

## Impact of Psycho-Social Factors Associated with Marital Happiness

Dr. Dinesh Prasad Sahu<sup>1\*</sup>

### ABSTRACT

The present aims to study prevalence of psycho-social factors (Health, Emotional, Home, Social) of marital happiness which was conducted rural and urban area in Darbhanga and Madhubani districts of Bihar (India). A sample consisting of 400 respondents (couples), the selection of the sample is from a different sector on the basis of accidental sampling techniques. Data was collected with the help of Bell Adjustment Inventory by Mohsin, Hussain & Jehan (2012, Hindi version), Marital Adjustment Questionnaire by Kumar & Rohatgi (2004, Hindi version) and Personal Data Sheet (PDS) was used. The revealed that the well emotionally adjusted couples were highly significant differences at .01 level of confidence. The healthy couples i.e., well and poorly adjusted couples were highly significant difference at .01 level of confidence. The home adjusted couples i.e., well and poorly adjusted couples were highly significant difference at .01 level of confidence. The social adjustment couples i.e., well and poorly adjusted couples were not significant at .05 level of confidence. Their age was range from 25 to 54 years, with an average of 39. 5 years.

**Keywords:** *Marital happiness, Health happiness, Emotional happiness, Home happiness, Social happiness*

Happiness is the basic key of happy and successful life. Marital happiness satisfaction and well-being are not synonymous, yet they are frequently closely related and frequently treated interchangeably (Ney, 1974). Happiness satisfaction level decides one's level of happiness and therefore, satisfied married life is concerned a happy married life (Fatima & Ajmal 2012). Satisfaction with one's marriage tends to be a pivotal factor in overall happiness. Marital happiness is an essential elements for successful family life and personal growth. The fulfillment and positive development will be possible only when the relationship between a couple is coherent and satisfactory (Abdulazeez, 2013).

Marriage is also provides the partner of an opportunity for satisfaction of their several physical and social needs such as fulfillment of sexual desire, affection, trust, sharing views, emotional inter-dependency etc. Marriage provides satisfaction of several physical as well as psychological needs. Marriage relationship is the foundation of family life because it involves the union between men and women as husband and wife. Marriage is the component part of the culture as usually for mailed by the custom, law and occasionally

<sup>1</sup>Assistant Professor, Department of Psychology, C.M. College Darbhanga (Bihar)

\*Corresponding Author

Received: March 17, 2025; Revision Received: March 28, 2025; Accepted: March 31, 2025

## Impact of Psycho-Social Factors Associated with Marital Happiness

solemnized by religion. It is a means by which physiological, social and emotional needs are satisfied. The human societies essentially developed from the marital relationship when married persons are wedded, they always make commitment to remain in the hand of unity and love.

We choose to focus our investigation on a single discussion of marital happiness, that is an overall appraisal of the degree of happiness with various dimensions of one's marriage. Marital happiness is a powerful indicator of marital quality. Although it does not capture a specific correlates with other indicators of marital quality, such as marital interaction, marital conflict, marital problem and divorce proneness (Amato et. al, 2007). Available statistics of marital breakdown show that many married persons who makes such view don't keep them to the end (National Centre for Health Statistics (1994). Due to like of mutual husband and wife understanding, trust and co-operation, the breakdown of the marital relationship occurred. The marriage come to the point of cruse and conflicts with family started as a result of poor marital adjustment and has become a global phenomena affecting rich and poor both. We are all knowledge that conflict in one's family life hampers all round functioning of men, children development, mental health illness, peace and rest. Marital happiness also depends upon successful and good marital adjustment. Sinha & Mukharjee (1990) defines marital adjustment as, "the state in which there is an overall feeling between husband and wife of happiness and satisfaction with their marriage and with each other.

Marriage is considered the most important social system because it is the system that brings together men and women and upon which rights and duties are built. It also gives the relationship between the two parties a strong moral sanctity. It is a human system that satisfies needs and achieves reproduction, and emotional participation between the couple is strengthened to preserve the gender and ensure the continuity of humanity. Values, principles, and ethics are adopted and strengthened by it, and it gives individuals a sense of stability and belonging.

