CHAPTER - V

SUMMARY, CONCLUSIONS, LIMITATIONS AND SUGGESTIONS

5.1 Summary: -

Marriage is the process by which two people who love each other make their relationship public, official, and permanent. It is the joining of two people in a bond that putatively lasts until death, but in practice is increasingly cut short by divorce. Of course, over the course of a relationship that can last as many as seven or eight decades, a lot happens. Personalities change, bodies age, and romantic love waxes and wanes. And no marriage is free of conflict. What enables a couple to endure is how they handle that conflict. So how do you manage the problems that inevitably arise? And how can anyone keep the spark alive?

The present study has been conducted to investigate the difference between male and female counterparts on marital adjustment and life satisfaction in Indian context. In this chapter the summary of investigation has been stated, as well as this chapter also includes the implications of the study and suggestions for future research.
5.2 Statement of the Problem: -

“TO COMPARE THE STUDY OF MARITAL ADJUSTMENT, LIFE SATISFACTION AMONG MALE - FEMALE”.

5.3 Significance of the study: -

- This study may provide quantitative data on effect of gender and area of living on marital adjustment and life satisfaction.

- The study may highlight the importance of the marital adjustment and life satisfaction as a field of inquiry for profound our understanding of the nature, prediction of well-being.

- The study may bring an impetus for future experimental studies regarding the effect on prediction of marital adjustment and life satisfaction on the bases of gender and area of living.

5.4 Objectives:-

- To determine whether marital adjustment and life satisfaction are influenced by gender and area of living.

- To find out whether there are individual difference in terms of gender and area of living.
• To explore whether gender and area of living differ marital adjustment and life satisfaction.

• To suggest the importance of person’s gender and area of living are predictive of their marital adjustment and life satisfaction.

5.5 Hypotheses:-

1. Female would exhibit more adjustment in their marital life than male.

2. Female would experience more life satisfaction than male.

3. Subjects living in urban area would exhibit more adjustment in their marital life than subjects living in rural area.

4. Subjects living in urban area would experience more life satisfaction than subjects living in rural area.

5. Female subjects living in urban area would exhibit more adjustment in their marital life than female subjects living in rural area.

6. Male subjects living in urban area would exhibit more adjustment in their marital life than male subjects living in rural area.

7. Female subjects living in urban area would experience more life satisfaction than female subjects living in rural area.
8. Male subjects living in urban area would experience more life satisfaction than male subjects living in rural area.

5.6 Sample: -

The population of this study was the married person (age range between 25-40 years) those living in Aurangabad, Maharashtra. The sample consisted of 400 people - which were classified 200 male and 200 female again both groups were classified equally in urban and rural. The sampling was purposive (a type of probability sampling). All subjects were similar kind of socio economic status. From each pair of couple one counterpart was working and another was homemaker.

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<tr>
<th></th>
<th>Male</th>
<th>Female</th>
<th>Total</th>
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<tbody>
<tr>
<td>Urban</td>
<td>100</td>
<td>100</td>
<td>200</td>
</tr>
<tr>
<td>Rural</td>
<td>100</td>
<td>100</td>
<td>200</td>
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<tr>
<td>Total</td>
<td>200</td>
<td>200</td>
<td>N = 400</td>
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5.7 Conceptual Clarification and Operational Definitions of the Dependent Variables: -

- **Marital Adjustment:** - “Accommodation of husband and wife to each other at a given time”. Locke, H. J., & Wallace, K. M. (1959). Present study marital adjustment was determined with the
help of Marital Adjustment Inventory by Singh, H. M. for literate wives and husband.

**Life Satisfaction:** -Life satisfaction or personal adjustment is something very important in our life. In the modern life, which is so full of stresses of various kinds, life satisfaction has acquired supreme significance. Therefore life satisfaction is considered an important variable in younger adults as well as aged citizens. Life satisfaction is manifested through health, economic, marital, personal, social, family and job satisfaction. In this study life satisfaction was determined with the help of Life Satisfaction Scale by Dr. Q. G. Alam and Dr. Ramji Srivastava.

## 5.8 Description of the Test-

1. **Marital Adjustment:** - To assess the marital adjustment of the subjects, the Marital Adjustment Inventory, was used, constructed by Singh, H. M. for literate wife’s and husband. National Psychological Corporation, Agra(1987). Its reliability is 0.94.

2. **Life Satisfaction Scale:** - To assess the life satisfaction of the subjects, the LS scale, was used, constructed by Dr. Q. G. Alam and Dr. Ramji Srivastava. National Psychological Corporation, Agra. Its
reliability is determined by Test-Retest method found 0.84 and validity is 0.74.

5.9 Design:- 2x2 Factorial Design

<table>
<thead>
<tr>
<th></th>
<th>A1</th>
<th>A2</th>
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<tr>
<td>B1</td>
<td>A1B1</td>
<td>A2B1</td>
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- **A** = Gender
  - A1 = Male
  - A2 = Female
- **B** = Area of Living
  - B1 = Urban
  - B2 = Rural

5.10 Variables under study:-

- Independent variable: - Gender and Area of living i.e. Urban and Rural.
- Dependent variable: - Marital Adjustment and Life satisfaction.
5.11 Procedure:-

After having the sample selected, the researcher was administered the both tests to 400 subjects and record the scores on this test. Thus, the collected data were analyzed by statistical techniques.

