

A Qualitative Approach to Understand What Sustains Marriage

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“Happy marriages begin when we marry the ones we love, and they blossom when we love the ones we marry” (Tom Mullen, 1957). Edward Westermarck defined “marriage as the more or less durable connection between male and female lasting beyond the mere act of propagation till after the birth of offspring”. Lowie defined marriage as a “relatively permanent bond between permissible mates. Malinowski defined marriage as a contract for the production and maintenance of children”. According to Lundberg, “Marriage consists of the rules and regulations that define the rights, duties and privileges of husband and wife”. According to Malinowski, “marriage is a contract for the production and maintenance of children”. Robert Lowie describes “marriage as a relatively permanent bond between permissible mates” and wife with respect to each other”. According to Horton and Hunt, “marriage is the approved social pattern whereby two or more persons establish a family”. Westermarck in 'History of Human marriage' defines marriage as the more or less durable connection between male and female lasting beyond the mere act of propagation till after the birth of offspring. Horton and Hunt defines “marriage is the approved social pattern whereby two or more persons establish a family”. Marriage is deemed essential for virtually everyone in India. For the individual, marriage is the great watershed in life, marking the transition to adulthood. Generally, this transition, like everything else in India, depends little upon individual volition but instead occurs as a result of the efforts of many people. (Chekki 1996). In India, it is a special bond shared between two souls, who tie the wedding knot after promising to be companions for a life time. It is physical, mental and spiritual union of two souls. Social conservatives tend to define the family in terms of structure with each family member filling a certain role (like father, mother, or child). After the bride and groom are united in sacred rites attended by colourful ceremony, the new bride may be carried away to her in-laws’ home.

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Marriage and Family in India

In India, the family is the most important institution that has survived through the ages. The family is very important in India and families tend to be very close knit. India, like most other less industrialized, traditional, eastern societies is a collectivist society that emphasizes family integrity, family loyalty and family unity. The Indian family has been a dominant institution in the life of the individual and in life of the community. In India, families adhere to a patriarchal ideology, follow the patrilineal rule of descent, are patrilocal, have familialistic value orientations, and endorse traditional gender role preferences. The Indian family is considered strong, stable, close, resilient, and enduring (Mullatti 1995; Shangle 1995). In most of the country, the basic units of society are the patrilineal family unit and wider kinship groupings. The most widely desired residential unit is the joint family, ideally consisting of three or four patrilineally related generations, all living under one roof, working, eating, worshiping, and cooperating together in mutually beneficial social and economic activities. Since independence joint families have become smaller. Both nuclear and joint families are common (library of congress). With the advent of urbanization and modernization, younger generations are turning away from the joint family form. Some scholars specify that the modified extended family has replaced the traditional joint family, in that it does not demand geographical proximity or occupational involvement and does not have a hierarchal authority structure (Nandan and Eames 1980; Mullatti 1995; Shangle 1995). More modern and nuclear families in contemporary India, many functional extensions of the traditional joint family have been retained (Nandan and Eames 1980), and the nuclear family is strongly embedded in the extended kinship matrix. In spite of the numerous changes and adaptations to a pseudo-Western culture and a move toward the nuclear family among the middle and upper classes, the modified extended family is preferred and continues to prevail in modern India (Chekki 1996; Mullatti 1995; Segal 1998). In rural areas, low-income women have always worked outside the home. In urban areas, there has been a substantial increase in the number of middle- and upper-class women working to supplement their husbands' incomes. In a traditional Indian family, the wife is typically dependent, submissive, compliant, demure, nonassertive, and goes out of her way to please her husband. Women are entrusted with the responsibility of looking after the home and caring for the children and the elderly parents and relatives. Social changes are gradually occurring but arranged marriages are still the norm, and dating generally is not allowed. In the traditional Indian family, communication between parents and children tends to be onesided. Children are expected to listen, respect, and obey their parents. Generally, adolescents do not share their personal concerns with their parents because they believe their parents will not listen and will not understand their problems (Medora, Larson, and Dave 2000). The elderly in India are generally obeyed, revered, considered to be fountains of knowledge and wisdom, and treated with respect and dignity by family and community members. Old age is a time when a person is expected to relax, enjoy solitude, retirement, pray, enjoy spending time with the grandchildren, and not worry about running the household or about finances because the oldest son is now in charge of the finances and family matters, and the oldest daughter-in-law is generally running the household. In most instances, the elderly care for their grandchildren and assist with cooking and household chores. Even adult children continue to consult their

parents on most of the important aspects of life. Now the use of matrimonial advertisements is increasing and thus becoming an integral part of the mate selection process (Banerjee 1999; Das 1980; Nanda 1995). Advertisements are placed in the newspaper because it is likely to attract a wide readership. Screening is first done on the basis of photographs. Next, the young adults are allowed to meet and talk over the phone, and occasionally go out with a chaperone who is usually an adult family member who accompanies the young couple while they are trying to determine the person with whom they are most compatible. . In their adult years, men and women engage in a wide variety of tasks and occupations strongly linked to socioeconomic status, including caste membership, wealth, place of residence, and many other factors. In general, the higher the status of a family, the less likely its members are to engage in manual labor and the more likely its members are to be served by employees of lower status. Although educated women are increasingly working outside the home, even in urbane circles some negative stigma is still attached to women's employment (K.M Kapadia, 1998). Psychologically, family members feel an intense emotional interdependence with each other and the family as an almost organic unit. Ego boundaries are permeable to others in the family, and any notion of a separate self is often dominated by a sense of what psychoanalyst Alan Roland has termed a more inclusive "familial self." Interpersonal empathy, closeness, loyalty, and interdependency are all crucial to life within the family

