

Marital Satisfaction among Bangalore urban Working Women

Kavitha. A^{1*}, Dr. Mangala S M²

ABSTRACT

Marital satisfaction refers to a global level of favourability that individual spouses report with their marital relationship. Marital Satisfaction is often viewed as an individual's interpretation of the overall quality of the marriage or the person's happiness with the marriage. The aim of the study was to analyse the difference in marital satisfaction between women working in multinational companies, teaching profession, health profession and bank profession. A between group design with purposive sampling was opted for the study. Thirty each of women working in multinational companies, teaching profession, health profession and bank profession were considered for the study. Women between age group of 30 to 50 years, working at least from past 05 years and married for at least past three years and having at least one child aged above 4 years were considered for the study. Women who are single mothers/separated from husband/widows were not considered for the study. The sample was administered marital satisfaction scale, the responses were scored adequately and results analysed using appropriate statistical measure. The analysis of results in relation to ANOVA indicated that there was significant difference in marital satisfaction between the four groups of working women in different professions. The mean values and t ratio on the different domains indicates that health professional group had significantly better marital satisfaction than teaching professional, bank professional and women working in multinational companies. The teaching professional group has significantly better marital satisfaction than bank professional and women working in multinational companies. The bank professional group has significantly better marital satisfaction than women working in multinational companies. The results and scores also indicates that of the four groups of working women the group with high marital satisfaction is women working as health professionals, followed by teaching professionals and bank professionals. Of the four groups of working women the group with least marital satisfaction is women working in multinational companies. The results are discussed in detail also in reference with other studies and implications of the study are highlighted in background to problems faced by women in different occupations.

Keywords: *Bangalore urban, marital satisfaction and working women*

¹ Research Scholar, Centre for Women Studies, University of Mysore, Mysore, India

² The Director, Centre for Women Studies, Manasagangotri, Mysore, India

*Responding Author

Received: March 28, 2017; Revision Received: April 17, 2017; Accepted: April 29, 2017

Marital Satisfaction among Bangalore urban Working Women

Traditionally, women in India were not supposed to work for gainful employment outside the home (Shanta B. Astige, 2006). Presently a large number of jobs and occupations have sprung up in varied fields for women and there are more favourable conditions for women's employment in modern society (Shanta Astige, 2006). There are equally sharp differences of opinion about the changes taking place in the position of women in India. Some regard these changes as profound and pervasive (Kapur, 1974, Mishra, 1933, Lalitha Devi, 1982), others maintain that the position of women has changed very little (Beteille, 1975:61).

In this back ground it is also understood that one of the most important relationships between a man and women is marriage. One of the major and most consistent findings is that married people tend to be healthier and happier than those who are unmarried (Bookwala, 2005; Umberson, et.al. 2006; Kowal, 2003). Treas et al. (2011) found that a housewife is slightly happier compared to a full-time working wife. Albeit Haller and Hadler (2005) found no evidence of a difference in happiness between working women and house wife. Booth and Van Ours (2008, 2009, 2010), in contrast found that a wife who takes part-time work is happier than the one who takes full-time work (Iglehart 1980; Granrose 1984; Granrose and Kaplan 2006). Notwithstanding the unsettled nature of the debate, this paper is another attempt to analyse the importance of marriage satisfaction among working women. And the study also wanted to understand in specific if taking in different types of profession had influence on marital satisfaction and specifically in Bangalore urban area.

Urbanisation is taking place at a faster rate in India. The advent of industrialisation, urbanisation, modern education and science and technology in the last five decades had created a favourable situation for women, especially in urban areas, enabling them to take to modern education and employment. Obviously, the emerging phenomenon of working women in modern society has deeper and wider implication for the women themselves too (Desai and Anantaram, 1985). Women are particularly vulnerable and they often disproportionately bear the burden of change associated with urbanization. Women bear the burden of responsibilities of being wives, mothers, educator, and carers; at the same time a part of labour force. In this background too the present study has attempted to study the marital satisfaction of Bangalore women working in different professions.

According to the literature, marital satisfaction is the subjective evaluation of one's experience in their marriage. By subjective evaluation it is meant that marital satisfaction can only be rated by each person in response to the question, "How satisfied are you?" The level of one's satisfaction cannot be determined by anyone else. Marital satisfaction is not a property of a relationship; it is a subjective experience and opinion. Marital satisfaction is a relatively stable attitude and attribute which reflects the individual's overall evaluation of the relationship.

