

Psychological Well-being, Parenting Perfectionism and Marital Satisfaction Among Parents

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ABSTRACT

Despite being often perceived as an exhilarating, joyful, and rewarding experience that differs from most other life milestones, parenting is a journey filled with enormous difficulties and anxieties. Past studies have shown discrepancies in the relationship between psychological well-being, parental perfectionism and marital satisfaction among parents. Few studies show no significant relationship between perfectionism and marital satisfaction while others show a significant relationship between the two variables. Even though studies show a strong positive correlation between marital satisfaction and psychological well-being, few studies show discrepancies based on gender. The present study aimed to investigate the influence of psychological well-being, parenting perfectionism on marital satisfaction and differences in these variables among mothers (N=129) and fathers (N=72). The study used various tools such as Psychological Well-being Scale (alpha =0.88), shortened 12-item version of the Multidimensional Parental Perfectionism Scale (alphas- 0.81 for Self-Oriented Perfectionism, 0.82 for Socially Prescribed Perfectionism, and 0.82 for partner Oriented Perfectionism) and ENRICH Marital Satisfaction Scale (alpha = 0.936). Web-based survey was used to obtain data from 201 parents (72M and 129F) using convenience sampling technique. The results indicated a significant difference between mothers and fathers in their levels of autonomy, environmental mastery, self- acceptance, societal-oriented parental perfectionism, partner-oriented parental perfectionism and marital satisfaction. Autonomy, positive relations and self-oriented parental perfectionism were found to significantly predict marital satisfaction, among fathers. Personal growth and positive relations were found to significantly predict marital satisfaction, among mothers. These observations highlight the need for personalized interventions and support structures to improve the well-being and marital satisfaction of mothers and fathers throughout parenthood and marriage.

Keywords: *Psychological Well-Being, Marital Satisfaction, Parental Perfectionism, Parents*

Parenting is derived from the Latin verb "parere" which means "to bring forth, develop, or teach" (Jacob & Seshadri, 2013). Though frequently regarded as an exhilarating, joyful and fulfilling experience that is unlike most other milestones in life, parenting is a path filled with enormous difficulties and anxieties (Sondhi, 2017). Some studies associate parenting with higher negative mental health outcomes like stress, depression,

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lower life satisfaction, decrease in happiness (Evenson & Simon, 2005; Hansen, 2012; Stanca, 2012; Umberson, Pudrovska, & Reczek, 2010; Meeussen & Van Laar, 2018), low emotional well-being (McLanahan & Adams, 1989), anxiety (Lee, 2012), perfectionism (Lee et.al, 2012) and so on.

According to one study, non-mothers had higher levels of depression than mothers (Kandel et al. 1985). Another study shows that parents, particularly fathers, have higher levels of happiness and positive emotion than non-parents (Nelson et al. in press). This could be because socially prescribed parenting expectations for women differ from those for men. In spite of parenting having no direct effect on specific variables of mental health, the parenting role fosters positive outcomes that promote psychological well-being (Liss, Schiffrin & Rizzo, 2013). Individuals frequently report, for example, that being a parent gives them a sense of meaning. (Kahneman et al. 2004; Nelson et al. in press; Umberson and Gove 1989). Studies show that fathers have greater positive emotions and happiness levels than non-parents (Nelson et al. in press).

A. Psychological Well-being

Psychological well-being is the functioning with optimal effectiveness in parents' life, which comprise of good mental health, life satisfaction, positive emotions, self-acceptance and purpose in life. Psychological well-being is the ability to communicate coordinately with others to improve social and personal environment (Khaledian et al, 2013). Enhanced well-being could be a huge asset for humans as it further enhances multiple areas of their lives. These include the biological, mental and social domains of a person's life. Higher well-being is linked to better physical well-being, enhanced levels of creative thinking and more positive emotions. This leads to greater productivity, more social engagement and a better quality of life (Huppert, 2009; Tahir & Jabeen, 2022). A shift in focus to an objective conception from a subjective conception of psychological well-being has been brought about by the research conducted by Carol Ryff (1989). In a study by Kumar (2015), it was found out that as the psychological wellbeing increases the marital adjustment also increases and vice versa. Walker et al. (2013) found a correlation between people's marital satisfaction and their depressive symptoms and low psychological well-being. Here, higher depression scale scores were found to be predictive of lower marital satisfaction.