Divorce

In India, divorce rate is being increasing.1 of 100 marriages end up in divorce. The rate of divorce in India was even low in the previous decade, where only 7.40 marriages out of 1000 marriages were annulled. Tamil Nadu was home to the highest percentage of divorced or separated individuals. In India in 2010 (8.8%). The divorce is even more prevalent among the newly wed. Couples marrying today face a substantial lifetime risk of divorce. Divorce rates in Indian cities are increasing at an alarming rate. In the olden days with joint families, all children used to stay together. Fight together, make-up after fights, share together and learnt the most important thing adjusting to one another individual. Now in nuclear family mostly with a single child, there is no concept of sharing. The parents give whatever the child demands. Even in schools the parents fight with each other over silliest things the children did. This never teaches the child how to interact with another individual. Child is never taught how to adjust to others or how to make up after a fight because the parents have been doing it for the child all along. When the child grows up, there starts the problem. No matter what, other than your parents, no one loves selflessly (sometimes even parents don't). Everyone wants something from their relationship with you. Even spouses. No matter how much they love you, there is always some kind of expectation. Divorce could also affect the quality of life as well as the individual's ability to support themselves and the rest of the family especially their children. In the earlier days arranged marriage was only done in the Indian culture and so there were very less chances of divorce. As there is an increase in the love marriage; it also causes as a reason behind divorce and a less sustain in the marriage. Children will also have a positive side toward the marriage and the marriage life from their parents. Children need not be taught about the family or marriage life; the marriage life which is being lived by their parents shows as a good lesson for them. So it is very important to

show the children about the marriage life. Early childhood is a critical phase of the life course in which parental mental health problems were associated with poor child outcomes. Divorce could also affect the quality of life as well as the individual's ability to support themselves and the rest of the family especially their children. In the earlier days arranged marriage was only done in the Indian culture and so there were very less chances of divorce. As there is an increase in the love marriage; it also causes as a reason behind divorce and a less sustain in the marriage. In the modern age no one would suggest that a single parent is not considered to be as a family. It would not be right, fair, or proper to suggest that a one parent family cannot function and achieve the same things that a two parent family can. Studies suggest that the children who are raised with both parents (i.e) both by the father and the mother have many more advantages and benefits. An exploration of the multiplicative influences of "his" and "her" marital assessments on one's well being shed light on complex association between marital dynamics emotional well being in later life. A quality of marital relationship has significant implications for the overall family emotional environment. The marital quality is important for the children's emotional and behavioural development. Even the influences of the marital relationship is responsible for the home learning environment of the children which is related to early educational outcomes such as reading, playing games, teaching etc. emotions and affect spill over from the marital relationship into family systems. An exploration of the multiplicative influences of "his" and "her" marital assessments on one's well being shed light on complex association between marital dynamics emotional well being in later life. A quality of marital relationship has significant implications for the overall family emotional environment. The marital quality is important for the children's emotional and behavioural development. Even the influences of the marital relationship is responsible for the home learning environment of the children which is related to early educational outcomes such as reading, playing games, teaching etc. emotions and affect spill over from the marital relationship into family systems.

RESEARCH METHODOLOGY

Research Design

Qualitative research design.

Phenomenological approach (Realistic phenomenology)

Methodology: Qualitative Inquiry Approach

The phenomenological approach enables the researcher to understand the nature and meaning of an experience for a particular group of people in a particular setting (Moustakas, 1994) by encouraging individual participants to share their stories. This will enable the researchers to understand the subjective nature of the phenomenon being investigated (Kennedy, Terrell, & Lohle, 2015) by laying aside the prevailing understandings of these phenomena and revisit our immediate experience. Phenomenology requires us to place our usual understanding in abeyance and have a fresh look at things.

Selection of Research Subjects/ Sample

Samples for qualitative studies are generally much smaller than those used in quantitative studies. Ritchie, Lewis and Elam (2003) provide reasons for this. There is a point of diminishing return to a qualitative sample—as the study goes on more data does not necessarily lead to more information. This is because one occurrence of a piece of data, or a code, is all that is necessary to ensure that it becomes part of the analysis framework. Frequencies are rarely important in qualitative research, as one occurrence of the data is potentially as useful as many in understanding the process behind a topic. This is because qualitative research is concerned with meaning and not making generalized hypothesis statements. Finally, because qualitative research is very labour intensive, analyzing a large sample can be time consuming and often simply impractical.

The sample size selected for the present study is 25 couples

While there are other factors that affect sample size in qualitative studies, researchers generally use saturation as a guiding principle during their data collection. Creswell (2007) indicated that a sample size of about 25 or so individuals, all who share the same experience under investigation, often produces saturation in qualitative research studies.

Samples of couples who are married for more than 25 years

Sampling Technique

The sample was collected using convenience sampling technique. Other inclusion and exclusion criteria are as follows.