An emotion is a vital role in the marital life of an individual and one requires adequate emotional maturity to lead an effective life. Our behavior is constantly influenced by the emotional maturity level that we possess. Emotions are great motivating forces throughout the span of human life, affecting aspirations, thoughts and actions of an individual. Emotional maturity is not only one of the effective determinants of personality, but it also helps in individual development. It means, in essence, controlling your emotions rather than allowing your emotions to control you. It is a personality trait which is the result of emotional development and the display of emotions appropriate to one's chronological age. It usually reflects increased emotional adjustment, emotional stability, and the attainment of emotional self-regulation. Emotional maturity is very intimately related to adjustment, well-being and the behavior of an individual. Many factors can influence the process of adjustment like socio-economic status, family environment, anxiety, frustrations, and so on, but the most important factor is maturity. An emotionally mature individual will be able to lead a mature and well adjusted marital as well as professional life.

Health and happiness are to basic pillar that most people agree constitute a good life and the turn off to be more intertwined than one might think. Researchers have pinned down connections between happiness and more specific aspect of health. Married individual or healthier and live longer than those who are never married, divorced or widows but not all marriages are equal. Unhappy marriages provide fewer benefits than happy ones. Elizabeth et. al., (2019) have examined health and longevity across a nationality representative sample

## Impact of Psycho-Social Factors Associated with Marital Happiness

of U. S. adult, combining measures of marital status and marital happiness to compare those who were very happy in marriage to those who were pretty happy in marriage, not too happy in marriage, never married, divorce or separate, widows.

As the problem of marital adjustment begins with the going event of one's marriage life, some important issues are to be discussed necessarily and they are follows -

### **Adjustment to mate –**

The first major adjustment problem in marriage to adjustment with his/her partner. Interpersonal relationship plays an important role in marriage. The more experience in interpersonal relationship both men and women have had in the past, the greater insight they have developed and they have great willing to co-operate with others, they will be better adjusted. It is also important, for a good marital adjustment, to develop emotionally to give and receive love from each other. If husband and wife don't do much, they would have difficulty in establishing a warm and close relationship because each interprets the other's behavior as an indication of not caring.

### **Sexual Adjustment –**

In marital adjustment, the fulfillment of sexual desire of partner is too successfully. Both partner must view to satisfy the urges of sex. If they do fail in the satisfying sex urges of their partner, they would be great possibility of marital happiness.

### **Financial Status-**

Financial status has much value in marital life of a couple. Because of the present age is of 'Bhogwad', which requires sound financial position of the couple. Today, young generation has live need to conflict each facilities of life in a short-span of life. If a husband is unable to provide his wife and family proper need satisfaction, may come and be a cause to develop negative attitude within them.

Contemporary marriage couples are faced with many challenges that require recognition of previously taken for granted marital roles and expectations in order to achieve more intimate, compatible and committed marriage (Backer, Kiger & Riley, 1996).

### ***Aims and Objective of the Present Study -***

Study of psycho-social factors associated with marital happiness among college students has been not investigated well. Now aim and objectives of the study, as well as it's methodological dimensions are as follows the study had been proposed to ascertain in the role of psycho-social factors associated with marital happiness. Context flowing hypothesis real formulated:

- It was hypothesized that home well adjusted couples would feel maritally happy than home poorly adjusted couples.
- It was hypothesized that the emotionally better adjusted couples would so greater mean score on measures of marital adjustment than emotionally poor adjusted counterparts.
- It was hypothesized that the well socially adjusted couples would have better marital happiness than poor socially suggested couples.
- It was hypothesized that the well health adjusted couples would have greater marital happiness than poor health adjusted couples.

## Impact of Psycho-Social Factors Associated with Marital Happiness

### Definition of Variables

- **Marital happiness** – Marital happiness is a judgment made by a spouse that indicates the sense of well being or satisfaction with husband and wife experiences in the marital relationship.
- **Emotional happiness** -Emotional happiness is a state characterized by feeling of joy, satisfaction, contentment and fulfillment.
- **Social happiness** – Social happiness is the component part of the culture usually for mailed by the custom law and occasionally solenoid religion.
- **Healthy happiness** –Marital healthy relationship is one which contributes to individual well-being for both partners. In contrast, an unhealthy relationship is one which detracts from or improves individual well-being in one or both partner.
- **Home happiness** – Home happiness with all the family members of all ages will all the routine activities like office and household task and enjoy all the social functions is called home happiness.

