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LIFE SATISFACTION AND MARITAL ADJUSTMENT

SUREKHA MARATHE

Dept in Commerce,
School of Commerce & Management Science, S.R.T.M. University, Nanded

Abstract:

Life satisfaction admits of many definitions, so that any critique is liable to meet objections that what it addresses isn't "really" life satisfaction. We must begin, then, by identifying the target notion and considering why this is the right target. As a first approximation we may define life satisfaction as having a favorable attitude toward one's life as a whole. Opinions vary about the precise nature of this attitude, but typically it is seen as somehow embodying a global judgment about one's life taken as a whole: that, all things considered, one's life is satisfactory. Central to life for Sumner, for instance, is "a positive evaluation of the conditions of your life, a judgment that, at least on balance, it measures up favorably against your standards or expectations."

LIFE SATISFACTION:-

And a representative example of the scales employed by researchers, for example, For more on the different senses of 'happiness', Some of Sumner's remarks suggest that he might allow for life satisfaction in the absence of a literally global judgment, but his views on this point seem open to different readings, and in any event his account seems strongest with the global judgment requirement. (The reasons for this should become apparent in what follows.)

MARITALADJUSTMENT:-

Marital adjustment has long been a popular topic in studies of the family, probably because the concept is believed to be closely related to the stability of a given marriage. Well-adjusted marriages are expected to last for a long time, while poorly adjusted ones end in divorce. Simple as it seems, the notion of marital adjustment is difficult to conceptualize and difficult to measure through empirical research. After more than half a century of conceptualization about and research on marital adjustment, the best that can be said may be that there is disagreement among scholars about the concept, the term, and its value. In fact, several scientists have proposed abandoning entirely the concept of marital adjustment and its etymological relatives (Lively 1969; Donohue and Ryder 1982; Trost 1985).

RELATED STUDIES:

Anisha Shah & Rathna Isaac (2004) suggest a link between sex role differences and close relationships for men and women. Marriage is often a context for the activation and expression of sex roles. As marital adjustment is influenced by complementarity of roles between husband and wife, the same could hold true for sex roles as well. Aim: To study the relationship between sex roles and marital adjustment in Indian couples. Methods: The sample consisted of 20 distressed and 20 non-distressed couples from a

marital and family therapy centre in the city of Bangalore, India. The measures used included a sociodemographic data sheet, the Dyadic Adjustment Scale, the Bem Sex Role Inventory and a semi-structured interview schedule for gendered experiences. Means, percentages and ANOVAS were used to analyse statistically the data. Content analysis was applied on material from the semistructured interview schedule. Results: The study revealed that: (a) the group as a whole showed greater femininity than masculinity; (b) more non-distressed individuals show high androgyny; (c) androgynous dyads show better marital adjustment; and (d) qualitative analysis suggests a trend for couples to move towards more gender-neutral constructions of marriage. Conclusions: The results indicate a link between androgyny and marital adjustment. The results also suggest the type of match between dyads.

Christian, B (2007) analyzes the impact of gender discrimination on individual life satisfaction using a cross-section of 66 countries. We employ measures of discrimination of women in the economy, in politics, and in society more generally. According to our results, discrimination in politics is important to individual well-being. Overall, men and women are more satisfied with their lives when societies become more equal. Disaggregated analysis suggests that our results for men are driven by the effect of equality on men with middle and high incomes, and those on the political left. To the contrary, women are more satisfied with increasing equality independent of income and political ideology. Equality in economic and family matters does overall not affect life satisfaction. However, women are more satisfied with their lives when discriminatory practices have been less prevalent in the economy 20 years ago.

Hansen g. L (1989) Recent research indicates that reward level is a better predictor of marital adjustment for urban than for rural women, while some specific reward areas are better predictors for urban men. Based upon questionnaire responses from 209 young, married subjects, the present study continues this line of inquiry by examining the impact of a variety of variables, in addition to reward levels, on adjustment. Findings indicate that more factors are significantly related to adjustment for urban than for rural subjects and that they are better predictors for the urban group. Rural/urban differences exist in the relative importance of the variables in predicting adjustment, with fairness issues being more important for rural respondents

