

## Factors for Successful Marriage - A Mixed Method Approach

Mohammed Suhail M<sup>1\*</sup>

### ABSTRACT

Marriage is a societal institution and a significant commitment where two individuals come together to build a life. Having a successful relationship in marriage is essential for a couple because it can have positive impact on the overall wellbeing of them. Based on the increasing divorce rates in India, it shows that individuals are lagging the nuances and attributes that make a marital relationship sustain and became a successful one. The current study aims to explore the factors and elements that contribute to the success of a marriage. To achieve this, purposive sampling was used to screen married couples who have been together for more than 15 years based on their marital relationship satisfaction and happiness. From this group, 10 married individuals who scored high on the screening process were selected for further interviews. Through thematic analysis, around eight recurring themes were generated from the responses provided by the married couples. The factors emerged were financial stability, Communication, trust and respect, compromise, patience, family dynamics, sense of humour, emotional support, affection and balancing priorities.

**Keywords:** *Successful marriage, marital satisfaction, happy couples, long term marriage*

**M**arriage stands as a vital societal institution where two individuals, and occasionally more, make a formal commitment to a socially approved relationship. This commitment legitimizes sexual relations and establishes legal responsibilities for both their offspring and each other. Typically, these partners reside together in a shared dwelling. Across various nations and cultural contexts, a substantial portion of the population engages in marriage or similar long- term relationships at some point in their lives. This choice arises from the need for affection, companionship, unwavering loyalty, and both emotional and sexual intimacy (American psychological Association, 2022).

**Indian marriages** are complex social events, marked by elaborate rituals and societal expectations that extend far beyond the couple themselves (Goode, 1982). It represents not only a union of two individuals but also a merging of families, traditions, and values. The family, marriage, and divorce situations are intertwined with religious rites in India. Most marriages involve a few religious rites and traditions (Ramanuja, 2010). In the diverse landscape of India, where cultures, languages, and traditions vary widely, the concept of what constitutes a successful marriage takes on a multifaceted committed and context-specific dimension.

<sup>1</sup>Student, Bharathiar University

\*[Corresponding Author](#)

Received: October 31, 2023; Revision Received: December 25, 2023; Accepted: December 29, 2023

## Factors for Successful Marriage - A Mixed Method Approach

**A successful marriage** is one in which both partners fully uphold their own morals and principles, share common interests, feel committed to one another, have decided to remain together no matter what, and work together. Couples need to work hard to achieve satisfaction if they are to have it (Parker, Ortega, & VanLaningham, 1995). A successful marriage can also positively impact other areas of life, such as mental and physical health, career success, and even the well-being of children. It provides a safe and loving environment for individuals to thrive and creates a lifelong partnership built on trust, love, and understanding.

The dynamics of marriage encompass a broad spectrum of interactions and experiences that evolve over time. These dynamics are influenced by an array of factors, ranging from individual personalities and cultural backgrounds to external stressors and societal norms. As a result, successful marriages are not merely the product of a fixed formula but are shaped by the ongoing interplay of various elements.

**Marital satisfaction** is one of the key metrics used to evaluate the stability and happiness within a marriage. Marriage itself is not as important as the success of marriage and the happiness of married couples. (Khalatbari et al, 2013). The attitude a person hold towards their own marriage is the essence of marital satisfaction. (King, 2016). Couples who achieve lasting satisfaction in their relationship are more likely to endure the test of time, contributing to the narrative of a successful marriage.

However, determining what constitutes a **long-term marriage** has been the subject of debate and varying definitions. According to a study (Cuber & Haroff, 1965) stated that marriages can be considered as long term only if it were of 10 years durations or greater. This happened to be a groundbreaking study that shed light on the importance of duration in assessing the endurance of marital relationships. There were plenty of literatures on long-term relationships, yet there are disagreements on what really qualifies as such a relationship. Most people believe that a long-term marriage is one that has lasted for a long period, however different research give different numbers for how long these marriages actually last. Among them the most compelling one was “long-term marriages were those that lasted at least 20 years” (Field & Weishaus, 1984).

Long-term marriages often have a positive relationship between marital satisfaction and the overall success of the marriage. When both partners are satisfied with their relationship, it indicates a healthy and fulfilling connection. Marital satisfaction is influenced by various factors such as effective communication, mutual respect, shared values, and the ability to navigate challenges together. When couples prioritize their relationship, invest time and effort into maintaining it, and continuously work on improving their connection, they are more likely to have a successful and fulfilling marriage in the long run. Through this it is evident that the factors contributing to the marital satisfaction are vital at any stage of the relationship and hold substantial importance for its stability.

Many couples are satisfied and happy with their married lives because they can find all the necessary components in their marriages. Others' bonds lack certain components, which sometimes results in undesirable outcomes (Ali, Israr, Ali, & Janjua, 2009). The role of arranged marriages in Indian society should intricate balance between individual choice and familial influence. Communication and spouse support are also significant factors which plays a vital role in dynamics of marital satisfaction in urban India. Having a successful marriage may also be influenced by religion and religious rituals. Conflicts would arise

## Factors for Successful Marriage - A Mixed Method Approach

between two persons if their belief systems were completely dissimilar. According to a study, husbands and wives have different satisfaction patterns. Wives' contentment was shown to be connected to routine behaviors, whereas husbands' satisfaction was found to be more closely connected to ritual meanings (Barbara & Thomas, 2001). Periodically, researchers have sought to determine which factors distinguish happy, successful, and satisfying marriages from unsatisfactory ones (Kaslow, & Robison, 1996; Halford, et al 2007; Lee, & Ono, 2008).

Yet, despite these insights, a comprehensive understanding of the factors contributing to successful marriages in the Indian context remains a compelling research endeavor. (Hall, 2006). One of the obvious reasons why married couples view marriage as a risky commitment is that they experience a variety of issues in their relationships and lack the skills necessary to address or resolve them. These misunderstandings and ambiguities may also result in severe conflicts across the entire family and even the couple's separation or divorce. The relationship deteriorates due to a lack of mutual respect, communication, affection, and understanding. Couples must therefore deal with unfavourable outcomes like divorce.

### ***Theoretical Underpinning:***

#### **Marital Satisfaction**

Does marital satisfaction change or stay the same throughout the years? Early cross-sectional marital satisfaction studies revealed that throughout the first ten years of marriage, marital satisfaction rapidly falls. (Blood & Wolfe, 1960; Dentler & Pineo, 1960; Pineo, 1961, 1969). Using these results as a starting point, one can predict that marital satisfaction will continue to fall over the life of a marriage. Recent surveys, which take longer-lasting marriages into account, paint a different image. Over the course of a marriage, marital satisfaction seems to follow a curved pattern (Anderson, Russell, & Schumm, 1983; Burr, 1970; Rollins & Cannon, 1974; Thurnher, 1976), starting high, dropping sharply after the birth of children, reaching an all-time low when children are adolescents, and then increasing as children leave home and couples retire (Dougherty & Jacobson, 1982). Additional complexities are revealed in a cross-sectional study (Guilford & Bengtson, 1979) of three generations of families, which reveals that positive interaction follows a curvilinear pattern (i.e., is highest in the youngest couples, is lowest in the middle-aged couples, and is intermediate in the older couples), whereas negative sentiment decreases linearly with age.