Marital Satisfaction among Bangalore urban Working Women

Marital satisfaction is the degree, to which an individual's needs, expectations and desires are being satisfied in their marriage. Marital satisfaction is a subjective condition 'which can only be described by the individual spouse, an individual's personal evaluation of their marriage overall. Marital Satisfaction refers to a global level of favourability that individual spouses report with their marital relationship (Roach, Frazier, & Bowden, 1981). Marital Satisfaction is often viewed as an individual's interpretation of the overall quality of the marriage or the person's happiness with the marriage.

Another term, Marital quality is really a generic term which serves as an umbrella term and incorporates three concepts: (1) marital satisfaction, (2) marital happiness, and (3) marital adjustment. These three concepts are related but distinct. Individuals are usually satisfied when their needs are being met, and when the individuals expectations and desires are being satisfied. Marital happiness is defined as the level of personal happiness an individual feels about his or her marriage. Like marital satisfaction, it is a private evaluation which can only be made by the individual through self-report. While it can be easily measured, this term is considered to be a rather vague concept. Marital adjustment refers to two different ideas. First, marital adjustment may refer to the process whereby individuals adjust their lifestyles to the lifestyle of marriage; or second, marital adjustment may be able to be evaluated by an outside observer who determines whether a couple appears well-adjusted or poorly-adjusted. The catch here is that marital adjustment often occurs regardless of marital happiness or marital satisfaction. People often adjust to situations where there is no happiness or satisfaction. Marital stability refers to the stability of the marital relationship, rather than to the condition of individual spouses. Stable marriages are solid in that there is no plan to divorce. In contrast, marital instability is defined as the propensity to divorce, which is determined by the presence of thoughts or actions which may lead to marital separation. Marital stability refers to the relationship, not to the spouses as individuals.

Mary Holland Benin and Barbara Cable Nienstedt (1985) investigate the causes of happiness and unhappiness among housewives. It was found that the marital happiness and job satisfaction interact to produce global happiness in dual-earner homes but not in single-earner. Tamunoimama Jamabo and Sunday Ordu (2012) examined the marital adjustment of working class and non-working class women. Data was collected using the Marital Adjustment Questionnaire. Results showed that both working class and non-working class women exhibit no clear difference in their marital adjustment. Study by Hashmi, Khurshid and Hassan (2007) aimed at exploring the relationship between marital adjustment, stress and depression. Urdu Translation of Dyadic Adjustment Scale (2000) was used to study marital adjustment. The findings of the results also show that working married women have to face more problems in their married life as compared to non-working married women. In a study by Sheema Aleem and Lubna Danish (2008) 60 single and dual career women aged between 25 to 45 years were administered 30 items Marital Satisfaction Scale to see the level of marital satisfaction among

Marital Satisfaction among Bangalore urban Working Women

the two groups of women. It was found that pressure and hassles of jobs not only affect marital life. Askari, Marouzi, Shams and Tahmasbi compared marriage satisfaction in housewives and employed women. There was a significant difference in marriage satisfaction between employed women and housewives. Nathawat and Mathur (1993) compared marital adjustment and subjective well-being in Indian-educated housewives and working women who were administered a Marital Adjustment Questionnaire. Results indicated significantly better marital adjustment for the working women than for the housewives. But the housewives had lower scores on negative affect than the working women.

Promilla Kapur's study sought to examine how far, in spite of the newly imposed responsibilities of their jobs, Indian working wives had been able to make adjustments in their married and family life. The study concluded in Delhi on major occupational categories, namely, teacher, office workers, and doctors. The study concluded that employment of married women did not affect her marital adjustment adversely. Ramanamma (1979) made a study of graduate employed women in an urban setting. The study sought to examine the changes occurring in the marriage patterns due to education and employment in urban women (Poona city). A sample of educated women from six different occupations was chosen. The study broadly indicated that changes were occurring in the educated and employed women and life and marriage seemed difficult to handle with women playing dual roles. Brinda Amritraj and Indira Jai Prakash (1985) in their research during the construction of marital satisfaction scale did find that marital satisfaction was significantly different for women from different professional backgrounds like clerks, officers, teachers, lecturers and doctors. There was significant difference in marital satisfaction between clerks and officers; officers and teachers, officers and lecturers; teachers and doctors. Officers had better marital satisfaction to clerk's teachers and lecturers; where as doctors had better marital satisfaction than teachers. Apart from this study not many studies have been conducted to understand the marital satisfaction between women working in different professions. Hence the present study was attempted to understand marital satisfaction in relation with working women from different professions.

