



Relationship Satisfaction and Marital Adjustment among Couples: A Correlational Study

Madhusree Banik¹ & Dr. Pankaj Kumar Paul²

1. Post Graduate (M.A.) Student in Psychology, The University of Burdwan, Burdwan, W.B., India, madhusreebanik585@gmail.com
2. Mentor & Corresponding Author, Assistant Professor & HoD, Department of Education, Gourav Guin Memorial College (VU), Chandrakona Road, Paschim Medinipur & Guest Lecturer, Faculty of Psychology, The University of Burdwan, Burdwan, West Bengal, India, pankajpaul50976@gmail.com

Abstract:

Aims: In this paper an attempt has been made to explore the consequence of satisfactory relationship effect on marital adjustment among married couples. The sample size comprises of $N=136$ out of which men are 68 and women are 68 with their binary marriage type from the target population. **Methodology:** Instruments used as Marital Adjustment Test (MAT) (Locke, H. J., & Wallace, K. M., 1959) scale to measure marital adjustment and Relationship Assessment Scale (RAS, Hendrick, 1988) for measuring satisfaction level of respondents. Pearson's Product Moment Correlation and students' paired t -test applied for statistical analysis. **Findings of the Study:** Results indicates a positive significant correlation ($r = .71$, significant at $p < 0.01$) in marital adjustment and relationship satisfaction although there exists no significant differences in attitude among the sample couples towards the relationship satisfaction according to age, level of education and family size with little variation among mean scores of these variables. **Comments:** Relationship satisfaction has significant impact on marital adjustment among married couples.

Keywords: Marriage, Marital Adjustment, Relationship Satisfaction, Attitude of Couples.

Introduction:

The concept of "marriage" is very old and has changed a lot over time. A social and legal relationship between two individuals who function as husband and wife—whether they are of the same or different sexes—is referred to as "marriage." According to Indian tradition, "Vivaham" is achieved through marriage or marital constitutions, which are generally regarded as the cornerstone of a family and serve as a model for perfect parenting, positive interpersonal interactions, and major adjustments for a happy married life. They also play a vital role in passing on culture and civilization to coming generations. A marriage is a committed relationship in which the partner's expressed love, gratitude, recognition, respect, and security fulfills a deep need to feel special. In order to promote spouse commitment, sexual interactions are governed by marital structures. The health and well-being of couples are positively impacted by this devotion. On a controversial subject, marriage can be frightening in some ways. The state in which a husband and wife are happy and content with each other is known as marital adjustment. (Hashmi, Hassan, and Khurshid, 2007). A couple's attitude has been defined by their relationship happiness, which includes understanding their interpersonal

issues, handling disagreements in a mature manner, and resolving conflicts by experiencing love, joy, and pleasure in order to keep the relationship intact.

Rationale of the Study:

Understanding married couples' marital adjustment and relationship satisfaction is crucial. The cultural differences, values, and attitudes of men and women regarding marriage were of interest to the researcher. In rural areas, it is common to observe that women are willing to marry young; however, some of them are unique in that they would rather be self-sufficient before getting married. Males who will be the only provider for their families often choose to marry later in our patriarchal society. The views of eastern and western cultures on marriage are very different, and there are still disagreements between them. There are several reasons why marriages fail. Most of the time, a lack of commitment or communication abilities could be the primary cause. Some men and women marry young without giving themselves and their partners enough time to prepare and enjoy themselves. After genuinely unpleasant experiences, some marriages ended. Some of the causes include financial difficulties, adultery, poor communication, a change in priorities, a lack of dedication to the marriage, addictions, and physical, emotional, or sexual abuse. It may also be the result of cheating on a partner or making a serious error that the other partner finds unacceptable. Every person is satisfied with a successful marital life. Everybody wants to lead a successful married life. The current study aims to determine the factors that contribute to couples' healthy marital lives. Hence the problem of the current study has been stated as **"Relationship Satisfaction and Marital Adjustment among Couples: A Correlational Study"**.

