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Promotion of Marital Adjustment, Marital Satisfaction and Marital Harmony through Enhancement of Self-Esteem Training among Married Couples

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Abstract

The present study examined the relationship between Marital Adjustment, Marital Satisfaction, Marital Harmony, demographic factors and promotion of Marital Adjustment, Marital Satisfaction and Marital Harmony through Enhancement of Self-Esteem Training Among Married couples. Marital Harmony in couples is fundamental since marriage is one of the necessities in human existence. Some factors, both internal and external, can influence Marital Life. Survey research design was used for collecting data for the present study. Data was collected from 51 respondents. Of these 32 were males and 19 were females. The chronological age of female ranged from 30 to 43 years whereas age of male ranged from 32 to 45 years. Length of marriage ranged from 1 year to 13 years. Married couples who living together for more than 5 years were included. Two scales were used ABC Scale of marital relationship developed by N.R. Nappinnai (2005), The Rosenberg Self-Esteem Scale (1962). One-way ANOVA was used to compare demographic variables with psychological factors. Student test (t-test) method was used to understand the effect of self-esteem intervention on psychological factors. Karl Pearson's correlation method was utilized to identify the relationship between psychological variable and demographic factors. From the findings, it was revealed that demographic factors have significant relationship with psychological components in couples. The results were also discussed in relation to the literature and some implications were suggested.

Keywords: Marital adjustment, marital satisfaction, marital harmony, self-esteem, marital relationship, psychological components, demographic factors

Introduction

A marriage will be a good marriage if there is love, congeniality, compatibility, sufficient sexual satisfaction and maturity. Love seems to be the most important of these, though it will not suffice alone. The other characteristics of the relationship are essential too, a man and women who really love each other are in sympathy with each other's concern, they have common interest and feel a natural attraction of personalities. Therefore, there is a pleasant harmony in their association. In addition, they go one step further and put each other's comfort on the same level of 'importance as their own. In a good marriage, each partner is all that he/she himself/herself is capable of being.

(Güler, 2021) ^[8] Individuals get married with the hope and belief of making both themselves and their partner happy. (Mohammadi & Soleymani, 2017) ^[17] The beliefs and expectations about marriage also constitute the meaning attributed to marriage. (Canel, 2012) ^[26] Although marriage has culturally different meanings, it also includes universal aspects such as love, affection, intimacy and generational continuity. Marriage is an institution that is traditionally considered virtuous and has spiritual dimensions. (Çelik &

Erkilet, 2019) ^[4] However, social changes and developments in the last century have also differentiated the roles of men and women.

(Peters, 2018) ^[19] Demographic and social changes have also shaped the meaning, attitudes and beliefs that young adults ascribe to marriage when evaluated from the aspect of marriage

(Herawati *et al.*, 2018) ^[9] The quality of marriage is a component that can provide happiness and well-being for husband and wife to maintain marital harmony. (Kendirici, 2018) ^[14]. To maintain a healthy and stable married life, the bond between the spouses should become stronger over time and the marital adjustment should continue. Marriage is the most meaningful type of relationship among interpersonal relationships. It is an extremely important and meaningful type of relationship. It has individual and social effects. Problems encountered in marriage also pave the way for the emergence of social problems by affecting the mental and physical health of both spouses and children. The fact that the problems encountered in marriage have such a great impact demonstrates that studies on marital adjustment will shed light on both researchers and experts working in the field. (Sandhu,

Kemp, Ball, Burgess & Perkins 2013) [22]. The functional status of an individual is a major factor influencing relationships. (Yorgason, Booth & Johnson, 2008) [24]. In the case of marital relations, when a spouse's functional capacity becomes limited due to a disability the need for a healthy partner's support may increase substantially. This increase in support could further cause a lack of reciprocity among the married partners.

The Concept of Marital Adjustment

Marital adjustment is a term that implies the various process and adjustment such as adjustments to live together, adjusting new role, adjustments to communication and conflict resolution, as well as adjustments to sexual relations with marriage and adjustments to citizenship. Marital adjustment is a behavioural aspect, which has said above deals with the process of an individual's behaviour with one's partner in relation to one's marriage. Marital adjustment is the fundamental concept of marriage to minimize conflicts. Puspitawati (2019) [20] states that adjustment in marriage by harmonizing differences and similarities as a process to achieve the goal of marriage, namely marital happiness, is related to marriage quality. (Degenova, 2008) [5]. Adjustment of marriage as also a process to modify, adapt and change behavior patterns of individuals and couples as well as their interaction to achieve maximum satisfaction in marriage. Onyeizugbo (2005) [18] indicated that educational attainment plays a significant role in marital adjustment, with those of higher educational attainment tending towards better adjustment in marriage. Kapur (2000) [13] says marital adjustment can be considered as the state of accommodation in marital relationships and environment which is characterized by a tendency in spouses to resolve and solve conflicts and by an overall feeling of happiness and satisfaction with marriage and with one another.