Inclusion Criteria

1. The couples who are been married for more than 25 years
2. Couples who have already experienced the phenomenon – should have experienced the feeling of gratefulness.

Exclusion Criteria

1. couples who have not completed 25 years of marriage life
2. divorced people
3. Couples who has not gone through the experience.

Procedure

The participants who met the inclusion criteria and exclusion criteria were selected for the study. At the start of the session each participants was briefed about the study. The participants were told about:

1. The purpose of the research
2. What is expected of a research participant, including the amount of time likely to be required for participation
3. Expected risks and benefits, including psychological and social.

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4. The fact that the participant will not receive any benefit either monetary or otherwise by taking part in the study.
5. The fact that participation is voluntary and that one can withdraw at any given point of time with no negative repercussions.
6. What I done to ensure confidentiality.

A variety of open-ended questions are chosen to elicit the most information possible in the time available. Data were collected through individual interviews. In-depth interviews are optimal for collecting data on individuals' perspectives, and experiences are being explored. Each interview on an average took 30 - 40 minutes. The participant provided the information through verbal interchange or conversation. Non-verbal behaviors and the interview context were also noted and it becomes the part of the data. The following were the questions (respondents were probed further to explain / describe specific event connected to the conceptual map

Questions

1. It's been how many years since your been married?
2. What was your idea/expectation about marriage before getting married
3. What is the common thing which is present in between you and your partner?
4. On an average how much time do u spend with each other in a day? Where do u like to spend time?
5. The best quality in your partner that you love?
6. Explain your relationship with your in laws
7. Explain you 're partners relationship with you're parents
8. How/when told you would consider and listen to you're partners's ideas and thoughts or decisions?
9. What difference/ change or improvement you see in you're communication and understanding?
10. What changes would you like to see in you're partner?
11. How do you think your partner resolves conflicts in your marriage life?
12. How would you describe the way of handling conflict?
13. Can you explain in brief how your 1st 5 years of marriage life was?
14. Would you prefer being in a joint family or a nuclear family? why?
15. What is the thing that you have been sacrificing during these years for your partner?
16. What adjustment you made for your partner?
17. what is the advise or suggesstion you give for the newly wed couple
18. what do u think is the reason behind the early divorce
19. what is you opinion about the working women in the country?

After collecting the data, the participant's narratives are analyzed to acquire a feeling for their ideas in order to understand them fully. The second step is to extract significant statements – a process called horizontalization. After horizontalization, for each of the significant statements meanings are formulated. This process is repeated across participant's stories and

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recurrent meaningful themes are clustered. The researcher integrates the resulting themes into a rich description of the phenomenon under study (textual description).

These themes are then reduced to an essential structure that offers an explanation of the behaviour (how it was experienced) structured description. The phenomenological research ends with the reader understanding better the essential, invariant structure (or essence) of the experience, recognizing that a single unifying meaning of the experience exists.

Data analysis	Phenomenology
Reading, memoing	Read through text, make margin notes, form initial codes.
Describing	Describe the meaning of the experience for researcher.
Classifying	Find an list statements of meaning for individuals group statements into meaning units
Interpreting	Develop a textual description 'what happened'. Develop a structural description 'how' the phenomenon was experienced. Develop an overall description of the experience the 'essence'.
Representing	Present narration of the 'essence' of the experience.

Ethical Considerations

The ethical considerations in a qualitative research study include issues of concerns with deception, withdrawal from the study, confidentiality and also protection from physical or mental harm.

Deception: The researcher provided the participants with sufficient information about the study, such as who founded the study, who will conduct the study, how the data will be used, and what the research requires of the participants.

Withdrawal from study: The research participant was made clear that consent can always be renegotiated.

Confidentiality: Participants were informed about the issues surrounding anonymity and confidentiality. The identity of participants will not be known outside the research team. Confidentiality means that research data will not be known to anyone outside the study. The researcher may have to change minor details in report to avoid the possibility of participants being recognized. If interviews or observations have been videotaped and archived, it can be destroyed when transcripts have been made. If the researcher finds it necessary to archive non-anonymized data, participants should give written informed consent.

As the data was collected in the form of interview, which was recorded using an audio-recorded; the participants were assured confidentiality by means of providing a dummy number to the recording in-order to avoid breach of privacy.

Protection from physical or mental harm: Researchers have taken preventive action in all research, to avoid harming the participants. Due to the nature of qualitative methods, like in-depth interviews, participants may disclose very private information that they have never shared with anyone before. However, the participant may regret such revelations and feel upset after the interview when the interviewer has gone, which should be avoided.

Before participants agree to participate, they should have a clear understanding of the topics to be addressed. The researcher must approach sensitive issues through clear and direct questions, so that participants are not drawn into irrelevant and sensitive details by mistake. If the participants show signs of discomfort, the researcher should be empathetic and consider stopping the interview; if it has dealt with emotional and sensitive issues, the researcher should try to return to less sensitive topics towards the end.

It is not advised that the researcher should provide advice or counsel the participants, but he/she might provide useful information about where to find help if this is necessary.