#### **Marital Qualities**

How do marriages in later life go? How do relationships between couples' work? According to the evidence, there is a lot of variation in happiness. According to some researchers, most long-term marriages are happy (Stinnett, Carter, & Montgomery, 1972) and close (Parron, 1982). Some, point out signs of widespread unhappiness, particularly among women (Parron, 1973). Despite the fact that many older couples view their unions as "marriages of lifelong mutual affection, support, understanding, companionship, and ever-increasing appreciation," (Erikson, Erikson, & Kivnick, 1986, p. 110), a source of stress might also be an older marriage (Lowenthal, Thurnher, & Chiriboga, 1975). For older couples, additional challenges may arise as a result of move, retirement, and decreasing health (Atchley & Miller, 1983). The effect of retirement on marriage is one of these, and some research suggests that it actually enhances marital quality. (e.g., Atchley, 1976; Gilford, 1984) and role egalitarianism (e.g., Dorfman & Heckert, 1988), others suggesting it has little effect (e.g., Ekerdt & Vinick, 1991; Matthews & Brown, 1987; Vinick & Ekerdt, 1991), and others

## Factors for Successful Marriage - A Mixed Method Approach

suggesting minimal or slightly negative effects (e.g., Lee & Shehan, 1989). All of the couples were chosen so that they would not have retired in order to eliminate any potential confounding factors in the current study.

### Spousal Roles

With time, both spouses and the roles they perform in marriages change. Some writers have hypothesized that gender disparities may become less pronounced as people age. (Gutmann, 1987; Hyde & Phillis, 1979; Keith & Brubaker, 1979). This convergence might signify growing harmony, but it might also be detrimental. In one example, Troll, Miller, and Atchley (1979) argued that husbands may become more sensitive as they age, but wives occasionally perceive this more sensitive behavior as clinging. Similar to this, wives may become more active in preparing activities for their free time, while husbands may object to this imposed structure (Keating & Cole, 1980).

This research paper seeks to embark on a comprehensive exploration of the factors that contribute to the success of marriages. By delving into the intricate interplay of emotional, psychological, social, and even economic elements, we aim to provide a nuanced understanding of what sustains a harmonious and enduring marital partnership. The main focus of this study is on what are the factors do contribute in making marriages last than focusing on what keeps them from lasting. It centres on identifying and analysing these factors. What are the key ingredients that underpin the success of marriages, fostering love, resilience, and longevity? Are there commonalities that transcend cultural and societal boundaries, or do these factors vary significantly across different contexts? And by also acknowledge the evolving nature of marriage in the contemporary world. Shifting gender roles, changing societal norms, and the influence of technology have ushered in new challenges and opportunities for couples. Therefore, understanding the factors contributing to success becomes not only a matter of academic inquiry but also a practical endeavour with real-world implications. it is crucial to recognize that the dynamics of marriage are influenced not only by the internal interactions between spouses but also by external factors. These may include societal expectations, economic conditions, and cultural norms. Therefore, our exploration of the dynamics of successful marriages considers both the internal and external forces that shape these relationships.

### REVIEW OF LITERATURE

**Karimi, A., et al. (2019)**, conducted a systematic review titled "**Protective factors of marital stability in long-term marriage globally.**" This study delves into the exploration of fundamental protective factors contributing to marital stability in long-term marriages through a systematic review. The researchers conducted extensive searches for pertinent publications in databases such as Embase, Web of Science, PubMed, Scopus, Science Direct, Magiran, and Scientific Information Database. The search covered data from their inception up to January 30, 2019. Through the utilization of keyword searches, the study identified 1,706 articles. After careful screening based on eligibility criteria, a total of 25 articles remained for comprehensive analysis. The extracted protective factors associated with marital stability in long-term marriages were thoughtfully categorized into two key dimensions: interpersonal and intrapersonal. Noteworthy protective factors included spirituality and religion, commitment, sexual relationship, communication, children, love and attachment, intimacy, and conflict resolution approach. These findings underscore the significance of certain elements within relationships, such as commitment, as pivotal in preserving the core foundations of marriage, especially in critical circumstances. Concurrently, aspects such as intimacy play a constructive role in shaping marital identity

## Factors for Successful Marriage - A Mixed Method Approach

and enhancing overall satisfaction. The components identified as protective factors for marital stability serve as structural supports that bolster a couple's identity and fortify their sense of togetherness.

**Koraei, et al. (2017)**, conducted a study on the "**Identification of the factors contributing to satisfying stable marriages in women.**" This study aimed to identify the factors contributing to satisfying and stable marriages and to create a scale based on the factors that sustain satisfying marriages from the perspective of married women. The research employed a correlational method, with the population consisting of all mothers of high school students in Ahwaz whose marital life had endured for at least 25 years and who were in satisfying and stable marriages with their husbands. Four samples were randomly selected from this population. Data were collected through semi-structured interviews, the Relationship Assessment Scale (RAS), and a researcher-made Happy Marriage scale, and the data were analyzed using Exploratory Factor Analysis and Confirmatory Factor Analysis. The study revealed that 64 items across 9 factors significantly influenced women's perspectives on satisfying and stable marriages, explaining 60 percent of the variances in successful marriages, including appropriate communication styles, protection, attention, respect, personality characteristics, intimacy, marital quality, couple congruence, commitment, shared values, and financial issues.

**Varzaneh et al. (2017)** conducted a qualitative research study on "**Long term satisfied marriage model: A Grounded theory study**". They employed purposeful sampling, continuing until theoretical saturation was reached, resulting in interviews with 20 couples in marriages lasting 20 years or more. The data was collected through semi-structured and in- depth interviews and analyzed using the constant comparative method. The central finding of the study was the concept of "a journey to growing marriage," serving as the core category. Proper marriage selection was identified as the causal condition of divorce and included components like initial love, independence, preparation, and dating before marriage. Intervening conditions were categorized into intra personal factors (functional attitudes and personality characteristics), inter personal factors (functional marital, parental, and family of origin systems), and meta personal factors (financial issues). The study also delved into the strategies employed by couples, such as forgiveness, problem-solving, apologizing, and humor, along with family of origin's functional strategies in managing life difficulties and conflicts. Ultimately, the consequences of long-term satisfied marriages included satisfaction with self, spouse, children, and the long-term nature of the marriage, defined in this study as lasting 20 years or more.