In psychology adjustment is the relative degree of harmony between an individual's needs and the requirements of the environment. Also, according to Kublay (2013) [15], marital adjustment is positively related to subjective happiness. The increase in marital adjustment of married individuals shows that they experience positive emotions more. Much of the literature on marital adjustment focuses on the happiness, satisfaction, or perceived success of a marriage in relation to a variety of personal and social factors. Marriages where the partners are happy or satisfied have good marital adjustment, while marriages dominated by tensions and conflict have poor marital adjustment. According to (Le Masters (1957) "marital adjustment can be conceptualized as the capacity for adjustment or adaptation or ability to solve problems rather than absence of problems". It must be emphasized however that there is no royal road to the attainment of good adjustment, whereas it is essential to live with each situation as it arises and to attack it promptly with all of the available adjustive resources.

Anand (2021) [2] Marital adjustment as 'the state in which there is an overall feeling in husband and wife of happiness and satisfaction with their marriage and with each other'. All the marriages are aimed at happiness in one or another way. Puspitawati (2019) [20] states that adjustment in marriage by harmonizing differences and similarities as a process to achieve the goal of marriage, namely marital happiness, is related to marriage quality.

Ritu, Thind and Sushma (2006) [21] studied families with employed and non-employed women across different educational levels from Ludhiana city on their existing level

of marital adjustment. For it 300 Sikh families (N=300) were selected according to the working status of woman in the family and divided into two categories of families, that is, families with employed women (N1=150) and families with non-employed women (N2=150). These two categories' families were selected by drawing equal numbers of families from each of three levels of education (with reference to woman in the family) viz. postgraduation and above, up to graduation and metric and below excluding illiterate. A socio-demographic questionnaire was used to identify families for the sample under study. Level of marital adjustment in the selected families was assessed using marital adjustment questionnaire. Arithmetic mean, standard deviation and t-test were used to analyze the data. The findings revealed that sexual dimension of marital adjustment among wives and husbands was unaffected by wives' education level and employment status. On the contrary, it was observed that wives employed and educated up to level I or level II and their husbands were significantly more socially adjusting than wives non-employed and educated up to level III and their husbands respectively. Husbands showed no variation on the emotional. Dimension of marital adjustment with wives' educational level and employment status, whereas, wives were seen to be more emotionally depend on their husbands when they were educated upto level III or were not employed. Their-ability to forgive one another. A high level of marital adjustment could be attained in early and later stages of marital life for both men and women.

Marital Satisfaction

A necessary tool for spouse interaction and conflict resolution is communication. (Hess, 2008) [27] Essential elements that affect marital satisfaction are communication and spousal support. Communication and marital satisfaction Communication leakage in marriage is a major source of marital breakdown and conflict. According to AhmadiGatab and Khamen (2011) [28], communication in marriage is called the lifeline of love.

Marital satisfaction is a mental state that reflect the perceived benefits and costs of marriage to a person. It is the degree of satisfaction derive from a marital relationship. When this satisfaction is not achieved from each other it leads to marital dissatisfaction. Marital dissatisfaction has some negative effects on the couple which includes depression, hatred, lack of cooperation, communication, fear, violence in the home, unfaithfulness (infidelity), rebellion, possible separation and eventful divorce and powerlessness.

Zaheri, *et al* (2016) [23] investigated the effective factors in marital satisfaction in perspective of Iranian women and men: A systematic review. This systematic review surveys published articles from 2005 to 2015 and discovered that the spiritual and religious, sexual and interpersonal factors, communication duration of marriage and interaction factors and mental health had positive impact on marital satisfaction.

Archana and Madhulika (2004) [3] studied husbands and wives in 101 families and indicated wives' employment and androgyny to be significantly and positively related to their decision-making authority in family. Also, as compared to those in autonomic or wife dominated families, respondents in syncretic and husband dominated families reported higher levels of marital satisfaction. Satisfaction in marriage is appropriate to depend in part upon how well the expectation and preferences of the two partners coincide with.