Literature Review:

Sison (1976) investigated the relationship between married couples' communication and marital adjustment in Metro Manila. When 200 married couples were polled, the results showed that couples who communicated well had a high degree of marital adjustment. A positive correlation between communication and adjustment was found, indicating that couples who communicated more often were better able to handle situational and interpersonal problems. The study highlights how important communication is to maintaining a happy and fulfilling marriage. In a study involving 788 married adults, Lee (1977) investigated the relationships among marital role performance, marital satisfaction, and age at marriage. Few positive relationships between the constructs were found in his research. One hundred married women made up the study's sample size. The data indicates that women who marry later in life have better marital adjustment than those who marry younger. In a study, of Arshad et al. (2014) findings showed that about there were 160 married men and women in the sample, 80 of whom were early and 80 of whom were late. The findings revealed a substantial association between late and early marriages in terms of life satisfaction and marital adjustment, as well as a positive and significant relationship between these two variables. In a study, Rahotgi and Kumar (2018) showed no perceptible disparity in the mean conjugal adjustment score between couples based on gender or type of marriage, according to the study, which included 120 couples (60 in arranged marriages and 60 in love marriages). Married men also have better marital adjustment than married women.

Objectives:

The study entails the following objectives:

- 1) To analysis the demographic profile of the sample respondents in the study area.
- 2) To measure the gender effect of the studied respondents towards the relationship satisfaction.
- 3) To discuss the ageing effect of the studied respondents towards the relationship satisfaction.
- 4) To describe the effects of literacy rate of the studied respondents towards the relationship satisfaction.

- 5) To analyse the attitudinal difference of the studied respondents towards the relationship satisfaction based on their family size.
- 6) To determine the association between conjugal adjustment and the pleasing relationship among the married couples.

Hypothesis:

H₀₁ - No significant disparity exists between the male and female respondents towards the relationship satisfaction;

H₀₂ - No significant disparity exists among the couples towards the relationship satisfaction according to age;

H₀₃ - No significant variation exists among the couples towards the relationship satisfaction according to level of literacy;

H₀₄ - No significant difference exists among of the respondents towards the relationship satisfaction according to size of family;

H₀₅ - No significant correlation exists between the conjugal adjustment and relationship contentment among married couples’;

Research Methodology:

- **Data source**

Interviews were used in a blended mode to gather the data. This primary data was gathered by taking into account factors such as age limit (30–60 years), economic status (between Rs. 10,000 and to Rs. 40,000 per month), educational background (from secondary school to post-graduation), marital status (within 10–20 years), and type of marriage (arranged or love). Participants were asked to provide candid answers to each statement along with a prior consent form in order to complete this study (i.e., their personal details should be kept confidential and used only academic purpose).

- **Population and Sample**

The present study has been conducted through convenience sampling, where $N = 136$ out of which Male = 68, Female = 68.

- **Instruments**

Participants’ high and low scores on the Marital Adjustment Test (MAT), developed by **Locke, H. J., and Wallace, K. M. (1959)**, were used to gauge their degree of marital adjustment. Married couples’ relationships are measured using the Relationship Assessment Scale (RAS, Hendrick, 1988), which shows whether they are satisfied to a high, average, or low degree.

- **Statistical techniques**

Pearson Product Moment correlation and student paired t-test were used to determine the relationship and statistical significance of the data through the softwares of Microsoft Excel (2009) and Eviews 7.

Results:

Table 1: Demographic Profile of the Respondents

Measures	Gender		Age		Literacy (%)		Family Size	
	M	F	40	40+	L	SL	L	N
N	68	68	54	82	110	26	33	103
Percentage	50	50	39.70	60.29	80.88	19.11	24.26	75.73

Source: Field survey, 2024

Table-2: Mean Differences of Respondents According to Gender Towards Relationship Satisfaction

Gender	N	MEAN	SD	t-value	df	Critical Value	Hypothesis	Remarks
M	68	167.78	28.78	2.13	134	P> 0.01		
F	68	157.23	28.99			2.58	Accept H ₀	Not Significant

Note: *P> 0.01

Source: Field survey, 2024

It appears from critical value of table 2 that, there exists no significant relationship between male and female respondents towards relationship satisfaction.

Table-3: Age Specific Mean Differences of Respondents Towards Relationship Satisfaction

Age	N	MEAN	SD	t-value	df	Critical Value	Hypothesis	Remarks
40	54	157.04	28.74	1.79	134	P> 0.01		
40+	82	166.10	29.22			2.58	Accept H ₀	Not Significant

Note: *P> 0.01

Source: Field survey, 2024

It appears from critical value of table 3 that, there exists no significant relationship between age level of the respondents towards relationship satisfaction.