**Sahebdel et al. (2016)** conducted a research study on "**Diagnosis of Successful Marriage Indicators (Qualitative Research)**". The research methodology employed the grounded theory method, targeting couples residing in Tehran who had been living together for at least two years. The sampling method used was purposeful and theoretical sampling, resulting in 12 couples who achieved high scores on the Dyadic Adjustment Scale (DAS) and the Personal Assessment of Intimacy in Relationships (PFQ). These couples, who described themselves as successful, underwent in-depth semi-structured interviews. Data analysis utilized both opening and axial coding, revealing four distinct categories of successful marriage indicators: communicative indices, individual indices, cultural indices, and family-related indices, each comprising multiple components.

**Timothy-Springer, T., et al. (2016)** conducted a "**Qualitative study on the experiences of married couples**". This phenomenological research delved into the subjective marital

## Factors for Successful Marriage - A Mixed Method Approach

experiences of Trinidadian couples who had been married for over twenty years. The primary objective of this study was to gain insights into the phenomenon of satisfying and enduring marriages. Data collection was carried out through semi-structured conversational interviews, which were digitally recorded and later transcribed verbatim. The couples were interviewed collectively by the researcher in the comfort of their respective homes. They highlighted various factors contributing to their satisfying and enduring marriages, including friendship, commitment, religion, forgiveness, communication, children, role sharing, acceptance, and contentment. The data underwent analysis using a phenomenological approach. From the couple descriptions of their marriages, five major themes emerged: "Attitude," "Action," "Children," "Approach to Challenges," and "Religion." Notably, religion was a significant factor and theme interwoven throughout their marital experiences.

**Fatima, F., & Ajmal, A. (2012)** conducted research on the topic of "**Happy Marriage: A qualitative study**". The focus of this study was to explore the factors contributing to a content and joyous marital life. The study involved a married woman selected through convenient sampling. A semi-structured interview was administered to gain insight into her experience of a happy marriage and the factors she deemed vital for marital happiness. The research methodology employed in this study was Interpretative Phenomenological Analysis (IPA). After data analysis and coding, sixteen categories emerged, which included: Similarities of Religious Sects, Satisfaction, Compromise, Love, Care, Trust and Understanding, Communication, Age Differences, Sincerity and Respect, Sharing, Forgiveness, Spouse Temperament, Strength through Children, Family Structure, Education and Status, and Positive In-Laws Relations. This study bears significant implications for both married couples and counselors

**Asoodeh, et al. (2010)**, conducted a study titled "**Factors of Successful Marriage: Accounts from Self-Described Happy Couples.**" The purpose of this study is to identify the factors of successful marriage that accounts from self-described happy couples. For this purpose, 300 couples were selected from among the staff of the several companies, and the parents of students. The procedure undertaken is cluster sampling. So far three couples who got a high score from ECS (1989) and described themselves as happy couples underwent an in-depth, semi-structured interview. The findings of the study revealed that successful couples exhibited several key characteristics, including trust and open communication, honesty, a shared belief in God, collaborative decision-making, mutual commitment, and the maintenance of friendly relationships. Notably, the study observed differences primarily in the approaches to family management between traditional and non-traditional couples.

**Bachand and Caron (2001)** conducted a qualitative study titled "**Ties That Bind: A Qualitative Study of Happy Long-Term Marriages.**" The purpose of this study was to gain insight into what factors make marriages last. This study used qualitative methodology to gain further insight into long-term marriages. Interviews were conducted with 15 heterosexual couples who had been married for at least 35 years and who identified their marriage as happy. Results indicate that for each couple the factors contributing to the longevity of their happy marriage were numerous and unique. While the most commonly mentioned factors included friendship, love, and similar backgrounds or interests, a wide range of responses were elicited.

**Määttä, S., & Uusiautti, S. (2012)** explored the theme of "**Seven Rules on Having a Happy Marriage Along with Work.**" In the context of modern society, where both men and women aspire to build successful careers while maintaining fulfilling marriages, the

## Factors for Successful Marriage - A Mixed Method Approach

delicate balance between work and family life presents a significant challenge. The study encompassed narratives from 342 married couples in Finland, each with marriages lasting over a decade. These couples successfully navigated the demands of work and family life. Within the voluntary accounts, the respondents delved into the key factors underpinning the stability and happiness of their marriages. A rigorous analysis, utilizing inductive content analysis and qualitative categorization, revealed seven rules of personal behavior as the guiding principles for achieving a harmonious marriage in tandem with a demanding career. The findings underscored that none of the couples had been free from challenges; instead, they had developed unique models of interaction, which could be regarded as the secret to their marital success.

**Asoodeh, K., et al. (2011)** conducted a study “**Iranian Successful Family Functioning: Communication**” with the aim of discerning successful family communication through the perspectives of content couples. To achieve this, a total of 730 individuals, forming 365 couples, were purposefully selected from the workforce of various industrial companies and teachers in Tehran. The selection method focused on 11 couples with the highest scores derived from the Four ENRICH Couple Scales (2010). These couples, who self-identified as happy, participated in in-depth, semi-structured interviews. The interviews were recorded, transcribed, and subjected to a thorough analysis, resulting in the identification of first-order themes and subthemes in the textual data. To mitigate any potential interviewer bias, the results were extensively discussed and confirmed by each participating couple. The findings revealed that successful couples in the study demonstrated the following key attributes: a) self-sufficiency in problem-solving, b) shared understanding in financial management and expenses, c) dedicated leisure time spent with their families, d) a strong foundation of friendship, and e) mutual respect for each other.

**Daneshpour, N., et al. (2011)** conducted a study on “**Self-Described Happy Couples and Factors of Successful Marriage in Iran.**” The purpose of this research was to identify the factors contributing to successful marriages, as perceived by contented couples in Iran. In the methodology, 365 couples (N = 730) were purposefully selected from the staff of various industrial companies and teachers in Tehran and Birjand, based on the highest scores from the Four ENRICH Couple Scales (2010). Eleven couples, self-described as happy, participated in in-depth, semi-structured interviews. The findings indicated that happy couples identified several effective factors for their successful marriages, including trust and commitment, open consultation, a sense of intimacy, effective problem-solving, collaborative child-rearing, shared beliefs, and the expression of love. Additionally, the study found that traditional patriarchal and matriarchal couples, as well as non-traditional couples, differed primarily in their approaches to family management.

**Sandhya (2009)** conducted a study on “**The Social Context of Marital Happiness in Urban Indian Couples: Interplay of Intimacy and Conflict.**” This research delves into the happiness of 182 married, urban Hindu husbands and wives in India. Previous research has highlighted cultural differences in the factors affecting well-being, where personal desires were considered less impactful for non-Western couples. However, in the context of globalization and the increasing importance of individual needs, indicators of happiness, such as intimacy and conflict within a relationship, have taken on a pivotal role in the quality and longevity of marriage, even for non-Western couples in contemporary India. The study included 91 Indian couples who had been married for an average of 11 years, representing diverse socioeconomic classes, family structures, and both arranged and love marriages. The results revealed that couples reporting higher levels of happiness, in

## Factors for Successful Marriage - A Mixed Method Approach

comparison to less happy couples, exhibited characteristics such as agreement, empathy, validation, support, and fulfillment of expectations within their relationships. Furthermore, the study found that couples' experiences and expressions of intimacy, influenced by the social context, positively predicted increased levels of marital happiness, whereas conflict had a negative impact on marital happiness. This research sheds light on how personal desires may be reshaping cultural practices in the context of marriage.