Using of concept map in qualitative research

Researchers who engage in qualitative inquiry find varying challenges in the process. Often these challenges have to do with the data analysis process. In qualitative inquiry, researchers need to take voluminous amounts of text based data and reduce that data to a manageable form without losing the embedded meaning. Additionally, qualitative researchers are challenged to make the process they use in data analysis transparent. Often qualitative studies describe the data analyses as a process of reading and re-reading transcripts until themes emerge. This type of description makes it difficult for subsequent researchers to understand not only the analysis process, but to understand where and how the findings have emerged from the data. If readers can not rely on the credibility and trustworthiness (Lincoln & Guba, 1985) of the analysis process, then the findings from qualitative studies tend to become suspect.

“A concept map is a schematic device for representing a set of concept meanings embedded in a framework of propositions” (Novak and Gowin). Concept maps can provide one strategy to deal with the methodologic challenges of qualitative research. A concept map can be used to frame a research project, reduce qualitative data, analyze themes and interconnections in a study, and present findings (Novak, 1998). Concept maps are an important strategy in qualitative inquiry because they help the researcher focus on meaning. The maps allow the researcher to see participants’ meaning, as well as, the connections that participants discuss across concepts or bodies of knowledge. Maps focus on subsumption, progressive differentiation, and integrative reconciliation of concepts the research context remain an integral part of the data analysis process (Novak & Gowin, 1984)

METHODOLOGY

Framing Research Projects

Concept maps can be used to frame or plan research projects. In planning research projects the maps serve the purpose of helping researchers to link the conceptual framework of the research to the actual research methods.

Reducing Data

One of the strengths of using concept maps in qualitative research is that it allows the researcher to reduce the data in a meaningful way. Maps tran script data on a single page. qualitative data to a one page concept map can facilitate the process of cross-site or cross-group analysis. Sorting the one page maps by groups or sites can facilitate the process of comparing for similarities or highlighting differences. Using concept maps in the data reduction process, allows for the visual identification of themes and patterns. It also allows the researcher to capture meaning of the participant interviews because the maps display concepts in both a horizontal and vertical fashion.

Analyzing Themes

Concept maps also can be used as a strategy to search out and analyze themes in qualitative research. To identify these overarching themes requires that researcher identify interconnections between concepts. If the researcher is searching for specific interconnections, a concept map can be created from the interview transcript that demonstrates these connections.

Presenting Findings

Concept maps can be used to present the findings of a qualitative research study. As a graphical display the maps can help readers understand the findings by providing a vehicle whereby the actual data quotes can be connected to larger parts of the study.

RESULTS AND DISCUSSION

The respondents' narratives are analyzed in this chapter to acquire a feeling for their ideas in order to understand them fully; for each of the significant statements meanings are formulated. This process is repeated across participant's stories and recurrent meaningful themes are clustered. The results are integrated into a conceptual map of the phenomenon studied. These results are then reduced to an essential structure that offers an explanation of the behaviour structured description (how it was experienced).

Expectation/idea about marriage

Everyone before getting married will have some or the other expectation about how their partner must be present, expectations and idea depend upon each and every person. Some have realistic dreams, some have got unrealistic dreams; the husband and the wife have got different kind of expectations. Kristina D. Johnson (2015) in a study found that it takes time to understand the marital expectations of each couple you work with, without judging the expectations as unattainable until one fully understand each partner's personal characteristics and relational skill.

Excerpts from participant interview in this connection are given below:

Husband

“Expected a wife who is educated/ qualified... loving.... take care of my family....good looking... co ordinate and flexible..... a good companion a friend to share my happiness,....joy and sadness... genuine, practical.....skillful/ability.... helps my business....a girl with good exposure... nothing,....was just blank and had no idea”

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Educated wife in order to take care of the family and help their business, there was less of media exposure and so the expectations was less, some were curious about entering into a new family, they always wanted a good companion to share my happiness and sorrows, some wanted a good understanding wife in order to guide and support them.

Wife

“Expected a husband who is who provides me freedom, a person to understand my feelings...who is caring...fulfill my dreams...educated...was afraid about the new family...was curious to know who they are...no expectations...friendly...wanted a husband in the joint family...a person who allows me to work....no idea of getting married, so had no expectations....a person with good character...”

The women had more expectations about the marriage and they were very much scared and afraid of entering into a new family, new circle. Some were forced to get married due to their circumstances, some were curious and wanted to enjoy the marriage life. Some wanted in a joint family.

James McNulty (2015), in another survey found that Expecting a lot can make a marriage more satisfying, but if people can't meet those expectations whether for lack of time, effort or social skills the relationship will suffer. The study examines the premise that modern-day couples load too many expectations onto the institution of marriage that it will meet their needs for intimacy, autonomy and friendship, to name just a few. If those couples had low expectations for marriage from the get-go, they didn't become significantly less happy.

Similarity or common thing present between the partners

Though both the couples are from different families, brought up in different places, have different opinion and thoughts, may even be poles apart in the choices, but there are some similarities present between both the partners. Greg Smalley (2012) Developing common interests and hobbies can decrease conflict in marriage and strengthen the idea of the couples. Having common hobbies can help couples deepen their sense of intimacy, connection, and especially *friendship*.

Excerpts from participant interview in this connection are given below:

“We both like travelling and visiting places...prefer same kind of food...thoughts and opinions are same....decision making...opinions...bringing up of children...choice of colours....nothing is similar, both are in opposite poles...both are jovial...both support each other and stand for each other...respect each other's feelings...both want to help others...devotion....both love each other...and both are affectionate...compromise for each others”

Many have got similar taste in the food, traveling places with one another, they both like for themselves and not for the sake of the society, they also feel they have got an confidence in

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the bond and the affection present between them, they want enjoy life happily with one another. They compromise for one another, adjust for one another, their thoughts are same in the decision making, upbringing of the children, and in many other parameters.