Marital Harmony

Watson (2005) [23] reported that the relationship between two people is not a destination, but rather a journey. Married couples and those in long-term relationships can learn to accept and appreciate their differences, effectively communicate their feelings and needs, and adjust their beliefs and habits. Creating happy, harmonious relationships requires commitment, the learning of new skills, and the effective application of that knowledge. Laoye (2012) was of the view that, husband obey that duty of maintaining harmony in marriage by adhering to three basic responsibilities in caring for their wives needs: Consideration, chivalry and companionship.

Dolatian, *et al* (2016) [6] A marriage where the couples are satisfied and living in harmony gives rise to sound family which in turn facilitates the building of a strong society. This is achievable if one makes effective consideration of the factors which contribute to marital harmony. These factors that contribute to marital harmony include their locus of control and their self-concept.

Jain and Sood (2002) [10] Researcher have selected 60 couples had a harmonious relationship and the remaining 60 couples had a disharmonious relationship. Interview schedule was used to measure their knowledge about sex and checklist was used to know the causes responsible for their marital discord. The result of the study revealed that significantly more number of couples having disharmonious relationship reported lower level of sexual satisfaction, while comparing them with those who had harmonious relationship. In addition, the couples reported lack of proper knowledge about sex and lack of interest.

Problem and Hypothesis

Research is a systematic way of analyzing the research problem. This deals with the research questions, objectives and hypothesis, which help the researcher to create a problem statement and the effect of intervention.

Research Questions

1. Does relationship exist between self-esteem, marital adjustment, marital satisfaction and marital harmony of husbands and wives?
2. Does self-esteem enhancement training foster marital adjustment, marital satisfaction and marital harmony of husbands and wives?

Hypothesis

The following hypotheses have been proposed:

- There would be significant relationship between self-esteem, marital adjustment, marital satisfaction and marital harmony among husbands and wives.
- There would be significant gender difference in self-esteem, marital adjustment, marital satisfaction and marital harmony between husband and wife.
- Education, spouse education, Age, spouse age, marital age, occupation, spouse's occupation, type of marriage, type of family, number of children, place of birth before and after marriage, monthly income, parent's marital harmony, influence of media, love marriage in family, marital separation among family and friends would significantly relate to the self-esteem, marital adjustment, marital satisfaction and marital harmony of husbands and wives.

Intervention

Self-esteem enhancement training would substantially promote the marital adjustment, marital satisfaction and marital harmony of husbands and wives.

Method of Investigation: This consists of phase I, phase II, phase III and objectives, sampling techniques, sample size, procedure and statistical analysis of phase II and phase III.

Table 1: Brief description of phase I, phase II and phase III

Phase I	Construction and Validation of the scale.
Phase II	Identification of relationship between Psychological Components and Demographic factors.
Phase III	Promotion of marital adjustment, marital satisfaction and marital harmony through Self-Esteem Enhancement Training programme.

Items for the scale were generated on critical analysis of information collected from various sources, such as available literature and existing tools (The ABC Scale of Marital Relationship by N.R Nappinnai in 2006 and Marital Harmony Scale by Emmenule. V in 2017. Focus group discussion with couples was conducted. Based on these sources of information 20 items were generated for the scale. Through various analysis, the questionnaire is considered to have good validity and reliability. So, the questionnaires are used to perform further research.

Phase II is Identify the Relationship between Psychological Component Such as self-esteem, marital adjustment, marital satisfaction and marital harmony of husbands and wives and demographic factors such as Education, spouse education, Age, spouse age, marital age, occupation, spouse's occupation, type of marriage, type of family, number of children, place of birth before and after marriage, monthly income, parent's marital harmony, influence of media, love marriage in family, marital separation among family and friends among husbands and wives. Based on this idea following objectives have proposed.

Research Questions: Does relationship exist between psychological variables self-esteem, marital adjustment, marital satisfaction and marital harmony of husbands and wives?

Objectives

- i). To study the relationship between self-esteem, marital adjustment, marital satisfaction and marital harmony of husbands and wives.
- ii). To study the demographic factors related to marital adjustment, marital satisfaction, marital harmony and self-esteem of husbands and wives.

Research Design

Survey research design was used for collecting data for the present study.

Sample: The sample for the present study consists of 51 married individuals. They were 19 females and 32 males as the respondents. The chronological age of female ranged from 30-43 years whereas age of male ranged from 32 to 45 years. Length of marriage ranged from 1 year to 13 years.

Phase III

Promotion of marital adjustment, marital satisfaction and marital harmony through enhancement of self-esteem training.