METHODOLOGY

The aim of the study was to analyse the difference in marital satisfaction between women working in teaching profession, bank profession, multinational companies and health profession. It was hypothesized that there will be significant difference in marital satisfaction between different working women professionals. A between group design with purposive sampling was opted for the study. Thirty each of women working in teaching profession, bank profession, multinational companies and health profession were considered for the study. Women between age group of 30 to 50 years, working at least from past 05 years and married for at least past three years and having at least one child aged above 4 years were considered for the study. Women who are single mothers/separated from husband/widows were not considered for the

Marital Satisfaction among Bangalore urban Working Women

study. The sample was administered marital satisfaction scale, the responses were scored adequately and results analysed using appropriate statistical measure.

Tools:

1. **Marital satisfaction scale (Brinda Amritraj and Indira Jai Prakash, 1985):** It is a self report scale with 30 questions of three choices for each question. Maximum score possible in this scale was 60 and minimum score was 0. Content wise, the scale sampled social, emotional, interpersonal and sexual sources of satisfaction in the marriage. The split half reliability correlating odd even items was 0.94. Test- retest reliability was found to be 0.96. Validity of the test was found to be .77. The purpose of the scale was to assess marital satisfaction or quality of marital life among men and women.

Analysis of Results

The scales was scored and the data will be analysed to find out if there is significant difference in marital satisfaction between different working women professionals etc. by using the quantitative analysis of 't' test and ANOVA.

RESULTS AND DISCUSSION

Table one show the demographic details of the sample. It shows the number of individuals in terms of frequency and percentage of individuals belonging to different categories of demographic aspects. Related to age 36 percentage of individuals belonged to range of 31-35 years, 41 percentage to range of 36-40 years, 17 percentage to range of 41-45 and 06 percentage to range of 46-50 years. In the same manner 48 percentage of individuals had 6-10 years as their service, 39 percentages with 11-15 years of service and only 13 percentage with 16-20 years of experience. 88 percentages had post graduation as their highest degree and 12 percentages of individuals were qualified with additional degree to post graduation. Regarding number of years of marriage 58 percentage were married for 6-10 years, 42 percentage married for 11-15 years and none belonged to category of being married for 16-20 years. Of the sample 82 percentages had only one child, 16 percentage had two children and three percent had more than 2 children.

Table 1: Showing the demographic details of the sample

Sl no.	Demographic details	Frequency	Percentage
1	Age		
	31-35	32	35.56
	36-40	37	41.11
	41-45	15	16.67
	46-50	6	6.67
2	Length of service (In Years)		
	06-Oct	43	47.78
	Nov-15	35	38.89
	16-20	12	13.33

Marital Satisfaction among Bangalore urban Working Women

Sl no.	Demographic details	Frequency	Percentage
3	Educational qualification		
	P. G	79	87.78
	P. G +	11	12.22
4	No of years in marriage		
	06-Oct	52	57.78
	Nov-15	38	42.22
	16-20	0	0.00
5	Income (In Rupees)		
	35 000- 75 000	81	90.00
	76 & above 1 lakh	9	10.00
6	No. of children		
	1	74	82.22
	2	14	15.56
	< 2	2	2.22

Table 2: Showing the ANOVA table with F Ratio for marital satisfaction of four different groups of working women professionals

Marital Satisfaction				
	Sum of Squares	df	Mean Square	F ratio
Between Groups	2006.07	3	668.69	38.89**
Within Groups	1994.73	116	17.20	
Total	4000.80	119		
**P>0.01(Significant at .01 level)				

Table 3: Showing the mean, standard deviation and t values of marital satisfaction score of four different groups of different working women professionals

	N	Mean	Std. Deviation	t ratio		
				Bank profession	Multinational companies	Health profession
Teaching	30	44.73	3.37	4.28**	7.21**	3.14*
Bank profession	30	40.37	4.44	-	2.87*	6.85**
Multinational	30	36.90	4.90	-	-	9.55**
Health	30	47.60	3.69	-	-	-
**P>0.01(Significant at .01 level) *P>0.05(Significant at .05 level)						

Table 2 shows the F ratio to analyse significant difference in marital satisfactions for four different professionals of working women. The F ratio of 38.89 is significant at 0.01 level indicating that there is a significant difference in marital satisfaction between women working in different professions. To understand further in terms of among which groups there is existence of significant difference related to marital satisfaction post hoc t test was conducted and the results of the same in terms of mean, standard deviation and t values with indication for significance levels have been tabulated in table 3. As indicated in the table 3 the mean marital satisfaction for

Marital Satisfaction among Bangalore urban Working Women

women working in different professions of teaching, bank, multinational companies and health sector are 44.73, 40.37, 36.90 and 47.60 respectively.