### Tools Used:

1. **Personal Data Sheet (PDS):** PDS have designed by researcher, the personal data sheet comprised detail of the sample such as age, habitation, level of education, number of children, marital information etc.
2. **Bell Adjustment Inventory:** The inventory developed by Mohsin, Shamshad Hussain and Khurshid Jahan (2012, Hindi version) measures the Home, Health, Emotion, Social information on marital couples (respondent) of the samples in rural and urban areas.
3. **Marital Happiness Questionnaire:** The questionnaire developed by Kumar & Rohatagi (2004, Hindi version) measures the marital information on marital couples (respondent) of the samples in rural and urban areas.

### Procedure

The samples were administered the role of marital happiness questionnaire. The two groups namely well adjusted and poor adjusted of respondent couples on different sectors were compared on their scores of the study of marital happiness questionnaire using t-test.

### Data Analysis

The response sheet of the respondents were scores using the test for significance of differences between two means 't-test of Home, Health, Social and Emotional adjustment.

### Table - 1

The mean scores of two groups characterized as poorly home adjusted and well home adjusted couples were examined by computing t-test. The obtained results were in.

### Comparison of marital happiness of well home adjusted and poorly home adjusted couples-

Groups	N	Mean	SD	SEM	t-ratio	df	P value
Well Adjusted	90	20.36	2.02	.213	7.89	188	<.01
Poorly Adjusted	100	18.16	1.81	.181			

\*Significant at. 05 levels

\*\* Significant at. 01 level

## Impact of Psycho-Social Factors Associated with Marital Happiness

The findings of the above Table No. - 1 revealed that couples having more problems of adjustment related to their home were also well home adjusted (M = 20.36) in comparison to their poorly maritally adjusted (M = 18.16). The obtained t - value (7.89) was significant at .01 level of confidence.

**Table – 2 Comparison of emotionally well adjusted and emotionally poorly adjusted couples on their marital happiness.**

Groups	N	Mean	SD	SEM	t-ratio	df	P value
Well Adjusted	55	19.81	1.78	.239	3.398	143	<.01
Poorly Adjusted	90	18.66	2.53	.267			

\* Significant at .05 level

\*\* Significant at .01 level

An observation of the above table - 2 revealed that couples who were emotionally well adjusted were better adjusted on marital adjustment (Mean = 19.81), where poorly adjusted couples scores were lesser (Mean = 18.66) on their marital happiness. The obtained t-ratio= 3.398 was found highly significant (< .01). This is proved that emotional happiness had an important bearing on couples.

**Table – 3 Comparison of marital happiness of healthy well adjusted and poorly healthy adjusted couples.**

Groups	N	Mean	SD	SEM	t-ratio	df	P value
Well Adjusted	95	20.28	2.08	.279	4.43	143	<.01
Poorly Adjusted	95	18.74	1.97	.279			

\* Significant at .05 level

\*\* Significant at .01 level

Results in the above table - 3 revealed significant mean differences between the healthy poorly and healthy well adjusted couples. The obtained t-value (4.43) was significant at less than .01 level of confidence. It meant that health adjustment had effect on marital happiness in a great extent.

**Table – 4 Comparison of marital happiness of social well adjusted and social poorly adjusted couples.**

Groups	N	Mean	SD	SEM	t-ratio	df	P value
Well Adjusted	95	77.11	6.96	0.71	1.04	188	NS
Poorly Adjusted	95	76.11	6.32	0.65			

\* Significant at .05 levels

\*\* Significant at .01 level

The findings of the above table - 4 revealed that well socially adjusted couples scored greater Mean (M = 77.11) in the comparison to poorly (socially) adjusted couples (M = 76.11) on the measures of marital happiness but the obtained t-ratio (t = 1.04) were not

## Impact of Psycho-Social Factors Associated with Marital Happiness

significantly at .05 levels. This showed that marital happiness of couples was not influenced with their social adjustment.

### INTERPRETATION AND DISCUSSION

As we see that the Indian family life demands enormous adjustment from spouse which is important factors in determining family environment. Interpersonal conflicts in married life, irrespective to other phenomena remain constant, create a lot of stress among spouses and other family members and if it prolonged several psychological problems are to be observed from simple to serve like divorce and other emotional, health, home and social adjustment.

#### **Respondents Home Adjustment and Marital Happiness -**

Results in Table - 1 revealed that poorly home adjusted couples differed significantly to their better home adjusted counterparts. Home adjusted couples influenced their marital happiness. The findings confirmed our hypothesis no. 1.