**Ashtiani and Ahmadi (2004)** conducted a study titled "**The Study of Successful and Unsuccessful Marriages in University Students.**" The objective of this research is to identify the factors contributing to successful and unsuccessful marriages among university students. The study involved 136 married students who were selected non-randomly as participants. They were asked to complete the Spanners Marital Adjustment Questionnaire. A descriptive-analytic method was employed in the study, and the data were analyzed using T-tests and ANOVA. The results of the study indicated that the following factors were influential in successful marriages: mutual trust, effective verbal and non-verbal communication, alignment on key life matters such as business decisions, life goals, education, child-rearing policies, spending time together, leisure activities, pregnancy, and sexual relations. Furthermore, the study found that factors such as age, field of study, educational status, and educational level did not significantly impact marital adjustment among these university students. Additionally, there were specific individual, family, and societal factors that influenced the adjustment of married university students, including the spouse's occupation, the method of introduction and acquaintance, problem-solving techniques, and the individuals or places they turned to in the event of disputes.

**McKenzie (2003)** conducted a study titled "**Factors of Successful Marriage: Accounts from Self-Described 'Happy' Couples.**" This research utilized a phenomenological approach to identify the factors contributing to a successful marriage. The study involved interviews with self-described "happy" couples who had been married after 1975, a significant year when divorce rates reached fifty percent. The research design followed the process of naturalistic inquiry, collecting data through in-depth, semi-structured interviews to obtain rich and detailed information. The gathered data were carefully reviewed, assessed, categorized, and thematized. The primary aim of this interpretation was to capture the essence of the lived experiences of the six "happy" married couples. The study employed Equity Theory and Constant Comparison Analysis to address two research questions: RQ1 - What themes emerged concerning the marital success of these couples? and RQ2 - To what extent does equity relate to these emerging themes? The analysis of the data led to the identification of eight key themes: Equality in treatment within the relationship, Mutual liking and affection, Maturity and adulthood in the partnership, Friendship as a fundamental element, A sense of luck and gratitude, use of humor to navigate challenges, Strong self-concepts and commitment, Effective communication. In the final stages of the phenomenological process, hyper-reflection revealed the overarching phrase that encapsulated the findings: "We treat each other as equals pretty much most of the time."

**Russell and Wells (1994)** conducted a study titled "**Predictors of Happiness in Married Couples.**" This research aimed to investigate the relative importance of 17 potential predictors of happiness in a sample of 1207 married couples. These couples had previously completed a general-purpose marriage questionnaire. The study found that the strongest predictors of happiness in married couples were the quality of the marriage, followed by neuroticism, although to a lesser extent. Among the remaining significant predictors entered into the model, three factors (neuroticism, children, and family) had a direct influence on



## Factors for Successful Marriage - A Mixed Method Approach

happiness. Neuroticism also had an indirect effect on happiness through its impact on the quality of the marriage. Additionally, extraversion, partner's neuroticism, satisfaction with housing, and relationships with in-laws were found to influence happiness indirectly through their effect on the quality of the marriage. In summary, this study shed light on the various factors that predict happiness in married couples, with a particular focus on the quality of the marriage and the role of neuroticism, among other factors.

**Robinson and Blanton (1993)** conducted a study titled "**Marital Strengths in Enduring Marriages.**" In this research, a phenomenological approach was employed, and the study focused on fifteen couples who had been married for a minimum of 30 years. These couples were asked to provide their perceptions of the qualities that had upheld their relationships during both times of closeness and relational strain. The interviews were unstructured to allow participants to express themselves freely. The key characteristics identified as contributing to the endurance of these marriages included: Intimacy balanced with autonomy, Commitment to the relationship, Effective communication, Shared religious orientation, Congruent perceptions of the relationship. This study delved into the qualities and factors that played a crucial role in maintaining enduring marriages, as perceived by couples with a long history of marriage.

**Lauer et al. (1990)** conducted a study titled "**The Long-Term Marriage: Perceptions of Stability and Satisfaction.**" This research aimed to explore the factors associated with stable and satisfying long-term marriages. Data were collected from a sample of 100 couples who had been married for forty-five years or more. The couples identified several variables that were essential to the success of their marriages, including: Being married to someone they genuinely liked as a person and enjoyed being with, A strong commitment to both the spouse and the institution of marriage, The presence of a sense of humor within the relationship, Consensus on various matters, such as life aims and goals, friendships, and decision-making. One noteworthy finding was that husbands and wives demonstrated remarkable similarity in their responses, indicating that both men and women perceived these variables as critical to the success of their long-term marriages.

**Lauer and Lauer (1986)** conducted a study titled "**Factors in Long-Term Marriages.**" This study involved a non-random sample of 351 couples who had been married for 15 years or more. The research aimed to identify differences in the reasons for staying together among couples categorized as happy, unhappy, or mixed (with one partner happy and the other unhappy) in their marriages. The findings revealed distinctions in the reported reasons for staying together among these different categories of marriages. For happy couples, the most frequently mentioned reason for remaining together was the perceived nature of the relationship, followed by the belief in marriage as a long-term commitment. In mixed and unhappy marriages, the most frequently cited reason for staying together was the belief in the long-term commitment of marriage. It was noteworthy that 19% of those in mixed marriages and 47% in unhappy marriages mentioned that the presence of children was a factor that held their marriages together. The study also reported various other factors contributing to the longevity of marriages, along with an exploration of the meaning behind these responses.

**Roberts (1979)** conducted a descriptive study titled "**Significant Elements in the Relationship of Long-Married Couples.**" This study explored the key factors in the lives of fifty couples who had been married for an average of 55.5 years and had an average age of seventy-nine years. The sample was non-random and diverse, using traditional socio-

## Factors for Successful Marriage - A Mixed Method Approach

economic indicators. The findings of the study indicated that life-satisfaction (LSI-Z), Locke-Wallace Marital Adjustment scores, and perceptions of health were notably high among the participants. Additionally, more than half of the sample reported being currently or previously sexually active within the past five years. The significant elements identified in these enduring marriages included: Independence, Commitment, Companionship, Qualities of caring. These elements played a crucial role in the success and longevity of the relationships among the long-married couples in the study.