Time spent

The amount of quality time spent together tells us about how well the couple understand each other and will know where to work on the relationship for the betterment. Reg Gatenby (2000) did a study of the amount of time spent together by spouses, they found that Couples spend on average about 2 ½ hours per day on shared activities together. There is more shared time at the weekends: during weekdays shared time averages about 2 hours per day, increasing to about 3 ½ hours per day at weekends.

Excerpts from participant interview in this connection are given below:

“We spend very minimum amount of time...15 hours...2 hours...3 hours...4 hours...half an hour...in the beginning we spent a lot of time..now it has got reduce...even full day we be together but do not spend much time with each other...while having meal...1 hour..”

For some people the amount of quality time spent was more in the beginning but as the days passed by it has got reduced as they were busy working, but for some couples they had less understanding in the beginning and the husband were also busy working in the beginning, they didn't get to spend time then, some like to spend time with the partner inside the house, some like to spend outside the house when they have less privacy at home. The more amount of quality time spent together, increases the understanding and know better about the other person.

The quality you like in you're partner

In any person there would be one or more qualities which we learn or like from the partner, in a marriage life, the partners admire about the best quality among each other. Trina(2013)in a study about 10 qualities you look in for a husband and found that they honesty, reliability, kindness, monogamy, same look outlet, sexual sense of humour, good with children, family value, respectability.

Husband

Excerpts from participant interview in this connection are given below:

“She accepts life as it come...adjust a lot..flexible....take care of my children..hardworking....patience...calm.....assertiveness...graspingability...helping tendency...dedication...calm...practical...intelligent...”

Husband feel and admire these qualities of their wife, and they also respect them. Some of the expectations of the husbands are being fulfilled but some or not, but the husband also feel that if these qualities are being improved, it would be a better life.

Wife

“I like his helping tendency....his innocence...honesty...affectionate with everybody...treats everyone equally...decision making....patience....silence...optimistic view...caring...guides me...adjustable...perfectionist...matured...matured....talented....presence of mind”

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There were similar likes present between husband and wife. Here the wife admires the work of the husband and they respect them and all the women admire the way of taking care of them and the children. They like the way their husband gives them the space and privacy and when they allow them for work to fulfil their dreams

Steven Aitchison (2014) did a study on the qualities women want in a men and they found 12 qualities a women wanted in a men such as honesty, to be able to protect, get up and go, belief, sense of humour, reliability, commitment, love and respect, attuned to feelings, attractiveness, faithful.

Decision making considerable

The decision making is another important aspect in the marriage life. The decisions taken would be individually or with the family members. There are some significance through which the decisions and the ideas are been considered. Johnson and Anderson (2012) found in their study that spending time together helped lead to increased confidence in their marriage, which in turn led to increased marital satisfaction. This goes right along with what the subjects said as a large majority of them discussed how important it was for the married couples to spend time together in order to have higher levels of marital success and satisfaction.

Husband

Excerpts from participant interview in this connection are given below:

“ decisions and the ideas are considered when it is told with clarity...ideas are effective....convincing one...kind and polite...confidence...beneficially to the family...right and logical...valuable”

The decisions and the ideas are being considered when it is valuable, flexible and beneficial to the family, told with clarity and confidence, and it is based on the situation and also the presence of others. When the husband has an confidence among the wife, the decisions are considered and they don't like the decisions are being imposed or forced upon them. these are the ways through which the decisions of the wife is considered

Wife

“When the idea or decision is good, when it is told softly and not forcing them to accept them, when it is being clarified and justified, when the positive points are highlighted and told, precautions must be taken in advance for problem to have a clear decision”

David Brinberg and Nancy Schwenk (1985) did a exploratory study among the decision making in husband and wife and found that the more contemporary the wife, the more likely the husband will agree with her after she disagrees with husband, the more contemporary the husband, the less likely the wife will provide a rationale when she disagrees or make an inference about his feelings after he expresses qualified agreement the more contemporary the couple, the more likely the wife is to exchange information about the issue most

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important to her after the husband suggests a solution to the problem the more contemporary the couple, the less likely the wife is to express her feelings about a problem after her husband has summarized himself.

Communication

Communication is a very necessary and an important factor in a marital factor, there must be an open channel of communication without any holding back or without any hesitation. When there is proper communication, there will be less misunderstanding and conflicts will also reduce. Gottman (2004) discusses about the importance of examining the partners' communication styles and the quality of their interactions when working with a couple. Knowing communication is important to relationships is key for marriage counselors as it helps them prioritize working on the communication skills of a couple when issues arise.

Excerpts from participant interview in this connection are given below:

“understanding found in these years...time spending has improved...matured level of communication...a lot of improvement...it is just the same till now...learning through mistakes and better than before...same...a lot of things are expressed now...”

The time spent by each other improves the communication between them and they get to know and also understand about each other, initially when the couples were new to each other and it was formal, but then after some days, it took time to understand about each other, there was a lot of improvement in the communication present with their children, the children helped them in improvement in the communication and understanding, some people still feel that there is lack of communication between them and some also feel that the communication and the understanding remains the same. There is a perception about life, learning through their experience among the partners in these years.