Research Question: Does self-esteem enhancement training have an impact on marital adjustment, marital satisfaction and marital harmony of husbands and wives?

Objectives: To examine the efficacy of self-esteem enhancement training on marital adjustment of husbands and wives.

1. To ensure the impact of self-esteem enhancement training on marital satisfaction of husbands and wives.
2. To ensure the impact of self-esteem enhancement training on marital harmony of husbands and wives.

Research Design: Quasi-experimental design was used.

Sample: Total of 28 respondents were selected through random sampling method for the self-esteem enhancement training programme.

Result and Discussion

Table 2: Inter-correlation between the domains of marital relationship among husbands.

Domains	Test	Marital Adjustment	Marital Satisfaction	Marital Harmony
Marital Adjustment	Pearson Correlation		.940**	.946**
	Sig. (2-tailed)		.000	.000
Marital Satisfaction	Pearson Correlation	.940**		.877**
	Sig. (2-tailed)	.000		.000
Marital Harmony	Pearson Correlation	.946**	.877**	
	Sig. (2-tailed)	.000	.000	

**Correlation is significant at the 0.01 level (2-tailed).

The table 2 shows the inter-correlation between the domains of marital relationship among husbands using Karl Pearson's Correlation Coefficient.

The table shows that the calculated Karl Pearson's Correlation value of $r = 0.940$ between the marital adjustment vs. marital satisfaction, $r = 0.946$ between marital adjustment Vs. marital

harmony, $r = 0.877$ between marital satisfaction and marital harmony shows a high positive correlation between the domains of marital relationship among married couples (Husband) which was found to be statistically significant at $p < 0.01$ level.

Table 3: Inter-correlation between the domains of marital relationship among wives.

Domains	Test	Marital Adjustment	Marital Satisfaction	Marital Harmony
Marital Adjustment	Pearson Correlation		.838**	.667**
	Sig. (2-tailed)		.000	.000
Marital Satisfaction	Pearson Correlation	.838**		.794**
	Sig. (2-tailed)	.000		.000
Marital Harmony	Pearson Correlation	.667**	.794**	
	Sig. (2-tailed)	.000	.000	

** . Correlation is significant at the 0.01 level (2-tailed).

The table 3 shows the inter-correlation between the domains of marital relationship among wives using Karl Pearson's Correlation Coefficient.

The table shows that the calculated Karl Pearson's Correlation value of $r = 0.838$ between the marital adjustment vs. marital satisfaction, $r = 0.667$ between marital adjustment Vs. marital

harmony, $r = 0.794$ between marital satisfaction and marital harmony shows a high positive correlation between the domains of marital relationship among married couples (Wife) which was found to be statistically significant at $p < 0.01$ level.

Table 4: Inter-correlation between the domains of marital relationship among individuals.

Domains	Test	Marital Adjustment	Marital Satisfaction	Marital Harmony
Marital Adjustment	Pearson Correlation		.868**	.791**
	Sig. (2-tailed)		.000	.000
Marital Satisfaction	Pearson Correlation	.867**		.731**
	Sig. (2-tailed)	.000		.000
Marital Harmony	Pearson Correlation	.791**	.731**	
	Sig. (2-tailed)	.000	.000	

** . Correlation is significant at the 0.01 level (2-tailed).

N = 51

The table 4 shows the inter-correlation between the domains of marital relationship among the individuals using Karl Pearson's Correlation Coefficient.

The table shows that the calculated Karl Pearson's Correlation value of $r = 0.868$ between the marital adjustment vs. marital

satisfaction, $r = 0.791$ between marital adjustment Vs. marital harmony, $r = 0.731$ between marital satisfaction and marital harmony shows a high positive correlation between the domains of marital relationship among the individuals which was found to be statistically significant at $p < 0.01$ level.

Table 5: Correlation between marital relationship, marital harmony and self-esteem among husbands.

N = 14

Variables	Mean	S.D	Karl Pearson's Correlation 'r' & p-Value
Marital relationship	24.21	10.50	R= 0.545 P= 0.044, S*
Marital harmony	69.42	15.30	
Marital relationship	24.21	10.50	R= 0.790 P= 0.001, S***
Self Esteem	25.64	4.39	
Marital harmony	69.42	15.30	R= 0.328 P= 0.252, N.S
Self Esteem	25.64	4.39	

*** $p < 0.001$, * $p < 0.05$, S – Significant, N.S – Not Significant

The table 5 shows the correlation between marital relationship, marital harmony and self-esteem among husbands.