B. Parenting Perfectionism

The degree to which a person has overly high parenting standards is referred to as parenting perfectionism (Lee, 2012). Relationships can be frustrating for perfectionists since they tend to be difficult to control (Hill, Zrull, & Turlington, 1997). Perfectionism can be societal-oriented, that is, focused on society's expectations for an individual, or self-oriented, focused on an individual's own expectations (Hewitt & Flett, 1991). Societal-oriented perfectionists have been consistently associated with negative outcomes such as depression and reduced self-esteem (Flett, Hewitt, Blankstein, & O'Brien, 1991), whereas self-oriented perfectionists may have high motivation but may also dwell on failures and suffer from high anxiety (Randles, Flett, Nash, McGregor, & Hewitt, 2010). In a study done by Trubb and Powell (2018), on the relationship between perfectionism and relationship satisfaction among parents and nonparents, the results indicated that the interpersonal dimensions of perfectionism (partner-oriented perfectionism and partner-prescribed perfectionism) were negatively associated with relationship satisfaction, while self-oriented perfectionism was positively associated with relationship satisfaction.

C. Marital Satisfaction

Marital satisfaction is a mental state that reflects the perceived benefits and costs of marriage to a particular person (Ashwini, 2018). Cultural and societal norms, practices, and expectations have a significant impact on married relationships. It has been proposed that a married person's happiness increases with their level of marital satisfaction. Since marriage serves as most couples' main social support system and a barrier against psychological and physical illness, it has an impact on social communication, career success, physical and mental health, and life satisfaction (Saravana et al., 2023). Marital Satisfaction has been thought to be influenced by many factors, such as an individual's education, socio-economic status, love, commitment, length of the marriage, sexual relations, presence of children, and division of labor. Early work has suggested that men might be more satisfied with their marriage compared to women. More recent research has also supported these sex difference in both Western and non-Western cultures, including in the United Arab Emirates, Iran and Malaysia. The sex differences, however, can also be associated with the characteristics of a given culture, especially sex roles, patriarchy, or egalitarianism (Dobrowolska, et al., 2020).

Discrepancies have been found in the relationship between perfectionism and marital satisfaction. A few studies show no significant relationship between perfectionism and marital satisfaction (Haring, Hewitt & Flett, 2003; Hewitt, Flett and Mikail, 1995) while others show a significant positive or negative relationship between perfectionism and marital satisfaction (Powell, 2015). Most studies have examined the relationship between perfectionism and marital satisfaction and not parental perfectionism and marital satisfaction. Even though studies show a strong positive correlation between marital satisfaction and psychological well-being, few studies show that men experience more well-being while other studies show women experience more well-being in the marital context (Arzeen, Arzeen & Muhammad, 2023; Batz & Tay, 2018). Further research is needed to understand the complexities of the relationship between marital satisfaction and psychological well-being, which can inform interventions for enhancing satisfaction and well-being in couples (Arzeen, Arzeen & Muhammad, 2023). Discrepancies have also been found in gender differences in the levels of psychological well-being, parental perfectionism and marital satisfaction. Most studies focus on how parental perfectionism or psychological well-being influences the child's mental health. This study focused on how these variables influence the parent.

The primary objective of the study was to investigate the influence of psychological well-being, parenting perfectionism on marital satisfaction and differences in these variables among mothers and fathers.

- Hypothesis 1: There is no significant difference between mothers and fathers in their levels of psychological well-being.
- Hypothesis 2: There is no significant difference between mothers and fathers in their levels of parental perfectionism
- Hypothesis 3: There is no significant difference between mothers and fathers in their levels of marital satisfaction.
- Hypothesis 4: There is no significant influence of psychological well-being on marital satisfaction among mothers and fathers.
- Hypothesis 5: There is no significant influence of parental perfectionism on marital satisfaction among mothers and fathers.