Family size

The family depends upon the extended family with more than 4 people or the nuclear family with just 2 or 3 people. There is a lot of decrease in the joint family in this generation, this is also one of the main reasons for the divorce, there is also another quote which tells that nuclear family is most preferable among the couples.

Excerpts from participant interview in this connection are given below:

“prefer joint family if possible...anything okay for me...nuclear family is preferable...both have positives and negatives...nuclear family will have more privacy...nuclear family difficult for this generation...joint family if possible..”

Majority of the couples prefer the joint family, the couples feel that proper guidance would be provided in the joint family and there are less chances of divorce, in nuclear family there would be more of privacy and the decision making can be done by ourselves, need not rely on others, it would be very much helpful for the working women as it would help them take care of the children and the family.

Partner's way of handling conflict

From the husband's, view they tell about how the conflict is being handled by the other partner and the vice versa, this handling of conflict tells us about how they resolve them from partner's view. Herbert G. Lingren(1996) Recognize and acknowledge that it exists. Facilitate open, accurate communication and active listening. Maintain an objective, not emotional stance--stay on the issues, not people. Negotiation is a cooperative enterprise, common interests must be sought in which everybody wins something. Make the necessary adjustments, reinforce, confirm, make the agreement work.

Husband

Excerpts from participant interview in this connection are given below:

"she will sit, explain to me...she understands me, keep me in mind while solving the problems...she gives suggestions and then resolve them....we handle the problem together with the children...tell me directly and then solve them...she does not take any steps...discuss talk and reduce it...with patience she will solve them...she does not want any help to solve to solve them...she will adjust and go for my sake...leave for some days...will be silent for 2 days and it gets resolved..."

In many couples, the women go down for the men, many conflicts are been solved by talking to one another openly, understanding the other persons situation, calmly solving them, in some couples, only the men are the taken decisions and they have a major role in solving the problems, in some couples, women solve the problems better and take good decisions, when both are egoistic, they do not talk for some days and automatically problems get solved or reduced, when both accept each other openly, majority of the issues are been solved, when one person is adamant, the other person goes down, listening to each other is another important factor, safety measures would be taken, and everyone would be considered while taking the decision, the problems are not to be post ponded.

Wife

Excerpts from participant interview in this connection are given below:

"he will tell slowly and solve them...he solves it by his anger... will not take any steps to solve them...he is adamant..i have to go down to solve the problem...plan and solve...console me and resolve...analyze the problem..discuss and solve the...apologize...be quiet for 2 days and solve them..."

Some people are very patient, they will understand the other person and try to solve them, explain things to the other partner openly and resolve them, need to apologize to the other person when they do something wrong let go of some issues, have to forgive for the mistakes, sometimes issues had to be found out where the problem is, the problem has to be left free for some days in order to resolve them, when you let go of some things, issues will be solved.

Herbert G. Lingren(1996) tells that a good manager does not try to eliminate conflict, he tries to keep it from wasting the energies of his people." All conflict cannot be resolved.

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Sometimes individuals do not think it is in their best interest the price is too high. Resolution means negotiation toward a creative solution if one party is unwilling to do that, the conflict will continue.

Handling conflicts

In everyday marriage life the conflicts arise, it how you resolve them and what steps are been taken to resolve them in order to have a better marriage life. Trampas J. Rowden(2012) did a study on handling conflict in marriage and asked to follow a few steps before solving them. They are Check for Destructive Interaction Patterns, Hold Regular Couple Councils, **Discuss a Problem Fully Before Trying To Solve It**. Move On To Solving the Problem, If Necessary, Set the agenda, **Discuss and evaluate**, Choose a strategy, **Agreement**, Follow-up.

Husband

Excerpts from participant interview in this connection are given below:

“calm, be quiet and solve them.... discuss with parents, children and solve them... move on with it for some days...should talk softly..must not raise voice...tolerance...balance in life...analyze the problem....don’t let 3rd person involve in the problem...way of telling...help from friends...mistakes recover...talk only where you have to...openly talk...”

In a joint family, a lot of adjustment must be made in order to solve the problem, when one person is angry, another person must go down in the argument, ego must not be present, must not compare with another person life, tell the faults to the other person in a nicer way, tolerance level is important to balance life, need to analyze the positives and negatives in the problem, must not increase the issue, must make sure it does not occur again, to if we need a change in life, we need to change ourself first, need to openly talk to resolve them, thoughts must be good, must not think of negative to the other person, need to adjust for some things, for some issues, parents, relatives, friends help is required, for some issues it is better to solve it by ourself, conflicts mostly occur by the way of telling, when it is told in a nicer way, changes could be always better way, must take any decision with concentration in order not to avoid the problem and must always make sure the problem gets fully resolved and must make sure it does not occur again, give space for each other partner, conflicts must not prolong for a longer period

Wife

Excerpts from participant interview in this connection are given below:

“Patience...should explain to them properly...must listen and consider the other persons ideas and thoughts...mood to be considered...secrecy...leave for some days...plan well and solver the problems...discuss...won’t react immediately...find alternative...sharing of work...experiment the solution...ego must not be present..”