### *Need for the Present Study*

As it can be understood from the review of literature, there are hardly very few Indian research articles that focused on analysing the factors contributing to a successful marriage. Furthermore, it is apparent that there is an abundance of cultural diversity; as a result, the factors employed in international papers are not directly applicable to an Indian context. As a result, the goal of this research project is to conduct a thorough investigation of the factors that contribute to the success of marriages particularly in an Indian setting. It aims to provide insight into understanding the unique dynamics and cultural influences that contribute to marital satisfaction. It will aid in providing valuable insights about components such as effective communication, family dynamics, traditional values and the role of gender in maintaining a successful marriage. Understanding the root causes on the factors behind marital dissatisfaction can help develop strategies for reducing divorce rates and promoting healthier relationships. There is a paucity of studies in this particular area of research in an Indian setting, indicating a significant gap in the existing literature.

## **METHODOLOGY**

### **Aim**

To Explore the various factors that contribute to the success of marriage.

### *Objectives*

1. To Identify key Factors that are consistently associated with marital happiness and success.
2. To Explore the Individual Perspectives and Understand how individuals in successful marriages perceive and describe the factors contributing to their happiness.
3. Analyze how these factors evolve over time within marriages and how they relate to long-term marital satisfaction.
4. Explore challenges and obstacles that couples face in maintaining a successful and happy marriage.

### *Tools Used*

1. **The Couples Satisfaction Index (CSI-32):** The Couples Satisfaction Index (CSI-32) is a 32-item measure designed to assess relationship satisfaction of intact (married, cohabiting or dating) couples. The measure includes items aimed at assessing the presence of problems between individuals and the intensity of such problems. Total scores can range from 0 to 161. Higher scores indicate higher levels of relationship satisfaction. CSI-32 scores falling below 104.5 suggest clinical relationship distress.
2. **Subjective Happiness Scale:** The Subjective Happiness Scale (Lyubomirsky & Lepper, 1999) seeks to conduct a global, subjective assessment of whether a person is happy or unhappy. It is a 4-item self-report measure developed to assess an individual's overall happiness as measured through self-evaluation. The response format is a 7-point Likert scale ranging from 1 to 7.

## Factors for Successful Marriage - A Mixed Method Approach

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

Sequential Explanatory Mixed Method

### ***Sample:***

- **Sampling Technique:** Purposive sampling
- **Sample Size:** The sample size selected for the present study is 10 married individuals who have scored higher on screening test.

### **Inclusion criteria**

- Married individuals who have been married for more than 15 years.
- Married individuals who have scored higher in the screening [high marital satisfaction & subjective happiness scale (priority wise)].

### **Exclusion criteria**

- Couples who have been remarried
- Divorcee and widows

### ***Data Collection Method:***

Semi structured interview

### ***Procedure:***

#### **STEP-1: Screening**

In the screening process, two scales were employed: The Couples Satisfaction Index and the Subjective Happiness Scale. These scales were specifically chosen to assess the level of marital satisfaction and overall happiness of individuals. The Couples Satisfaction Index provides insights into relationship satisfaction, dynamics, and expectations. On the other hand, the Subjective Happiness Scale measures an individual's subjective experience of happiness or unhappiness, taking into consideration their relationship and overall well-being. By utilizing these scales, researchers aim to gain a comprehensive understanding of individuals' satisfaction in their marital relationships and their overall happiness in life.

#### **STEP- 2: Questions framing**

The interview questions for this study is formulated through three phases. In the initial phase the questions will be framed based on reviewing the articles which consists of several themes, these themes will be utilised as a base for question framing. These questions also be refined in such a way that it meets the context of an Indian setting. In the second phase the formulated interview questions will be reviewed by peers and fellow research members. They will be asked to provide suggestions and improvement to verify whether the interview questions are aligning with research objectives. In the final phase the interview questions will be directed for expert review involving research professionals who have an experience in conducting research for a minimum of 2-5 years. They will be asked to give suggestions to improve the quality and effectiveness of the interview.

#### **STEP- 3: Data collection**

The first step in data collection is to determine married couples who have been married for a period of 15 years or more. The majority of those approached for the study were parents of college going adolescents and their relatives. They will be given the informed consent form and the screening questionnaire. They will be requested to review everything and provide their inputs. Both the husband and the wife will be asked to answer the questionnaire. Upon

## Factors for Successful Marriage - A Mixed Method Approach

answering the screening questionnaire, the couple who scored higher will be filtered and will be selected for the interview.

The selected couple will be visited for the interview. Before the interview begins, all the essential information about the study, its procedures, any concerns they may have, and the assurance of confidentiality will be clearly communicated to the couple. During the interview, the individuals' perspectives and their personal experiences in their marriage will be discussed. The couple will have complete freedom to terminate or pause the interview at their discretion, without any obligation to disclose any information they consider personal or do not wish to share.

### **STEP- 4: Thematic Analysis:**

Thematic analysis is a method of analysing qualitative data. It is usually applied to a set of texts, such as an interview or transcripts. The researcher closely examines the data to identify common themes - topics, ideas and patterns of meaning that come up repeatedly. There are various approaches to conducting thematic analysis, but the most common form follows a ten- step process: familiarization, coding, generating themes, reviewing themes, defining and naming themes, data organisation, writing the narratives, interpretation and integration, peer review and finally producing the report.

- 1. Familiarization with the Data:** In this stage the researcher will examine the qualitative information gathered from the interview with married couples. Then the interview will be transcribed and reading them again give a deeper understanding of the context. Notes will be taken to record the initial thoughts and expression.
- 2. Coding:** In this stage the data will be organized in a meaningful and systematic way. Through coding a lot of data can be reduced into small chunks of meaning. Using inductive strategy, the themes will develop logically from the data.
- 3. Generating Themes:** In this step themes will be generated and related groups will be grouped together. Then the researcher will look for similarities, patterns and differences in the coded data and identify the recurring themes.
- 4. Reviewing Themes:** In this phase the researcher will think about the concepts that emerged and then will modify and develop the preliminary themes that is identified in step 3.
- 5. Defining and Naming Themes:** In this step after refinement, final set of themes will be derived.
- 6. Data organisation:** In this step, the data will be organised by sorting relevant quotations and excerpts under the identified themes.
- 7. Writing the narrative:** This step involves developing a narrative or a written report that explains each theme in detail, describing what each theme represents, providing context and illustrating it with excerpts from the data.
- 8. Interpretation and integration:** This step involves describing how the identified themes helped in comprehending the research issue.
- 9. Peer review:** In order to improve the validity and reliability of the analysis, the developed themes will be shared with peers.
- 10. Producing the Report:** This is the final step. This will include introduction, findings, discussion, conclusion and references.

### ***Data Analysis:***

This study used thematic analysis to analyze the collected data.

## Factors for Successful Marriage - A Mixed Method Approach

### *Ethical Considerations:*

The ethical considerations in this qualitative study include informed consent and issues of concerns with deception, debriefing, and withdrawal from study, confidentiality and protection from physical and mental harm.