METHOD

Research Design

Correlational research design was used in this study. Correlational research design is used to find relationships between the different variables under study without manipulating any of the variables.

Sample and Sampling

The population of the study was parents below 50 years of age from Kerala. A sample of 201 parents (129 mothers and 72 fathers) were selected for the study. Convenience sampling method was used.

Inclusion Criteria

1. Mothers and fathers with at least 1 child living with them.

Exclusion Criteria

1. Single parent or parent who is divorced.
2. Widow/widower or separated parent
3. Mothers and fathers with major physical and psychological illnesses

Ethical considerations

Necessary information about the study and its purpose was provided to the research participants. Voluntary participation was ensured and an informed consent was obtained. Anonymity and confidentiality of the respondents was maintained. The participants had the freedom to quit from the study at any point of time. The data was used only for academic and research purposes.

Measures

- **Psychological Well-being Scale (Ryff & Keyes, 1995):** The scale measures the overall psychological well-being of an individual, and has 6 subscales namely, Autonomy subscale, Environmental Mastery subscale, Personal Growth subscale, Positive Relations with Others subscale, Purpose in Life subscale, and the Self-Acceptance subscale. The scale has 18-items in all, on a Likert of 1-7 (strongly agree to strongly disagree). Cronbachs alpha was 0.88. Good construct validity and criterion-related validity.
- **Multidimensional Parental Perfectionism Scale (Snell Jr, Overbey & Brewer, 2005):** A shortened 12 item version of the MPPQ (Lee et al., 2012) was used. Dimensions- socially- prescribed parental perfectionism, self- oriented parental perfectionism, other- oriented parental perfectionism. Participants respond using a five-point Likert scale. Cronbach alphas of 0.81 for Self-Oriented Perfectionism, 0.82 for Socially Prescribed Perfectionism, and 0.82 for partner Oriented Perfectionism, the three subscales had good internal consistency.
- **ENRICH Marital Satisfaction Scale (Fowers and Olson, 1993):** It is composed of 15 items, which are answered on a five-point scale (between 1 = Strongly Disagree, and 5 = Strongly Agree), and includes two dimensions: marital satisfaction (MS) and idealized distortion (ID). Cronbach alpha reliability of 0.936. Validity was also established.

Data Collection and analysis

201 parents (129 mothers and 72 fathers) were selected for the study based on the various inclusion and exclusion criteria. The questionnaires measuring psychological well-being, parenting perfectionism and marital satisfaction along with self-prepared socio-demographic questions were administered via web-based survey. After the collection of data, appropriate data analysis methods were used. The data obtained, which included responses from 201 parents, was processed in Microsoft Excel and the statistical analysis was done using IBM SPSS Statistics 21. The frequencies of the socio-demographic variables were computed. Then the reliability and normality of the data was found out using Cronbach’s Alpha and Shapiro-Wilk test respectively.

RESULTS

Preliminary Analysis

Table 1 Scale descriptive table showing Mean and SD of sample based on the two groups mothers and fathers.

		N	Mean	Std. Deviation
Autonomy	Father	72	15.86	3.445
	Mother	129	14.57	3.015
Environmental Mastery	Father	72	16.67	3.016
	Mother	129	15.61	3.376
Personal Growth	Father	72	17.39	2.816
	Mother	129	16.95	3.307
Positive Relations	Father	72	15.58	4.024
	Mother	129	15.93	3.911
Purpose In Life	Father	72	13.81	3.837
	Mother	129	14.60	3.463
Self-acceptance	Father	72	18.01	2.976
	Mother	129	16.89	3.296
Self-Oriented Parental Perfectionism	Father	72	12.53	3.889
	Mother	129	11.35	3.916
Societal-oriented Parental Perfectionism	Father	72	11.03	3.512
	Mother	129	9.54	3.945
Partner-oriented Parental Perfectionism	Father	72	11.76	3.338
	Mother	129	10.70	3.786
Marital Satisfaction	Father	72	59.92	10.957
	Mother	129	55.47	12.539

Normality test

Table 2 Result of testing normality of variables among parents.