women had problem with mother in law and father in law, they had to maintain a lot of patience, don’t have anything to heart, must also listen to another person thoughts and idea, need to solve honestly an must try to rectify the mistakes, no secrets must be present between

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the husband and the wife, need to discuss and solve the problem, elders guidance must be needed for some issues, some would be better to solve by themselves, should no react immediately, need to think before you react about anything, need to apologize if the fault is in their side, need to accept the person how they are and this reduces conflicts, can implement multiple solutions to solve the problem and experiment them, one person has to initiate to talk, confidence must be present in their marriage that they do not want to get separated that thought is important

Dennis Rainey (1989) found that **Resolving conflict requires knowing, accepting, and adjusting to your differences**, Resolving conflict requires defeating selfishness, Resolving conflict requires loving confrontation, Resolving conflict requires forgiveness, Resolving conflict requires returning a blessing for an insult.

Herbert g. lingerin(1996) found how marriage conflicts can be solved successfully while recognizing and acknowledge that it exists. Facilitate open, accurate communication and active listening. Maintain an objective, not emotional stance--stay on the issues, not people. Negotiation is a cooperative enterprise, common interests must be sought in which everybody wins something. Make the necessary adjustments, reinforce, confirm, make the agreement work.

Advice for the newly wed

Excerpts from participant interview in this connection are given below:

“misunderstanding common, have to adjust...indulge thoughts...sacrifice...co operation...tolerance...learning...open talk...mutual understanding...consider both the parents equally..patience...culture and tradition must be followed...be flexible...respect others...ego must not be present...personal space...don't postpone the issues...increase the understanding...increase the communication...spend quality time...respect the elders....be responsible...commitment muse be present...time management must be there...

First need to understand each other properly, must not indulge the thoughts and wishes on the other partners, accept the person how they are, don't try to change the person, good co operation must be present within the family, ego should be avoided, the tolerance level among both the partners must be increased, both the partners, ideas, decisions must be respected, when you get an oppurtunity to follow the joint family it can be done, don not react immediately for the problems, think for 2 minutes and react for it, learn from you're mistakes and experience, accept life as it comes, consider both side parents equally and respected, get married at an early age, then only flexibility would be present, tradition and culture must be followed by both the partners, need to have patience in order to understand the other person/partner both must adjust for one another, reduces arguments, try to increase the love and affection, if you go down first, the other person will also come down for you, personal space must be provided for one another, time management is very important, when the health is good, automatically the mind would be better for taking decisions, over expectations must not be present, it will surely take time for both of them to understand about each other, for that patience is more important, when there is trust present, there would be less problem and confidence about their marriage life.

Reason for increase in divorce

These couples were asked for the reason for the increase in divorce now a days. The couples expressed their opinion for the reason. Megan murray(2016) found 10 reason which caused for the reason behind divorce a now a days. They are- An inappropriate relationship with someone else,. We grew apart, We fell out of love I stopped fancying them, One party wanted children, the other did not, Work commitments put a strain on the relationship ,Abuse of drugs or alcohol They wanted to relocate, We had nothing left in common Illness.

Excerpts from participant interview in this connection are given below:

“A lot of increase in love marriage and intercaste marriage...women working....frictions among the couples...tolerance level gone down...burden for women at home and at office...ego...superiority complex...increase in nuclear family...no mutual understanding...immediate satisfaction...less patience...independency among women...over confidence..less commitment...less adjustment.. pampering of kids...adamancy...mis understanding...conformity...in laws problem...”

There is an increase in love marriage now a days, both the couples are being working now a days, they do not have quality time to spend with each other, women sometimes get an superiority complex and as they become independent they do not respect the elders and less adjustment occurs here, women will also get a big burden when they are working outside and leads to stress, there is decrease in joint family so proper guidance is not provided for the children, as there is increase in the single child; they are being pampered and do not want to go down and let go of things for others , they would the frictions are not being balance, when the expatiations about the partner is found it leads to an issue, when freedom is not provided for the husband and wife, it leads to arguments, initially a conformity is present among the partners, later the problem arises here.

Working women

There is an increase in our society now a days, there are both positives and negatives present among the working women. In the earlier there were very less working women present, but now this is also one of the reason leading to divorce.

Positive

Excerpts from participant interview in this connection are given below:

“It a strength for the women...financially helpful....updated....exposure will be present..essential for the family..becomes a necessary...independent...”

Many people encourage the women for working in this generation, the husband and the in laws also feel that they get an exposure because of the working, the husband expects the wife to be updated and have exposure, updated about the happenings, sometimes it becomes an essential purpose for the family and helps the family financially. The working of women is also possible with the help of the husband's encouragement, with the in laws help and support to take care of the family and children.

Negative

Excerpts from participant interview in this connection are given below:

“less commitment for the family...superiority complex...head weight..burden for them...ego arises...difficult to balance the house and the work....less adjustments...unnecessary spending of money...possessiveness..”

Sometimes when the women are working, it leads to less commitment to the family, when they start earning, they tend to sometimes get superiority complex, balancing of the professional and personal life becomes difficult, it may sometimes lead to possessiveness among the partners, women sometimes spend on unnecessary things and the tradition and the culture is not followed by the women due to this reason.