5.12 Proposed statistical procedure:-

The sample available for statistical analysis consisted of 400 subjects. The present study was not possible experimentally because of the nature of the investigation. To attain all objectives of the present study proposed statistical analysis mainly consisted of descriptive statistics i.e. mean and S.D., two way factorial univariate analysis of variance were employed on variables i.e. marital adjustment and life satisfaction. Thus the present investigation was two way factorial research.

5.13 Result analysis:-

Main findings of the present study: -

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

1. Results indicating that mean score (35.65) of the female is comparatively larger than mean score (24.76) of the male on level of
marital adjustment, further analysis of variance \((F = 51.15, \, (1, \, 396) \, P < 0.01)\) indicate that significant difference 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. 1 stating that Female would exhibit more adjustment in their marital life than male.**

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

**Hypothesis no. 2 stating that Female would experience more life satisfaction than male has proven.**

3. 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 be exhibit more adjustment in their marital life than subjects living in rural area.

**Hypothesis no. 3 stating that Subjects living in urban area would exhibit more adjustment in their marital life than subjects living in rural area supported by results.**

4. A glance of the results shows 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. 4 stating that Subjects living in urban area would experience more life satisfaction than subjects living in rural area has proven.**

5. Present study revealed that the mean score of female subjects living in urban area (44.86) is comparatively larger than mean score of (26.43) female subjects living in rural area, \(F\) value \((6.73, (1, 396) P < 0.05)\) shows significant difference between female subjects living in urban area and female subjects living in rural area on marital adjustment.
Therefore female subjects living in urban area tend to exhibit more adjustment in their marital life than female subjects living in rural area.

**Thus the results support to the hypothesis no. 5 stated that Female subjects living in urban area would exhibit more adjustment in their marital life than female subjects living in rural area.**

6. Results indicate that the mean score of male subjects living in urban area (30.02) is comparatively larger than mean score of male subjects living in rural area (19.49). Analysis of variance (F = 6.73, (1, 396) P > 0.05) does indicate significant difference between male subjects living in urban area and male subjects living in rural area on marital adjustment. Thus, male subjects living in urban area tend to exhibit more adjustment in their marital life than male subjects living in rural area.

**Thus the results support to the hypothesis no. 6 stating that Male subjects living in urban area would exhibit more adjustment in their marital life than male subjects living in rural area.**

7. Results revealed that the mean score of female subjects living in urban area (41.06) is partially higher than mean scores of female subjects living in rural area (35.79), but, international F value (2.91, (1, 396) P >
0.05) does not indicate significant differences between female subjects living in urban area and female subjects living in rural area on life satisfaction. Therefore, it can be conclude that female subjects living in urban area have experience similar kind of life satisfaction with female subjects living in rural area.

Thus the results do not support to the hypothesis no. 7 stating that Female subjects living in urban area would experience more life satisfaction than female subjects living in rural area.

8. Results shows that the mean score of male subjects living in urban area (34.04) is partially higher than mean scores of male subjects living in rural area (31.54), but, analysis of variance (F = 2.91, (1, 396) P > 0.05) does not indicate significant differences between male subjects living in urban area and male subjects living in rural area on life satisfaction. Therefore, it can be conclude that male subjects living in urban area have experience similar kind of life satisfaction with male subjects living in rural area.

Thus the results do not support to the hypothesis no. 8 stating that Male subjects living in urban area would experience more life satisfaction than male subjects living in rural area.
5.14 Conclusions: -

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

1. Female exhibit more adjustment in their marital life than male counterparts.

2. Female experience more life satisfaction than male counterparts.

3. Subjects living in urban area tend to be exhibit more adjustment in their marital life than subjects living in rural area.

4. Subjects living in urban area have experience more life satisfaction than subjects living in rural area.

5. Female subjects living in urban area tend to be exhibit more adjustment in their marital life than female subjects living in rural area.

6. Male subjects living in urban area tend to be exhibit more adjustment in their marital life than male subjects living in rural area.

7. Female subjects living in urban area have experience similar kind of life satisfaction with female subjects living in rural area.
8. Male subjects living in urban area have experience similar kind of life satisfaction with male subjects living in rural area.

5.15 Limitations and suggestions of the present research: -

In any Social Science investigation, the external validity of the results of the study is limited by many constrains related to the sample selection/availability, research design, reliability and validity of the tools under study and number of variables feasible to study at a time. Thus the researcher has been able to sort out the following limitation in the present study and the suggestions to refine the same have been provided.

- Local of the study was restricted to Aurangabad district only. It can be spread into other areas also.

- The marital adjustment and life satisfaction of the individuals affected by numerous variables, however in the present study limited variable i.e. gender and area of living has studied. In further studies, effect of other variables like age, personality, nature of job, size of family etc. on marital adjustment and life satisfaction can be studied.

- The sample of the study was small. The study can also be done by taking large sample size.
The tools used in this investigation were self-reporting instruments. It is therefore noted that the accuracy of data reported is limited to the ability & willingness of the respondents to give truthful responses.