	Kolmogorov-Smirnov		
	Statistic	df	Sig.
Autonomy	.081	201	.002
Environmental Mastery	.098	201	.000
Personal Growth	.115	201	.000
Positive Relations	.124	201	.000
Purpose In Life	.124	201	.000
Self-Acceptance	.169	201	.000

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	Kolmogorov-Smirnov		
	Statistic	df	Sig.
Self-Oriented Parental Perfectionism	.080	201	.003
Societal-Oriented Parental Perfectionism	.109	201	.000
Partner-Oriented Parental Perfectionism	.087	201	.001
Marital Satisfaction	.094	201	.000

For parents, all the variables are not normally distributed.

Appropriate correlation (Spearman’s correlation) and regression analysis was used. Test of comparing the two groups (mothers and fathers) (Mann-Whitney U test) was used.

Hypotheses tests

Hypothesis 1: There is no significant difference between mothers and fathers in their levels of psychological well-being.

Table 3: Summary of comparing scores on psychological well-being between mothers and fathers.

Psychological Well-being	Gender	n	Mean Rank	U	p
Autonomy	Father	72	114.52	3670.500	.013
	Mother	129	93.45		
Environmental Mastery	Father	72	111.67	3876.000	.051
	Mother	129	95.05		
Personal Growth	Father	72	104.58	4386.500	.511
	Mother	129	99.00		
Positive Relations	Father	72	97.70	4406.500	.546
	Mother	129	102.84		
Purpose In Life	Father	72	91.75	3978.000	.091
	Mother	129	106.16		
Self-Acceptance	Father	72	114.63	3662.500	.012
	Mother	129	93.39		

Since, $U=3670.500$, $p=.013$, there is significant difference between scores of autonomy between fathers(*Mean rank*=114.52) and mothers(*Mean rank*= 93.45), $U=3876.000$, $p=.051$, there is no significant difference between scores of environmental mastery between fathers(*Mean rank*=111.67) and mothers(*Mean rank*= 95.45), $U=4386.500$, $p=.511$, there is no significant difference between scores of personal growth between fathers (*Mean rank*=104.58) and mothers(*Mean rank*= 99.0), $U=4406.500$, $p=.546$, there is no significant difference between scores of positive relations between fathers (*Mean rank*=97.70) and

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mothers(*Mean rank*= 102.84), $U=3978.000$, $p=.091$, there is no significant difference between scores of purpose in life between fathers (*Mean rank*=91.75) and mothers(*Mean rank*= 106.16), $U=3662.500$, $p=.012$, there is significant difference between scores of self - acceptance between fathers (*Mean rank*=114.63) and mothers(*Mean rank*= 93.39).
3.3.2 Hypothesis 2: There is no significant difference between mothers and fathers in their levels of parental perfectionism.

Table 4: Summary of comparing scores on parental perfectionism between mothers and fathers.

Parental Perfectionism	Gender	n	Mean Rank	U	p
Self-Oriented Parenting Perfectionism	Father	72	111.51	3887.000	.055
	Mother	129	95.13		
Societal-Oriented Parenting Perfectionism	Father	72	115.53	3598.500	.028
	Mother	129	92.89		
Partner-Oriented Parenting Perfectionism	Father	72	112.99	3780.500	.022
	Mother	129	94.31		

Since, $U=3887.000$, $p=.055$, there is no significant difference between scores of Self-Oriented Parenting Perfectionism between fathers(*Mean rank*=111.51) and mothers(*Mean rank*= 95.13), $U=3598.500$, $p=.028$, there is significant difference between scores of Societal-Oriented Parenting Perfectionism between fathers (*Mean rank*=115.53) and mothers(*Mean rank*= 92.89), $U=3780.500$, $p=.022$, there is significant difference between scores of Partner-Oriented Parenting Perfectionism between fathers (*Mean rank*=112.99) and mothers(*Mean rank*= 94.31).

Hypothesis 3: There is no significant difference between mothers and fathers in their levels of marital satisfaction.