The mean values and t ratio on the different domains indicates the following: The health professional group have significantly better marital satisfaction than teaching professional ($t = 3.14$; Significant $P < .05$), bank professional ($t = 6.85$; Significant $P < .01$) and women working in multinational companies ($t = 9.55$; Significant $P < .01$). The teaching professional group has significantly better marital satisfaction than bank professional ($t = 4.28$; Significant $P < .01$) and women working in multinational companies ($t = 7.21$; Significant $P < .01$). The bank professional group has significantly better marital satisfaction than women working in multinational companies ($t = 2.87$; Significant $P < .05$). The results and scores also indicates that of the four groups of working women the group with high marital satisfaction is women working as health professionals, followed by teaching professionals and bank professionals. Of the four groups of working women the group with least marital satisfaction was women working in multinational companies. The analysis indicates that there was a significant difference in marital satisfactions for four different professionals of working women hence the null hypothesis stated that 'there will be no significant difference in marital satisfaction between women working for different professions' is not accepted.

As discussed earlier in the introduction section marital satisfaction refers to a global level of favourability that individual spouses report with their marital relationship (Roach, Frazier, & Bowden, 1981). Marital Satisfaction is often viewed as an individual's interpretation of the overall quality of the marriage or the person's happiness with the marriage.

Studies have used different aspects of marriage to assess marital relationships; the most frequently used measure is the marital adjustment scale (Tamunoimama Jamabo and Sunday Ordu, 2012; Hashmi, Khurshid and Hassan, 2007). It is difficult to compare the results of marital satisfaction to marital adjustment as the component of adjustment indicates being in marriage with or without satisfaction and quality. But as only one study has been used in the past to study the marital satisfaction using the same scale as in the present study comparisons has been made with other aspects of marital relations too in this discussion.

In a study by Sheema Aleem and Lubna Danish (2008) single and dual career women aged between 25 to 45 years were assessed on marital satisfaction It was found that pressure and hassles of jobs affect marital life. In the present study too it can be seen that women working in multinational companies have least marital satisfaction when compared to other groups of working women. It could be that the hazzales of job at the work place is more for this group and hence has had negative impact on marital satisfaction. Promilla Kapur's study sought to examine how far, in spite of the newly imposed responsibilities of their jobs, Indian working wives had been able to make adjustments in their married and family life. The study concluded in Delhi on

Marital Satisfaction among Bangalore urban Working Women

major occupational categories, namely, teacher, office workers, and doctors. The study concluded that employment of married women did not affect her marital adjustment adversely. But in the present study it can be seen that there are differences in marital satisfaction between different women professionals. The most affected by this is the women working at multinational companies followed by bank professions. It could indicate that these occupations have more demands to be met and it could have an impact on marital satisfaction also. Ramanamma (1979) made a study of graduate employed women in an urban setting. A sample from six different occupations was chosen to examine the changes occurring in the marriage patterns due to education and employment in urban women (Poona city). The study broadly indicated that changes were occurring in the educated and employed women and life and marriage seemed difficult to handle with women playing dual roles. In the present study also it can be seen that for some professional groups (multinational companies and bank) the marital satisfaction is less when compared to other professional groups (teaching and health professionals). Brinda Amritraj and Indira Jai Prakash (1985) did find that marital satisfaction was significantly different for women from different professional backgrounds like clerks, officers, teachers, lecturers and doctors. Officers had better marital satisfaction to clerk's teachers and lecturers; whereas doctors had better marital satisfaction than teachers. In the present study too it can be seen that the health professional group have significantly better marital satisfaction than teaching professional, bank professional and women working in multinational companies. The teaching professional group has significantly better marital satisfaction than bank professional and women working in multinational companies. The bank professional group has significantly better marital satisfaction than women working in multinational companies. The present study has not focused to understand the specific reasons for difference in marital satisfaction between the different professional groups of women; it has tried to understand if the difference in marital satisfaction does exist? There is need for more research to understand the specific reasons and causes for difference in marital satisfaction between women from different professionals.