The table shows that the calculated Karl Pearson's Correlation value of $r = 0.545$ between the marital relationship vs. marital harmony, $r = 0.790$ between marital relationship vs. self-esteem shows a high positive correlation among the married couples (Husband) which was found to be statistically

significant at $p < 0.01$ level. This clearly infers that when marital relationship between the couples (Husband) improves then ultimately the marital harmony and self-esteem among the couples (Husband) also improves.

But the calculated Karl Pearson's Correlation value of $r = 0.328$ between marital harmony vs. self-esteem shows a mild positive correlation but was not found to be statistically significant at $p < 0.05$ level.

Table 6: Correlation between marital relationship, marital harmony and self-esteem among wives.

N = 14

Variables	Mean	S.D	Karl Pearson's Correlation 'r' & p-Value
Marital relationship	29.00	10.83	R= 0.396 P= 0.161, N.S
Marital harmony	69.07	10.39	
Marital relationship	29.00	10.83	R= 0.494 P= 0.073, N.S
Self Esteem	23.50	5.38	
Marital harmony	69.07	10.39	R= 0.690 P= 0.006, S**
Self Esteem	23.50	5.38	

** $p < 0.01$, S-Significant, N.S-Not Significant

The table 6 shows the correlation between marital relationship, marital harmony and self-esteem among husbands.

The table shows that the calculated Karl Pearson's Correlation value of $r = 0.545$ between the marital harmony vs. self-esteem shows a substantial positive correlation among the married couples (Wife) which was found to be statistically significant at $p < 0.01$ level. This clearly infers that when

marital harmony between the couples (wife) improves then ultimately the self-esteem among the couples (wife) also improves.

But the calculated Karl Pearson's Correlation value of $r = 0.396$ between marital relationship vs. marital harmony, $r = 0.494$ between marital relationship vs. self-esteem shows a mild positive correlation but was not found to be statistically significant at $p < 0.05$ level.

Table 7: Correlation between marital relationship, marital harmony and self-esteem among the individuals.

N = 51

Variables	Mean	S.D	Karl Pearson's Correlation 'r' & p-Value
Marital relationship	26.11	10.62	R= 0.472 P= 0.0001, S***
Marital harmony	67.78	14.45	
Marital relationship	26.11	10.62	R= 0.273 P= 0.053, N.S
Self Esteem	24.13	4.89	
Marital harmony	67.78	14.45	R= 0.585 P= 0.0001, S***
Self Esteem	24.13	4.89	

*** $p < 0.001$, S-Significant, N.S – Not Significant

The table 7 shows the correlation between marital relationship, marital harmony and self-esteem among the individuals.

The table shows that the calculated Karl Pearson's Correlation value of $r = 0.472$ between the marital relationship vs. marital harmony and $r = 0.585$ between marital harmony and self-esteem shows a moderate positive correlation among the

individuals which was found to be statistically significant at $p < 0.01$ level. This clearly infers that when marital harmony among the individuals improves then ultimately the marital harmony and self-esteem among the them also improves. But the calculated Karl Pearson's Correlation value of $r = 0.273$ between marital relationship vs. self-esteem shows a poor positive correlation but was not found to be statistically significant at $p < 0.05$ level. Hence, the tables (table number-1,2,3,4,5 and 6) clearly shows that proposed hypothesis were accepted. There was a

significant relationship between psychological variable such as self-esteem, marital adjustment, marital satisfaction and marital harmony.

Phase III

The researcher implemented the self-esteem intervention to improve marital adjustment, marital satisfaction and marital harmony among couple. Following are the tables to express the effect of intervention on psychological variables across periods (pre, post, follow-up).

Table 8: Shows the mean, Std. Error and t-value on marital adjustment, marital satisfaction and marital harmony of wives group I at pre, post and follow up.

Assessment period	Comparison	Marital adjustment			Marital satisfaction			Marital harmony		
		mean	Std.E	t value	mean	Std.E	t value	mean	Std.E	t value
Pre	Pre-post	29.0	0.78	8.34*	11.93	0.78	5.34*	29.56	0.34	6.67*
Post	Post-follow up	35.4	0.82	5.24*	14.32	0.82	7.24*	34.89	0.24	6.26*
Follow up	Follow up-pre	33.0	0.68	7.45*	13.34	0.68	5.45*	31.89	0.45	5.45*

*-significant at .05 level

Table 8 shows that comparison of various period (pre, post and follow up) on psychological variables. When comparing pre, post and follow up, Marital adjustment seems to be increased significantly at 0.05 level. When comparing pre,

post and follow up, Marital satisfaction seems to be increased significantly at 0.05 level. When comparing pre, post and follow up, Marital harmony seems to be increased significantly at 0.05 level.