Table 5: Summary of comparing scores on marital satisfaction between mothers and fathers.

	Gender	n	Mean Rank	U	p
Marital Satisfaction	Father	72	113.56	3739.500	.022
	Mother	129	93.99		

Since, $U=3739.500$, $p=.022$, there is significant difference between scores of marital satisfaction between fathers (*Mean rank*=113.56) and mothers (*Mean rank*= 93.99).

Hypothesis 4: There is no significant influence of psychological well-being on marital satisfaction among mothers and fathers.

Table 6: Result of spearman’s rank correlation among psychological well-being (autonomy, environmental mastery, personal growth, positive relations, purpose in life, self-acceptance) and marital satisfaction among fathers.

	M	SD	1	2	3	4	5	6	7
Autonomy (1)	15.86	3.445	1						
Environmental Mastery (2)	16.67	3.016	.279*	1					
Personal Growth (3)	17.39	2.816	-.030	.343**	1				
Positive Relations (4)	15.58	4.024	-.020	.377**	.312**	1			
Purpose In Life (5)	13.81	3.837	-.060	.454**	.364**	.611**	1		
Self-Acceptance (6)	18.01	2.976	.412**	.681**	.392**	.514**	.310**	1	
Marital Satisfaction (7)	59.92	10.957	.394**	.466**	.261**	.496**	.357**	.575**	1

*= $p < 0.05$, **= $p < 0.01$, NS= Not Significant

Table 7: Result of regression analysis predicting marital satisfaction by psychological well-being autonomy, environmental mastery, personal growth, positive relations, purpose in life, self-acceptance) among fathers.

Variable	α	SE	β	T	p
Autonomy	3.306	7.555	.377	3.957	.001
Environmental Mastery			.013	.093	.926
Personal Growth			.144	1.441	.154
Positive Relations			.483	3.773	.001
Purpose In Life			-.028	-.233	.816
Self-Acceptance			.116	.740	.462
Adjusted R ²			0.498		
F			12.719		
P			0.000		

The regression analysis shows that marital satisfaction predicts 49.8 % variation in autonomy ($\beta = 0.377$, $t = 3.957$) and positive relations ($\beta = 0.483$, $t = 3.773$) among fathers, $p = 0.001$ and $F = 12.719$, $p = 0.000$.

Table 8: Result of spearman’s rank correlation among psychological well-being (autonomy, environmental mastery, personal growth, positive relations, purpose in life, self-acceptance) and marital satisfaction among mothers.

	M	SD	1	2	3	4	5	6	7
Autonomy (1)	14.57	3.015	1						
Environmental Mastery (2)	15.61	3.376	.187*	1					
Personal Growth (3)	16.95	3.307	.300**	.343**	1				
Positive Relations (4)	15.93	3.911	.249**	.303**	.372**	1			
Purpose In Life (5)	14.60	3.463	.159	.170*	.364**	.376**	1		
Self-Acceptance (6)	16.89	2.296	.279**	.305**	.378**	.411**	.286**	1	
Marital Satisfaction (7)	55.47	12.539	.168	.241**	.394**	.480**	.260**	.399	1

*= $p < 0.05$, **= $p < 0.01$, NS= Not Significant

Table 9: Result of regression analysis predicting marital satisfaction by psychological well-being autonomy, environmental mastery, personal growth, positive relations, purpose in life, self-acceptance) among mothers.

Variable	α	SE	β	T	p
Environmental Mastery	19.972	6.358	.032	.371	.711
Personal Growth			.210	2.326	.022
Positive Relations			.347	3.888	.000
Purpose In Life			.047	.543	.588
Adjusted R ²			0.352		
F			10.573		
P			0.000		

The regression analysis shows that marital satisfaction predicts 35.2% variation in personal growth ($\beta = 0.210, t = 2.326, p=0.022$) and positive relations ($\beta = 0.047, t = 3.888, p=0.001$) among mothers, $F = 10.573$.

Hypothesis 5: There is no significant relationship between parental perfectionism and marital satisfaction among mothers and fathers.

