedness of these factors. Furthermore, while significant gender differences were observed solely in the General Attitude towards Marriage Scale (GAMS), suggesting a higher inclination towards marriage among males, other aspects of marital attitudes did not show significant disparities between male and female unmarried working professionals. Overall, our findings highlight the importance of considering both marital attitudes and gender dynamics in understanding the relationship between marriage and life satisfaction among unmarried individuals in the workforce.

Limitations

- The sample size employed in this study, comprising 105 unmarried working professionals, is relatively small, thereby limiting the extent to which our findings can be generalized to broader populations.
- Although this research offers valuable insights into the correlation between life satisfaction and marital attitude, it's crucial to recognize that certain factors received limited attention in this study. These additional variables, which could impact both life satisfaction and marital attitude, were not thoroughly investigated or included in our analysis.

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Implication

Future research endeavors could explore additional factors influencing both life satisfaction and marital attitude, such as personality traits, socioeconomic status, cultural background, and past relationship experiences, to provide a more comprehensive understanding of their complex interplay. This understanding could inform the development of interventions aimed at improving overall well-being, including programs targeting communication skills, conflict resolution strategies, and relationship satisfaction for both unmarried and married individuals. Mental health professionals can also utilize these insights to tailor counseling and therapy interventions addressing issues related to life satisfaction and marital attitude, ultimately fostering healthier relationships and enhanced life satisfaction. Additionally, policymakers may consider integrating findings from this research into initiatives promoting family well-being and marital stability, leading to the development of policies and programs supporting healthy relationship dynamics and community happiness.

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Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Choudhary, V. & Gautam, S.K. (2024). Exploring Relationship between Marriage Attitude and Life Satisfaction among Unmarried Working Professionals. *International Journal of Indian Psychology*, 12(2), 300-306. DIP:18.01.439.20241202, DOI:10.25215/1202.439