CONCLUSIONS AND IMPLICATIONS

The aim of the study was to analyse the difference in marital satisfaction between women working in teaching profession, bank profession, multinational companies and health profession. In the present study it was seen that the health professional group had significantly better marital satisfaction than teaching professional, bank professional and women working in multinational companies. The teaching professional group has significantly better marital satisfaction than bank professional and women working in multinational companies. The bank professional group has significantly better marital satisfaction than women working in multinational companies. The results also indicate that of the four groups of working women the group with high marital satisfaction is women working as health professionals, followed by teaching professionals and bank professionals. Of the four groups of working women the group with least marital satisfaction was women working in multinational companies. Some studies indicated that the hassles of work and dual role influenced on marital satisfaction. The present study tried to

Marital Satisfaction among Bangalore urban Working Women

understand if the difference in marital satisfaction does exist? There is need for more research to understand the specific reasons and causes for difference in marital satisfaction between women from different professionals.

Acknowledgments

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

Conflict of Interests: The author declared no conflict of interests.

REFERENCES

- Beteille. (1975). *The Role and Status of Working women*, Shanta B. Astige (2006). *The Role and Status of Working women*; Anmol Publications Pvt. Ltd. New Delhi, India.
- Bookwala, J. (2005). The role of marital quality in physical health during the mature years. *Journal of Aging and Health*, 17(1), 85-104.
- Booth, A. and van Ours, J. (2008). Job satisfaction and family happiness: the part-time work puzzle, *Economic Journal*, 118(526), F77-F99
- Brinda Amritraj and Indira Jai Prakash (1985). *Marital satisfaction scale*. Psychological Studies. 30(2), 124-126.
- Hashmi H. A., Khurshid M., Hassan I. (2006). Marital Adjustment, Stress and Depression among Working and Non-Working Married Women. *Internet Journal of Medical Update*, 2(1):19-26.
- Iglehart, A. (1980). Wives, work, and social change: What about the housewives? *Social Service Review*, 54(3): 317-330.
- Kapur Promilla. (1994). *The Changing Status of the Working Women in India*, Vikas Publishing House, New Delhi.
- Kowal, J. (2003). Chronic illness in couples: A case of emotionally focused therapy. *Journal of Marital and Family Therapy*, 29(3), 299-310.
- Lalita Devi, U. (1982). *Status and Employment of Women in India*, B. R. Publishing Corporation, Delhi.
- Mary Holland Benin and Barbara Cable Nienstedt. (1985). Happiness in Single- and Dual-Earner Families: The Effects of Marital Happiness, Job Satisfaction, and Life Cycle, Arizona State University, *Journal of Marriage and Family*, 47 (4), 975-984.
- Mishra Sangeeta. (1933) 'Status of Women in Changing Urban Hindu Family.
- Nathawat, S. S., and Mathur, A. (1993). Marital adjustment and subjective well-being in Indian-educated housewives and working women. University of Rajasthan, India, *The Journal of Psychology*, 127(3), 353-8.
- Ramanamma, A. (1979). *Graduate Employed Women in an Urban Setting*, Dastane and Dastane, Pune, India.

Marital Satisfaction among Bangalore urban Working Women

- Robert A. Baron and Donn Byrne (1998). *Social Psychology.10th edition*. Pearson education. India. Page 331-332
- Shanta B. Astige. (2006). *Role and Status of Working women*, Anmol Publications Pvt.Ltd. New Delhi, India.
- Tamunoimama Jamabo & Sunday N. Ordu. (2012). *Class women in Port Harcourt metropolis*, Rivers State University of Education, 5047, Port Harcourt, Nigeria.
- Umberson, D., Williams K., Powers D.A., Liu H., & Needham B. (2006). You make me sick: marital quality and health over the life course. *Journal of Health and Social Behavior*, 47, 1-16.

How to cite this article: Kavitha A, Mangala S (2017), Marital Satisfaction among Bangalore urban Working Women, *International Journal of Indian Psychology*, Volume 4, Issue 3, ISSN:2348-5396 (e), ISSN:2349-3429 (p), DIP:18.01.022/20170403