Table 10: Result of Spearman’s rank correlation among parental perfectionism (Self-oriented parental perfectionism, Societal-oriented parental perfectionism and Partner-oriented parental perfectionism) and marital satisfaction among fathers.

	M	SD	1	2	3	4
Self-oriented parental perfectionism	12.53	3.889	1			
Societal-oriented parental perfectionism	11.03	3.512	.613**	1		
Partner-oriented parental perfectionism	11.76	3.338	.608**	.502**	1	
Marital Satisfaction	59.92	10.957	.273*	-.215	-.007	1

*= $p < 0.05$, **= $p < 0.01$, NS = Not Significant

Table 11 Result of regression analysis predicting marital satisfaction by self-oriented parental perfectionism among fathers.

Variable	α	SE	β	T	p
Self-oriented parental perfectionism	51.049	4.273	.251	2.172	.033
Adjusted R ²			0.050		
F			4.717		
P			0.000		

The regression analysis shows that marital satisfaction predicts 5% variation in Self-oriented parental perfectionism ($\beta = 0.251, t = 2.172$) and $F = 4.77, p = 0.000$.

Table 12 Result of spearman’s rank correlation among parental perfectionism (Self-oriented parental perfectionism, Societal-oriented parental perfectionism and Partner-oriented parental perfectionism) and marital satisfaction among mothers.

	M	SD	1	2	3	4
Self-oriented parental perfectionism	11.35	3.916	1			
Societal-oriented parental perfectionism	9.54	3.945	.672**	1		
Partner-oriented parental perfectionism	10.70	3.786	.684**	.721**	1	
Marital Satisfaction	55.47	12.539	.043	-.120	-.196*	1

*= $p < 0.05$, **= $p < 0.01$, NS= Not Significant

Table 13 Result of regression analysis predicting marital satisfaction by partner-oriented parental perfectionism among mothers.

Variable	α	SE	β	T	p
Partner-oriented parental perfectionism	61.380	4.792	-.130	-1.477	.142
Adjusted R ²			.009		
F			2.182		
P			0.000		

The regression analysis shows that marital satisfaction does not predict partner-oriented parental perfectionism.

DISCUSSION

The first hypothesis stated that there is no significant difference between mothers and fathers in their levels of psychological well-being. In order to test this hypothesis, Mann Whitney U-test was administered. The results showed that the mean ranking of fathers was higher than the mean ranking of mothers for all the subdomains except positive relations and purpose in life satisfaction. The difference found was statistically significant for autonomy, environmental mastery and self- acceptance.

The second hypothesis stated that there is no significant difference between mothers and fathers in their levels of parental perfectionism. In order to test this hypothesis, Mann Whitney U-test was administered. The results showed that the mean ranking of fathers was higher than the mean ranking of mothers for all the subdomains (Self-oriented parental perfectionism, Societal-oriented parental perfectionism, Partner-oriented parental perfectionism). The difference found was statistically significant for societal-oriented parental perfectionism and partner-oriented parental perfectionism.

The third hypothesis stated that there is no significant difference between mothers and fathers in their levels of marital satisfaction. In order to test this hypothesis, Mann Whitney U-test was administered. The results showed that the mean ranking of fathers was higher than the mean ranking of mothers. The difference found was statistically significant.

The fourth hypothesis stated that there is no significant influence of psychological well-being on marital satisfaction among mothers and fathers. Spearman rank correlation test and linear regression was administered. Among fathers, a significant relationship was identified between autonomy, environmental mastery, personal growth, positive relations, purpose in life, self-acceptance and marital satisfaction. Autonomy and positive relations were found to significantly predict marital satisfaction. Among mothers, a significant relationship was

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identified between environmental mastery, personal growth, positive relations, purpose in life, and marital satisfaction. Personal growth and positive relations were found to significantly predict marital satisfaction. The results are consistent with the study done by Kaushik (2021), who did a study on the correlation between psychological well-being, marital satisfaction, life satisfaction and gratitude. The results indicated a significant positive correlation between the variables psychological well-being (in the sub-domains of environmental mastery, personal relations with others and self) and marital satisfaction.