Table-4: Mean Differences of Respondents' Literary Rate Towards Relationship Satisfaction

Qualification	N	MEAN	SD	t-value	df	Critical Value	Hypothesis	Remarks
Literate	110	162.58	30.85	0.07	134	P> 0.01		
Semi Literate	26	162.19	21.76			2.58	Accept H ₀	Not Significant

Note: *P> 0.01

Source: Field survey, 2024

It appears from critical value of table 4 that, there exists no significant relationship between literacy rate among the respondents towards relationship satisfaction.

Table-5: Mean Differences of Respondents' Family Size Towards Relationship Satisfaction

Family Size	N	MEAN	SD	t-value	df	Critical Value	Hypothesis	Remarks
Large	33	151.50	27.95	2.50	134	P>0.01		
Nuclear	103	165.59	28.64			2.58	Accept H ₀	Not Significant*

Note: *P> 0.01

Source: Field survey, 2024

It appears from critical value of table 5 that, there exists no significant relationship between family size among the respondents towards relationship satisfaction.

Table 6: Intercorrelation between the Two Variables with Mean Differences

Variables	N	MEAN	SD	r-value	t _r value	df	Critical Value	Hypothesis	Remarks
Marital Adjustment	136	108.79	26.96	0.71	16.97	270	P< 0.01		
Relationship Satisfaction	136	29.27	5.57				0.148	Reject H ₀	Significant

Note: *P < 0.01

Source: Field survey, 2024

It appears from critical value of table 6 that, there exists significant relationship between marital adjustment and relationship satisfaction among the respondents.

Discussion:

According to the results and literature review previously mentioned, age, sex, literary rate, and family size all had a somewhat significant impact on the idea of marriage. The current study shows a negligible impact on people's attitudes toward these variables.

H₀₁: The results of table 2 between the male and female respondents regarding relationship satisfaction do not support this hypothesis at the $P > 0.01$ level.

H₀₂: The result of table 3 between the respondents' age and relationship satisfaction is not significant at the $P > 0.01$ level, supporting this hypothesis.

H₀₃: The result from table 4 between the literary and non-literary groups is not significant at the $P > 0.01$ level, supporting this hypothesis.

H₀₄: The results from table 5 showing a non-significant relationship between respondents' family size and relationship satisfaction at the $P > 0.01$ level support this hypothesis.

H₀₅: The results of table 6 regarding the relationship between married couples' marital adjustment and satisfaction are significant at the $P < 0.01$ level, supporting this hypothesis.

Given the findings, it should be noted that marriage is a crucial component of each person's ability to remain happy for a portion of their entire life. Humans require a purpose in order to live in society, and a partner can alter that purpose for the rest of their lives. To thrive as a couple and lead a peaceful conjugal married life, it is essential to adjust the marriage with a positive attitude, love, esteem, and pleasure that also reflect the quality of the relationship. Other factors that have a positive relationship include interpersonal issues, financial strain, dealing with in-laws, parenting, job role, emotional responses, and conflict resolution. The idea of marital adjustment is difficult to comprehend, difficult to assess through empirical research, and complex. Marital adjustment is the state in which a husband and wife feel generally happy and satisfied with their marriage and with each other. (Lively, 1969; Donohue and Ryder, 1982; Trost, 1985; Sinha & Mukerjee, 1990) (p.633). Marriage is a trend towards increased freedom for the spouses, which is good for their emotional, psychological, intellectual, and physical needs (Rogers, 1972).

Limitations:

- ✧ Marriage is a very personal experience that can have both positive and negative effects on people.
- ✧ The sample size and data collection techniques are primarily to blame for the study's shortcomings.
- ✧ When self-report inventory tools are used, participants might give answers that are socially acceptable.
- ✧ The information was collected all at once. This makes it more difficult to establish causation or monitor how variables change over time.
- ✧ Stronger information about the correlations between the variables might be obtained through longitudinal research.

Recommendations & Policy Suggestions:

- ✧ Personality traits, family history, and marriages between castes or religions are instances of individualistic factors that play role on the idea of marriage and the successful adjustment of spouses.

- ✧ People can learn about their relationships with spouses, in-laws, family, marital responsibilities, self-perceptions, emotional control, financial contributions, role specifics, and more with the help of a pre-marriage therapy program.
- ✧ In order to sustain an adequate degree of adjustment, each married person's relationship needs to be improved.

Conclusion:

The variables among the respondents in terms of demographic parameters (gender, family size, literacy rate, and family size) do not significantly correlate with one another, it can be concluded. Additionally, this study discovered a strong positive and highly significant correlation between marital adjustment and relationship satisfaction ($r = 0.71$, Prob. = 0.00; significant at the 0.01 level).

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