Schaupp, Diane S.(1986) examined some qualities that are related to marital adjustment, none has examined personal development variables that might be expected to significantly relate to marital adjustment and to gender-role self-concept. A study was conducted to examine relationships among gender-role self-concepts, personal development, and marital adjustment. Data from 107 middle-class couples in long-term marriages (M=21.93 years married) were obtained from a marital adjustment scale, the shortened Bem Sex Role Inventory, Shostrom's Personal Orientation Inventory, and a demographic questionnaire. Descriptive path analysis revealed some similarities consistent with past research. There were, however, many differences in predictors of marital adjustment for women and men. The results revealed that for men, femininity, self-regard, and inner-directedness were related to marital adjustment with masculinity indirectly related. For women, femininity, existentiality, self-regard, and self-acceptance were found to be related to marital adjustment. The most striking finding was the isolation of masculinity for women. These finding suggest that the connections between femininity and marital adjustment are similar for both men and women but the connections for masculinity are strikingly different. (Author/NB)

METHODOLOGY

OBJECTIVES:-

To explore whether gender and inhabitance differ on life satisfaction.
To explore whether gender and inhabitance differ on marital adjustment

HYPOTHESES:-

1. There is a significant difference between male and female on life satisfaction.
2. There is significant difference between urban and rural participant on their life satisfaction.
3. There is a gender differences on marital adjustment.
4. There is significant difference between urban and rural participants on their martial adjustment.

Sample: -

The population of this study was the married persons (age range between 25-40 years) those living in Aurangabad, Maharashtra. The sample was consisted of 400 people - which were classified 200 male and 200 female again both groups were classified equally in urban and rural.

LIFE SATISFACTION AND MARITAL ADJUSTMENT



	Male	Female	Total
Urban	100	100	200
Rural	100	100	200
Total	200	200	N = 400

TOOLS:-

1. Life Satisfaction Scale: Dr. Q. G. Alam and Dr. Ramji Srivastava.
2. Marital Adjustment: - Singh, H. M. for literate wife's and husband.

DESIGN:-

	A1	A2
B1	A1B1	A2B1
B2	A1B2	A2B2

2x2 Factorial Design

VARIABLES UNDER STUDY:-

Independent variable: - Gender and Inhabitation i.e. Urban and Rural.
Dependent variable:- Life satisfaction and Marital Adjustment

STATISTICAL PROCEDURE USED:-

1. Descriptive statistic i.e. means and SDs were computed.
2. Two way ANOVA as inferential statistics was used.

RESULT ANALYSIS:-

On the basis of close scrutiny brief summary of the results relevant to the hypothesis are presented below.

1. Results revealed that the mean score of females (38.43) is significantly larger than mean scores of males (32.79). F value (48.15, (1, 396) $P < 0.01$) indicates significant differences between females and males on life satisfaction. On the basis of obtained results it can be concluded that females experience more life satisfaction than their male counterparts.

Hypothesis no. 1 stating that "There is a significant difference between male and female on life satisfaction." has proved.

2. A glance of the results show the mean score (37.55) of subjects living in urban area is comparatively higher than mean scores (33.67) of subjects living in rural area. Analysis of variance ($F = 22.89$, (1, 396) $P < 0.01$) indicate that significant difference between subjects living in urban area and subjects living in rural area on life satisfaction, it means subjects living in urban area have experience more life satisfaction than subjects living in rural area.

Hypothesis no. 2 stating that "There is significant difference between urban and rural participant on their life satisfaction" has proved.

3. Results indicating that mean score (35.65) of the females is comparatively larger than mean score (24.76) of the males on the level of marital adjustment, further analysis of variance ($F = 51.15$, (1, 396) $P < 0.01$) indicate that significant difference is found between male and female counterparts on marital adjustment.

Thus it can be concluding that female exhibit more adjustment in their marital life than male counterparts. Thus the results support to the hypothesis no. 3 stating that “There is a gender differences on marital adjustment”.

4. Results depicts that the mean score of subjects living in urban area (37.44) is comparatively higher than mean scores (22.96) of subjects living in rural area. F value (90.43, (1, 396) $P < 0.01$) shows significant differences between subjects living in urban area and subjects living in rural area on marital adjustment. Therefore, subjects living in urban area tend to exhibit more adjustment in their marital life than subjects living in rural area.

Hypothesis no. 4 stating that “There is significant difference between urban and rural participants on their marital adjustment” is supported by obtained results.

CONCLUSIONS: -

On the basis of data and discussion of results, the hypothesis were tested and verified. Some hypothesis were partially retained and some were rejected and following conclusions were drawn.

1. Females experience more life satisfaction than male counterparts.
2. Subjects living in urban area have experience more life satisfaction than subjects living in rural area.
3. Females exhibit more adjustment in their marital life than male counterparts.
4. Subjects living in urban area tend to exhibit more adjustment in their marital life than subjects living in rural area.

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