The fifth hypothesis stated that there is no significant influence of parental perfectionism on marital satisfaction among mothers and fathers. Spearman rank correlation test and linear regression were administered. Among fathers, a significant positive relationship was identified self-oriented parental perfectionism and marital satisfaction. Self-oriented parental perfectionism was found to significantly predict marital satisfaction. Among mothers, a significant negative relationship was identified between partner-oriented parental perfectionism and marital satisfaction. Partner-oriented parental perfectionism was found to not significantly predict marital satisfaction. The results are consistent with the findings by Powell (2015), who did a study in order to examine the relationship between perfectionism (self-oriented perfectionism, other-oriented perfectionism and) socially prescribed perfectionism) and marital satisfaction and the moderating role that raising children had on the relationship between these variables. The results indicated that other-oriented perfectionism had a significant negative relationship with marital satisfaction and self-oriented perfectionism had a significant positive relationship with marital satisfaction.

SUMMARY AND CONCLUSION

The study aimed to investigate the influence of psychological well-being, parenting perfectionism on marital satisfaction and differences in these variables among mothers (N=129) and fathers (N=72). A convenience sampling technique was used to get the sample. The study used various tools such as Psychological Well-being Scale (measures the overall psychological well-being of an individual, and has 6 subscales namely, Autonomy subscale, Environmental Mastery subscale, Personal Growth subscale, Positive Relations with Others subscale, Purpose in Life subscale, and the Self-Acceptance subscale), 12-item shortened version of Multidimensional Parental Perfectionism Scale (dimensions- socially- prescribed parental perfectionism, self- oriented parental perfectionism, partner-oriented parental perfectionism). And ENRICH Marital Satisfaction Scale. Web-based survey was used to obtain data from the sample. The form includes informed consent, social demographic details. The study took into consideration the 201 parents (72M and 129F) in the sample. A Microsoft Excel spreadsheet was then used to determine the scores, which were then imported into the Statistical Package for Social Science for further analysis. Next, the data were analysed using descriptive statistics, normality assessment was done, Man-Whitney U test was used to determine whether there is a significant difference between fathers and mothers, and a Spearman correlation of the variable's between psychological well-being, parenting perfectionism and marital satisfaction. The current study's result shows that: -

- There is a significant difference between mothers and fathers in their levels of autonomy, environmental mastery and self- acceptance.
- There is a significant difference between mothers and fathers in their levels societal-oriented parental perfectionism and partner-oriented parental perfectionism.
- There is a significant difference between mothers and fathers in their levels of marital satisfaction.

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- Autonomy and positive relations were found to significantly predict marital satisfaction, among fathers.
- Personal growth and positive relations were found to significantly predict marital satisfaction, among mothers
- Self-oriented parental perfectionism was found to significantly predict marital satisfaction among fathers.

Implication

The findings suggest that mothers and fathers have different levels of autonomy, environmental mastery, and self-acceptance, implying that their personal psychological well-being may influence marital satisfaction. Furthermore, the observed differences in societal and partner-oriented parental perfectionism reveal distinct parental expectations based on gender roles. According to the study, fathers' autonomy and positive relations have a substantial impact on marital satisfaction, underlining the value of personal freedom and positive connections. In contrast, personal growth and positive relations significantly predict mothers' marital satisfaction, indicating the importance of their own development within the marital environment. Furthermore, the discovery of self-oriented parental perfectionism as a predictor of fathers' marital satisfaction suggests that the pressure to satisfy self-imposed parenting standards may have an impact on overall relationship satisfaction. These observations highlight the need for personalized interventions and support structures to improve the well-being of mothers and fathers throughout parenthood and marriage.

Limitations

- The number of fathers (N =72) who participated in the study were less a compared to the number of mothers (N=129).
- Since the data were collected online, the researcher cannot observe whether the participant has selected the options honestly.

Suggestion for Further Research

Further research might concentrate more on the others elements that impact marital satisfaction, such as life satisfaction, anxiety, family functioning and so on. Further study can concentrate on other sociodemographic information, such as ethnicity, education level, locality, and so on, rather than gender.

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