Table 9: Shows the mean, Std. Error and t-value on marital adjustment, marital satisfaction and marital harmony of wives group II at pre, post and follow up.

Assessment period	Comparison	Marital adjustment			Marital satisfaction			Marital harmony		
		mean	Std.E	t value	mean	Std.E	t value	mean	Std.E	t value
Pre	Pre-post	28.10	0.98	4.34*	11.64	0.83	4.94*	29.86	0.34	7.37*
Post	Post-follow up	37.43	1.22	6.64*	13.88	0.92	6.56*	34.45	0.24	4.76*
Follow up	Follow up-pre	33.03	0.63	5.62*	12.64	1.82	7.60*	33.25	0.45	0.45NS

*-significant at 0.05 level NS-not significant

Table 9 shows that comparison of various period (pre, post and follow up) on psychological variables. When comparing pre, post and follow up, Marital adjustment seems to be increased significantly at 0.05 level. When comparing pre, post and follow up, Marital satisfaction seems to be increased

significantly at 0.05 level. When comparing pre and post on Marital harmony seems to be increased significantly at 0.05 level. In marital harmony, period pre-follow up is considered to be not significant.

Table 10: Shows the mean, Std. Error and t-value on marital adjustment, marital satisfaction and marital harmony of husbands of wives II group at pre, post and follow up.

Assessment period	Comparison	Marital Adjustment			Marital satisfaction			Marital Harmony		
		mean	Std.E	t value	mean	Std.E	t value	mean	Std.E	t value
Pre	Pre-post	30.30	0.49	7.34*	11.83	0.68	6.04*	31.88	0.44	6.45*
Post	Post-follow up	34.63	1.34	5.74*	13.42	0.87	5.54*	35.34	0.54	5.28*
Follow up	Follow up-pre	32.89	0.57	6.90*	13.99	0.45	6.15*	34.91	1.05	5.33*

*-significant at 0.05 level

Table 10 shows that comparison of various period (pre, post and follow up) on psychological variables. When comparing pre, post and follow up, marital adjustment seems to be increased significantly at 0.05 level. When comparing pre, post and follow up, marital satisfaction seems to be increased significantly at 0.05 level. When comparing pre, post and follow up, marital harmony seems to be increased significantly at 0.05 level. Hence tables (8, 9 and 10) show that self-esteem intervention had significant effect on marital adjustment, marital satisfaction and marital harmony among couple. This also concludes that proposed hypothesis in phase III were accepted.

Conclusions

- i). Psychological variables (marital adjustment, marital satisfaction and marital harmony) and some demographic factors were related to each other.
- ii). Self-esteem enhancement training programme has to be given to both husband and wife to ensure marital satisfaction, marital adjustment and marital harmony.

Suggestions for Future Research

- The sample could include more women.
- The study could keep in mind the uniformed service men and women like police officers, paramilitary forces and assess their marital harmony. This could be a factor that

affects the quality of time being spent at home with their spouse and children.

- Presence or absence of children in marriage and it is a fact to be considered in the coming field of research.
- Marriage is the relationship between men and women in which the independence is equal the dependence mutual, and obligation is reciprocal. Marital harmony requires both the husband and the wife to be mutually well adjusted and satisfied, which in the due course of time result in perfect harmony. Marital harmony leads to marital success.
- A cross cultural study focusing on the same area would help to understand the strong cultural influence on marital relationship.
- The present study was restricted on married adults in the urban area in future a study could be conducted on married adults living in rural, semi urban and unpopolar too.
- A similar study can be conducted among Indian rural women. A vast majority of Indian population lives in villages which continue with the traditional life style in which women are required to perform multiple roles.
- Marital harmony among couples is a duty of both parties, hence both of them must work together in resolving issues that may cause disharmony in their various homes and the society at large must not isolate or labelled couples who is having one disability or the other as someone who is irrelevant in the society but rather, they should be incorporated into all family affairs in the society when need.
- The professional marriage counsellors and other concerned individuals and bodies should organize and create more awareness through marriage counselling workshops, symposia and conferences for married persons on the need for marital harmony.

Implications of the Study

Self-esteem enhancement training may be of great benefit to young adults who are yet to enter the institution of marriage as a part of premarital counselling and also offer guidelines for couples who are already married to enrich their marital relationship.

- Finding of the study can be used to developing a training module to enhance marital harmony.

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