- 1. Deception:** The researcher will provide the participants with sufficient information about the study, including the purpose for which the data would be used and what is required of the participants.
- 2. Withdrawal from the study:** The research subjects were informed that the consent could always be negotiated.
- 3. Detailed explanation:** The study's topic will be offered by the researcher at the conclusion. Questions and doubts were answered.
- 4. Confidentiality:** Participants will be made aware of the difficulties relating to anonymity and confidentiality, and they will also be advised that their identities would never be revealed to anybody outside of the research team.
- 5. Protection from physical or psychological harm:** The researcher will ensure that there will be proper precautions taken during all stages of the study to keep participants safe. Participants can share information that they have not have shared before to anybody else because qualitative approaches like in-depth interviews are by their very nature confidential. Once the interview is done, the participants have the choice to regret making such a revelation. In order to prevent participants from accidentally being dragged into sensitive and irrelevant details, the researcher will ensure that all the sensitive topics will be approached precisely and concisely. The interview will be stopped if the participant exhibits any signs of discomfort.

## RESULTS & DISCUSSION

The current study aims to explore the factors and elements that contribute to the success of a marriage. It was intended to bring out the factors that helped married couple to successfully sustain their marital relationship and be happy in their life through their own experiences and their knowledge on handling and maintaining a marital relationship successfully. In order for determining samples for this study, a screening test consisting of 2 scales namely subjective happiness scale and couple satisfaction index was performed to assess their level of satisfaction and subjective happiness in their married life.

*Table 1 shows the percentage of the socio-demographic variables*

| Variables                                       |                    | Percent (%) |
|---|--------------------|-------------|
| Age   | 35 – 45 years      | 40          |
|   | 45 – 55 years      | 40          |
|   | 55 – 65 years      | 20          |
| Gender  | Male               | 50          |
|   | Female             | 50          |
| Years of marriage                               | 15 – 25 years      | 60          |
|   | 25 – 35 years      | 20          |
|   | 35 – 45 years      | 20          |
| Working member of the family                    | Male               | 80          |
|   | Female             | 0           |
|   | Both               | 20          |
| Socio economic status                           | Middle class       | 30          |
|   | Upper middle class | 50          |
|   | Upper class        | 20          |
| Call themselves successful and happily marriage | Yes                | 100         |
|   | No                 | 0           |

## Factors for Successful Marriage - A Mixed Method Approach

Table 1 provides an overview of the participant distribution based on various demographic factors. Among the age groups, 40% fell within the 35-45 age range, while another 40% were in the 45-55 category, and the remaining 20% were aged 55-65. It's important to note that gender balance was achieved with an equal number of male and female participants. Marital duration varied, with 60% reporting 15-25 years of marriage, 20% with 25-35 years, and another 20% with an impressive 35-40 years of marital experience, reflecting diverse marital backgrounds. In terms of household dynamics, 80% of couples had the husband as the sole breadwinner, while 20% had dual-income households, aligning with traditional gender roles. Socioeconomic analysis revealed that 50% identified as upper middle class, 30% as middle class, and 20% as upper class, showcasing the socioeconomic diversity in the sample. Notably, all participants self-reported as happily and successfully married.

*Table 2 shows the variables subjective Happiness and marital relationship satisfaction*

| Study Variables                   | Minimum | Maximum | Mean   | Standard Deviation |
|-----------------------------------|---------|---------|--------|--------------------|
| Subjective Happiness              | 4       | 7       | 5.62   | 0.804              |
| Marital relationship Satisfaction | 109     | 156     | 133.23 | 11.325             |

Based on the screening responses, the subjective happiness and marital relationship satisfaction of the population is interpreted. For the subjective happiness scale, the mean score is 5.62 and the standard deviation is 0.804. This shows that the sample has an average level of happiness in their marital relationship. From the standard deviation, it indicates that there is not much variability in the level of happiness within the sample, and most individuals have scored closer to the average range. In marital relationship satisfaction, the mean score is 133.23 and the standard deviation is 11.325. This shows that the sample experiences above average or satisfactory level of relationship satisfaction in their marital life, scoring below 104.5 which is considered as relationship dissatisfaction. The standard deviation indicates that there is some degree of variability in the marital relationship satisfaction score within the sample. It highlights the diversity in marital satisfactory level within the sample. To further explore factors contributing to a successful marriage, a semi structured interview was conducted for ten married individuals who stated that they are married happily and that their marriage is successful. These 10 married individuals were selected based on their high score in the screening questionnaire. These were conformed prior to the semi structured interview. From the interview, around eight recurring themes were generated with the help of the responses provided by the couples. Each theme was important because each has its own contribution and impact on the marital relationship.

### **THEMES IDENTIFIED**

**Financial stability** is a key aspect of Maslow's Hierarchy of Needs, where the need for safety and security is crucial for psychological well-being in a marriage as aligns with basic human needs, which must be met before progressing to higher-order needs, such as self-esteem and self-actualization. Thus, financial stability provides the foundation for a fulfilling marital life. Respondents consistently highlighted the importance of financial stability in their marital success. Their views were aligned with Maslow's Hierarchy of Needs, emphasizing the need for economic security to meet basic physiological and safety needs.

## Factors for Successful Marriage - A Mixed Method Approach

*"Economic stability and its role in our life."*

*"One should be able to stand on their own for economic stability."*

*"Earning is an essential thing."*

*"For child delivery, you should be able to cover the expenses."*

Several responses mentioned the importance of financial stability in marriage. This aligns with research in psychology, which suggests that financial stress can put strain on a marriage. Financial stability provides a sense of security and reduces stress, which is important for a healthy relationship. This includes the ability to provide for the family's needs, manage expenses, and handle unexpected situations. This highlighted the importance of financial stability in marriage, emphasizing that economic security plays a crucial role in a successful partnership.

**Communication** in a marriage play vital roles in maintaining a healthy and successful relationship. The importance of open communication and sharing feelings aligns with Attachment Theory, which emphasizes the significance of secure emotional bonds and attachment figures.

*"Communication is the key."*

*"Open and honest communication."*

Respondents stressed the importance of talking to one's partner, listening to each other, and sharing feelings, concerns and resolving issues through dialogue. Sharing feelings and thoughts with a partner fosters a deep connection and help in conflict resolution.

**Trust and Respect** were emphasized as fundamental components of successful marriages, reflecting Erikson's psychosocial stages of development. Trust is vital for forming healthy relationships, while respect ensures that partners maintain their individual identities. Trust is seen as essential for developing healthy relationships and achieving intimacy. Respect, another recurring theme, was considered vital for maintaining a sense of dignity and autonomy within the marriage.

*"Trust and respect are big too."*

*"Trust between us is going to foster for our betterment."*

Trust is built on reliability, while respect relates to recognizing each other's autonomy and opinions, even in disagreement. In the context of marriage, these elements are essential for forming strong bonds and maintaining individual identities.