Anne-Rigt Poortman (2005) conducted a study among women's work and divorce: A matter of anticipation and found that Women who work or work more hours were found to have a higher divorce risk than women who do not work or work less. Particularly full-time working women have a higher divorce risk. The smaller effect of wives' full-time work on unexpected divorces therefore lends some support for the interpretation that the higher divorce risk of full-time working women is due to anticipatory behaviour. There is also strong evidence that wives' work increases the risk of divorce. The effect of full-time work is relatively strong when the divorce was fully unexpected. Assumption that only women who expected to divorce could adjust their working hours is plausible, the question is whether they indeed do so. Using women's own subjective reports on their chances of divorce as predictors for their future labour supply, would also improve upon models based on simultaneous estimation, since they use estimated objective divorce risks as predictors.

SUMMARY & CONCLUSION

This research was done in order to understand how the couples sustained their marriage life for more than 25 years. This study also provide the explanation (as given by the respondents) of the couples- the husband and wife about their marriage life. They were asked the questions separately and they even shared about how they sustained for more than 25 years and how they overcome with the struggles, conflicts, issues and they also told about what made them sustain for a longer period

It serves as a great help for the upcoming generation and also this may also decrease the divorce rate among the young couples and also it would be useful for the pre marital counseling for the couples before the divorce. It also teaches us about the importance of the family and the life partner of the upcoming generation.

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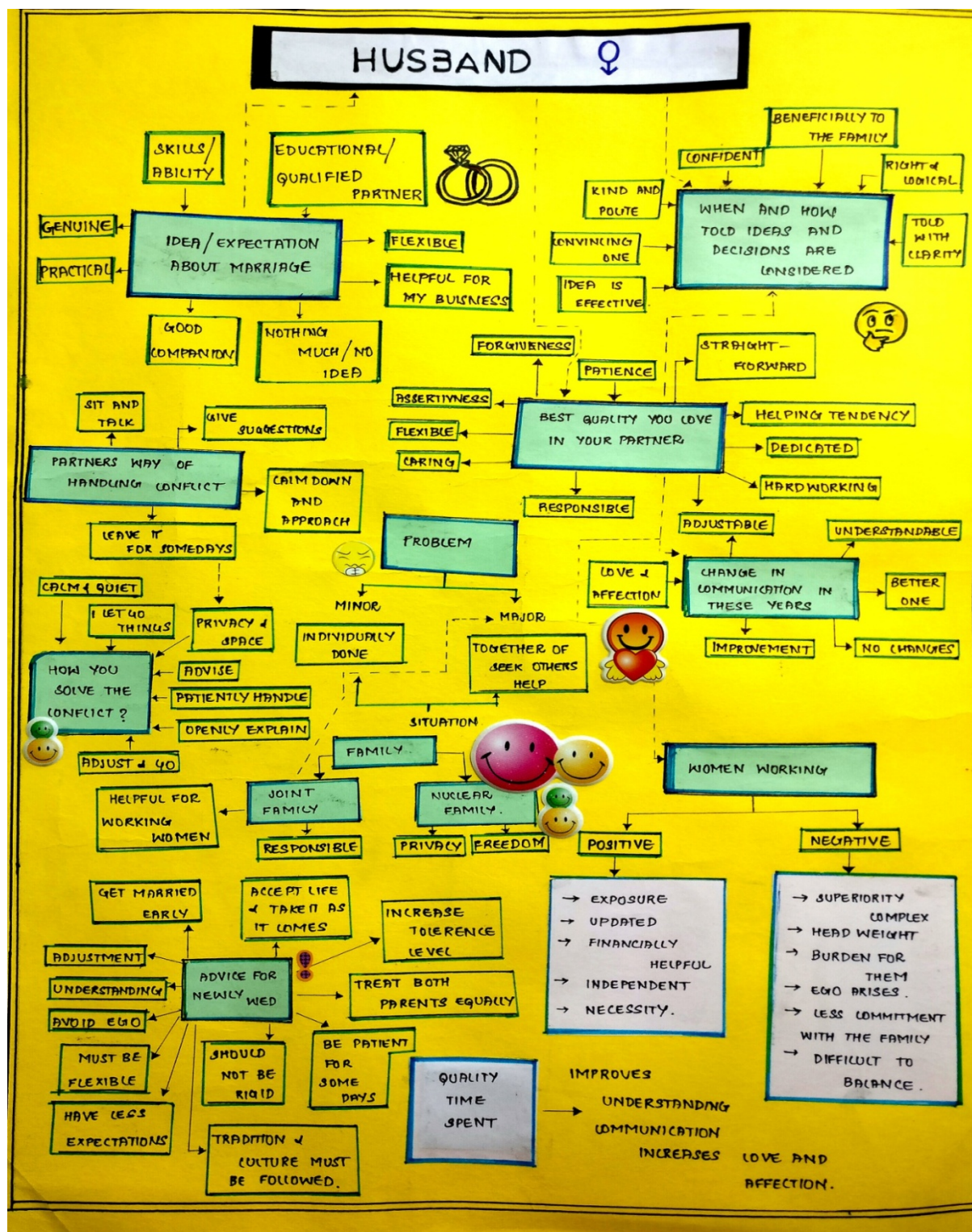
Conflict of Interest

The authors colorfully declare this paper to bear not conflict of interests

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Chart of Husband & Wife



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