#### **Respondent couples Emotional Adjustment and Marital Happiness -**

The obtained results suggested significant mean difference (Table no. 2) between well emotionally adjusted and poor emotionally adjusted respondent couples on measures of marital happiness, well emotionally adjusted couples were found martially well adjusted, where as a poor emotionally adjusted couples were found less martially adjusted. Thus, marital adjustment of couples was influenced with their level of emotional adjustment. So, our hypothesis no. 2 was confirmed.

#### **Respondent couples Health Adjustment and Marital Happiness -**

Results obtained in the Table No. 3 revealed that health adjustment of couples significantly influenced their marital happiness. A better health adjusted couples showed more happiness in their marital life. Thus, the findings confirmed our hypothesis No. 4.

#### **Respondent couples Social Adjustment and Marital Happiness -**

Findings on social adjustment and marital happiness of couples suggested insignificant mean difference Table No. 4 between well-adjusted and poorly adjusted on social adjusted measures. That is social adjustment of respondent couples didn't affect their marital happiness. Though the edge of superiority was found among well adjusted. But, this result didn't confirmed our hypothesis No. 3.

### CONCLUSION

Our findings in this study, the adjustment of Home, Health, Social, Emotional adjusted couples as psychological and social factors. The obtained data were statistically analysed computed Mean, SD and t-test were also computed for marital happiness scores taking two levels (well-adjusted and poorly adjusted) adjustment. The well adjusted couples facilitated better marital happiness of home, health, emotion adjustment but the poor adjusted couples of health, home and emotion fascinated not good marital happiness. Poor adjusted couples were live in a frustrating, adjustment disorders and deprived situation. Only the area of social adjustment, through similar trends was found that the difference was not significant on marital happiness. The social adjustment of marital couples didn't effect their marital happiness.

## REFERENCES

- Abdul Azeez, E. P. (2013). Employed women and marital satisfaction: A study among female names. *list of International Journal of Management and Social Sciences Research*, 2 (11), 17 - 26.
- Amato, P. R., Booth, A., Johnson, D. R., Rogers, S. J. (2007). *Alone together: How marriage in America is changing*. Cambridge, MA: Harvard University Press.
- Baker, R., Kiger, G., & Riley, P. (1996). Time, dirt and money: The effects of gender, gender ideology and type of earner marriage on time, house hold task and economic satisfaction among couples with children. *Journal of Social Behaviour - Personality*, 11(5), 161 - 177.
- Dwoskin, H. (2011). *The Sedona method: your key to lasting happiness, success, peace and emotional well-being*. Germany: SCB Distributors.
- Elizabeth M. Lawrence, Richard G. Rogers (2018). Marital Happiness, Marital Status, Health and Longevity. *Jour. of Happiness Studies*, Vol. 20, pp. 1539 - 1561.
- Fatima, M., & Ajmal, M. A. (2012). Happy marriage: A quantitative study. *Pakistan Journal of marital and clinical psychology*, 9(2), 37 - 42.
- Kumar, P. & Rohatgi, K. (2004). *Marital Adjustment Questionnaire*. Department of Sadar Patel University, Vallabh Vidyanagar (Gujarat).
- Kumar, P. (1986). Psychological study of factors in marital happiness. *Indian Journal of Current Psychological Research*, 1(2), 73 - 76.
- Lyubomirsky, S. (2007). *How of Happyness*. New York: The Penguin Press.
- Mohsin, S. M., Shamshad, H. & Jehan, K. (2012). *Bell Adjustment Inventory*. Published by H. P. Bhargava Book House, Agra.
- National Centre for Health Statistics (1994). *Births, Marriages, Divorces and Conflicts*. Vital Statistics Report. Washington.
- Nye, F. I. (1974). *Husband-wife relationship*. Working mothers, San Francisco. Jossey-Bass.
- Sinha, S. P. & Mukherjee, N. (1990). Marital adjustment and space orientation. *The Journal of the Social Psychology*, 130 (5) 633 - 639.

### ***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:*** Sahu, D.P. (2025). Impact of Psycho-Social Factors Associated with Marital Happiness. *International Journal of Indian Psychology*, 13(1), 3004-3010. DIP:18.01.287.20251301, DOI:10.25215/1301.287