**Compromise** entails finding a middle ground where both partners' needs are met. It often comes into play during conflict and disagreement. Being able to compromise for their spouse reflects self-regulation, an important facet of emotional intelligence. It also ties into cognitive- behavioural principles of problem-solving.

*"Learn to give a little, make compromises, and be patient."*

*"Being patient and forgiving has also been a game-changer."*

*"People should stay calm for small, small situations."*

## Factors for Successful Marriage - A Mixed Method Approach

Successful marriages often involve finding common ground and making concessions. The ability to compromise and make concessions is mentioned in several responses. It often involves managing emotions, not only of one's own but also those of their partner.

**Patience** is a key theme focusing on its role in managing conflicts within a marriage. It reflects the intelligence and the importance of staying composed during challenging situations.

*"Patience is a crucial thing"*  
*"Being patient and forgiving has been a game-changer."*  
*"People should stay calm for small situations."*

The responses were mostly associated with conflict management. Patience allows couples to approach disagreements with a calm and composed demeanour, discouraging impulsive decisions, fostering better communication and understanding that challenges and obstacles are part of the process.

**Family Dynamics**, another very important theme, encompasses not just the relationship between the spouses but also their interactions with extended family members. Managing relationships with extended family and in-laws was recognized as crucial in preserving individual identities within the marital partnership. These findings align with psychological concepts related to boundary setting and identity development.

*"The family members at the beginning won't easily accept or fit with each other. But as time goes, we will eventually find our way to smooth things out between each other."*  
*"Family members should be supportive to each other."*  
*"Being supportive to each other."*

Dealing with extended family, balancing relationships with in-laws, and having support from family members are discussed positively on most of the responses. It underscores how external family influences are integral to the marital journey. This interplay between different family units can either nurture or strain the relationship between a married couple. Integrating into each other's families is an ongoing challenge that couples often face. The initial adjustment period, as mentioned in the quote, "When a person gets married and goes to another house, of course they won't immediately accept the newcomer," reflects the common hurdles that newlyweds encounter and sheds light on the initial reluctance that some family members may exhibit. However, with time, these individuals often become valuable sources of guidance and support in times of need.

**Sense of humour**, and the importance of maintaining humour in the face of challenges aligns with principles of positive psychology. Participants recognized that humour served as a mechanism for coping with adversity and contributed to a positive emotional atmosphere within the marriage. It acts as a bridge that connects couples, weaving a strong bond through shared laughter and light-hearted moments.

*"Sharing a good laugh contributes to increased levels of happiness, life satisfaction, and overall well-being."*  
*"The ability to find humour in everyday life promotes a positive outlook and optimism"*



## Factors for Successful Marriage - A Mixed Method Approach

It empowers couples to exhibit resilience and adaptability when confronting obstacles. This psychological fortitude enables partners to navigate hardships and emerge stronger. The importance of maintaining a sense of humour in the face of challenges aligns with principles of positive psychology. Participants recognized that humour served as a mechanism for coping with adversity and contributed to a positive emotional atmosphere within the marriage.

**Emotional support and affection** are in line with the Attachment Theory, as well as the Five Love Languages concept, which highlights the different ways individuals give and receive love. It contributes to a secure attachment style, which is associated with healthier relationships. Providing emotional support, being affectionate, and spending quality time with one's spouse are frequently cited as ways to maintain a strong connection.

*"Supporting each other's personal growth." "Spending quality time together." "Support each other's dreams and goals."*

*"Don't forget to spend quality time together, even when life gets busy. Those moments matter"*

Being each other's biggest supporters, showing love and care, and spending quality time together are emphasized by the married couples. Supporting each other's personal growth and dedicating quality time together fosters a strong emotional bond in a marriage.

**Balancing Priorities** like various life priorities, including work, family, and personal life, is crucial for a successful marriage. Supporting each other's personal growth and dedicating quality time together fosters a strong emotional bond in a marriage. Achieving a work-family balance was examined through the lens of the life-course perspective. Participants recognized the need to navigate various life domains and responsibilities effectively. They believed that finding a balance between work and family life was instrumental in maintaining a harmonious marriage.

*"Try to have a balance and maintain life with every aspect in it."  
"Balance between us and our parents' health conditions."*

Amidst the busyness of life, couples who prioritize spending quality time together tend to have more fulfilling marriages. It strengthens the emotional bond. They must also navigate a multitude of priorities, including their careers, children, extended families, and personal aspiration. Balancing these priorities becomes essential for maintaining a harmonious relationship.

## SUMMARY AND CONCLUSION

This qualitative research study delved into the psychological underpinnings of factors contributing to a successful marriage. The results provide valuable insights into the intricate web of psychological elements that shape the dynamics of marital relationships. Financial stability and security emerged as foundational components, reflecting the significance of economic well-being in fulfilling basic needs, as proposed by Maslow's Hierarchy of Needs. Effective communication, trust, and respect were found to be interwoven themes, emphasizing their critical roles in establishing secure emotional bonds, echoing Attachment Theory and psychosocial development theories. Furthermore, the study underscored the importance of patience, compromise skills, emotional support, and affection in nurturing a thriving marital relationship. These findings resonate with the principles of self-regulation,

## Factors for Successful Marriage - A Mixed Method Approach

cognitive- behavioural theory, and the Five Love Languages concept. The ability to set boundaries and maintain individual identities within the context of family dynamics was noted, demonstrating the practical application of psychological principles in real-life relationship management. Shared values and common goals were deemed vital for enhancing psychological well-being in marriages, aligning with positive psychology concepts. A sense of humour was found to contribute to a positive emotional climate, in harmony with positive psychology principles.

Participants' recognition of the importance of independence and personal responsibility aligned with self-efficacy, emphasizing that these qualities contribute to marital satisfaction. Lastly, the study highlighted the need to balance work and family life, which can be understood through the life-course perspective.

In summary, this research offers a comprehensive view of the psychological foundations of a successful marriage. These insights provide a valuable resource for couples seeking to enhance their understanding of the psychological dynamics at play within their relationships, ultimately contributing to healthier and more fulfilling marriages. This research underscores the rich interplay between psychological factors and successful marriages, offering a holistic perspective on the complex dynamics within marital relationships. The emphasis on financial stability, effective communication, trust, respect, patience, compromise, emotional support, and affection aligns with established psychological theories, underlining their significance.

Moreover, the practical application of psychological principles in maintaining boundaries and individual identities within the family context highlights the real-world relevance of these findings. Shared values, common goals, and a sense of humour all contribute to psychological well-being in marriages, reflecting positive psychology principles. The study's focus on independence, personal responsibility, and the need to balance work and family life emphasizes the importance of self-efficacy and life-course perspective in achieving marital satisfaction.

In conclusion, this research comprehensively explores the psychological foundations of successful marriages, offering valuable insights for couples looking to improve their relationships and overall well-being. These findings enrich our understanding of the intricate factors that underpin successful marriages and contribute to the broader body of knowledge on this subject.

### **LIMITATIONS AND IMPLICATIONS**

#### *Limitations:*

1. This study included the couples who are mostly living in a urban and sub urban areas in southern region of India, so it may not fully represent the diversity of marriages in India.
2. India is incredibly diverse in terms of culture, language and traditions. Generalizing findings to the entire country may overlook the nuanced differences in marital dynamics across regions.
3. The participants may provide information that align with social expectations regarding marriage which can influence the accuracy of the response.
4. The interview will be taken during a particular period of time of the participant which is immediate past experiences, so the responses and factors may vary over time to time.

### **Implications**

This study emphasizes various psychological, behavioural, cultural and social factors that contribute to the marital relationship to become successful in Indian setting. It helps in

1. Understanding these factors can inform relationship education and counselling programs, helping couples build and maintain healthier marriages.
2. It will contribute to greater public awareness about the importance of healthy relationships and may reduce divorce rates.
3. Governments and policymakers may use this research to inform family-related policies and laws, such as marriage counselling support or divorce regulations.
4. It will contribute to improved mental health services and support for couples dealing with relationship challenges.
5. Cultural factors may influence the importance of different themes in contributing to marital success. Future studies can investigate how these themes vary across cultures and regions.
6. Understanding the influence of family and in-law relationships on marriage could lead to research on the intergenerational impact of family dynamics on future generations' relationships.

### **REFERENCES**

- Ali, F. A., Israr, S. M., Ali, B. S., & Janjua, N. Z. (2009). Association of various reproductive rights, domestic violence and marital rape with depression among Pakistani women.
- Asoodeh, M. H., Daneshpour, M., Khalili, S., Lavasani, M. G., Shabani, M. A., & Dadras, I. (2011). Iranian successful family functioning: Communication. *Procedia Social and Behavioral Sciences*, 30, 367-371.
- Asoodeh, M. H., Khalili, S., Daneshpour, M., & Lavasani, M. G. (2010). Factors of successful marriage: Accounts from self described happy couples. *Procedia-Social and Behavioral Sciences*, 5, 2042-2046.
- Bachand, L. L., & Caron, S. L. (2001). Ties that bind: A qualitative study of happy long-term marriages. *Contemporary Family Therapy*, 23, 105-121.
- Cuber, J. F., & Haroff, P. B. (1965). *The significant Americans*. New York: Appleton- Century-Croft
- Daneshpour, M., Asoodeh, M. H., Khalili, S., Lavasani, M. G., & Dadras, I. (2011). Self described happy couples and factors of successful marriage in Iran. *Journal of Systemic Therapies*, 30(2), 43-64.
- Fathi-Ashtiani, A., & Ahmadi, K. (2004). The study of successful and unsuccessful marriage on university students. *Clinical Psychology and Personality*, 2(2), 9-16.
- Fatima, M., & Ajmal, M. A. (2012). Happy marriage: A qualitative study. *Pakistan journal of social and clinical psychology*, 9(2), 37-42.
- Field, D., & Weishaus, S. (1984). Marriage over half a century: A longitudinal study. *The Gerontologist*, 24, 269-273.
- Funk, J.L., & Rogge, R.D. (2007). Testing the Ruler with Item Response Theory: Increasing Precision of Measurement for Relationship Satisfaction with the Couples Satisfaction Index. *Journal of Family Psychology*, 21, 572-583.
- Hall, S. S. (2006). Marital meaning: exploring young adult's belief systems about marriage. *Journal of family issues*. 27. 1437-1458
- Hatami Varzaneh, A., Esmaeily, M., & Borjali, A. (2017). Long term satisfied marriage model: a grounded theory study. *Family Counseling and Psychotherapy*, 6(1), 120- 149.
- Karimi, R., Bakhtiyari, M., & Arani, A. M. (2019). Protective factors of marital stability in long-term marriage globally: a systematic review. *Epidemiology and health*, 41.
- Kaslow, F., & Robison, J. (1996). Long-term satisfying marriage: perceptions of contributing factors. *The American journal of family therapy*, 124, 153-170

## Factors for Successful Marriage - A Mixed Method Approach

- Khalatbari, J., Ghorbanshiroudi, Sh., Azari, N.K., Bazleh, N., Safaryazdi, N. (2013). The Relationship between Marital Satisfaction (Based on Religious Criteria) and Emotional Stability. *Procedia Soc Behav Sci.* 84:869-73.
- King, M. E. (2016). Marital satisfaction. In C. L. Shehan (Ed.), *Encyclopaedia of family studies*.
- Koraei, A., Khojaste Mehr, R., Sodani, M., & Aslani, K. (2017). Identification of the factors contributing to satisfying stable marriages in women. *Family Counseling and Psychotherapy*, 6(2), 129-164.
- Lauer, R. H., & Lauer, J. C. (1986). Factors in long-term marriages. *Journal of Family Issues*, 7(4), 382-390.
- Lauer, R. H., Lauer, J. C., & Kerr, S. T. (1990). *The Long-Term Marriage: Perceptions of Stability and Satisfaction. The International Journal of Aging and Human Development*, 31(3), 189–195. doi:10.2190/h4x7-9dvx-w2n1-d3bf.
- Lee, K. S., & Ono, H. (2008). Specialization and happiness in marriage: A U. S. Japan comparison. *social science research*, 37, 1216-1234
- Lyubomirsky, S., Lepper, H. S. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. *Social indicators research*, 46(2), 137-155.
- Määttä, K., & Uusiautti, S. (2012). Seven rules on having a happy marriage along with work. *The Family Journal*, 20(3), 267-273.
- McKenzie, P. T. (2003). *Factors of successful marriage: Accounts from self-described "happy" couples* (Doctoral dissertation, Howard University).
- Roberts W. L. (1979). Significant elements in the relationship of long-married couples. *International journal of aging & human development*, 10(3), 265–271.
- Robinson, L. C., & Blanton, P. W. (1993). Marital strengths in enduring marriages. *Family Relations*, 38-45.
- Russell, R. J., & Wells, P. A. (1994). Predictors of happiness in married couples. *Personality and individual differences*, 17(3), 313-321.
- Sahebdel, H., Zaharakar, K., & Delavar, A. (2016). Diagnosis of successful marriage indicators (qualitative research). *Research in Clinical Psychology and Counselling*, 5(2), 32-46.
- Sandhya, S. (2009). The social context of marital happiness in urban Indian couples: Interplay of intimacy and conflict. *Journal of Marital and Family Therapy*, 35(1), 74-96.
- Timothy-Springer, R., & Johnson, E. J. (2018). Qualitative study on the experiences of married couples. *Journal of human behavior in the social environment*, 28(7), 889- 902.

### **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:** Mohammed, S.M. (2023). Factors for Successful Marriage - A Mixed Method Approach. *International Journal of Indian Psychology*, 11(4), 3261-3280. DIP:18.01.311.20231104, DOI:10.25215/1104.311