Chapter VI

Summary, Conclusion and Application
CHAPTER- 6

SUMMARY, CONCLUSION AND APPLICATION

The major aim of this study was to analyze and find out the various psychological factors contributing to marital relationship that would result in better happiness and higher productivity of the married couples. The study examined and identified the factors such as, personality, values, interest, attitude, goals & aspirations and food & clothing preferences of the married couples as the predicting variables determining the marital relationship. Further the study examined the outcome of the marital relationship, namely, happiness and productivity of self, towards family and society. Happiness was examined by the factors contributing to relationship along with productivity of self, towards family and towards society, including relationship. And again productivity of self, towards family and towards society were examined by the factors contributing to marital relationship along with happiness (including relationship).

Further, from the sample selected, the research identified the couples who had better marital relationship and the couples who had poor marital relationship in order to find out the areas of difference. In the same way the differences were also found between the couples with better and poor happiness and the couples with better and poor productivity.

The study examined a sample of 253 married couples (n=506) chosen randomly from the urban areas of Madras, Trichy, Madurai, Palayamkottai.
and Nagercoil in the state of Tamilnadu. The tool "Marital Compatibility Scale" was constructed and validated by the researcher for use in this study. Ex-post-facto research design was used. During the investigation without manipulating the independent variables, the relationship was studied using multivariate methods such as multiple regression, and Discriminant function analysis. Along with the other determining factors of marital relationship contributing to happiness and productivity, other demographic variables such as years of marital life and age were taken as predictor variables.

Conclusion for the present study is presented in the figures-1 & 2.
**Figure 1. Contributing factors**

**Figure 2. Discriminating factors**

*Note: * indicates significance at 0.05 level, and ** indicates significance at 0.01 level*
The contributing factors of marital relationship, happiness and productivity of the couples have been presented in the figure-1. The prediction of marital relationship leading to happiness and productivity is not substantiated. It means, that marital relationship is not contributing as an intervening variable in enhancing happiness except child rearing (r2), contributing to the productivity of self. Couples of poor and better marital relationship (husbands belonging to poor and better marital relationship and wives belonging to poor and better marital relationship) differ significantly in child rearing (tables - 19, 20 & 21). From figure-2, Child-rearing is also seen to be significantly discriminating the couples in their productivity (Table-29). Hence, one could conclude that better child rearing practices, that are used by parents, belonging to better relationship, which in turn lead to higher productivity. Further research studies can verify whether the parents with better marital relationship contribute to personality development of their children significantly.

Indian parents consider that better child rearing significantly influences their productivity of self. It may mean that they enjoy and value child rearing as a productive work. Much attention, involvement, devotion, and sacrifice may also go together in child rearing. There is substantial evidence that almost all women who are widowed take child rearing as a mission in their life and live only for their children without remarriage. But child rearing is not contributing to the happiness of the couples. It
may mean that child rearing neither leads to better happiness nor to better marital relationship. The ways and means of enhancing happiness and relationship through child rearing could be investigated by further research.

Interviews with Indian parents, reveal that many of the activities of child rearing, especially feeding, toilet training etc are carried out by mothers and grand-mothers when the children are quite young. Subsequently they also take the major share in children's education at the initial stage. Whereas fathers start playing an important role only when the children reach the stage of higher education, by way of arranging admission in a good college and by supporting financially etc. Since child rearing practices are equally shared by parents, a training program may be started to enable both the parents to participate equally in child rearing which may be leading to happiness and strengthening the marital relationship of couples.

**Application** – A training program on better child rearing leading to happiness and enhancing marital relationship could be formulated.

**Objectives of the training program**

1. Understanding better psychological methods of child rearing
2. Realizing the happiness of child rearing
3. Equal sharing of child rearing by both the parents
Child rearing and happiness discriminates low and high productivity (table-29). Hence, it could be concluded that the couples who are more happy are more productive. Productivity contributes significantly to happiness as well as discriminates the couples in happiness. The couples who are more productive are also more happy. That means, if the couples are made more productive they can enhance their happiness.

Positive of women (a1) also contributes to productivity towards family. It means that when the husbands develop better and positive attitudes towards their wives, they in turn, boost the self-esteem of wives who can do the following:

1. rearing the children well and contributing to better development of children
2. managing the family finances effectively
3. building better human relations among the family and relatives

Application – A training program could be arranged in order to make the spouses learn more about the areas where both can be more happy and productive to self, family and the society.

Couples with varied interests in literary, sports and other activities are more productive. Usually women dominate in arts like dances and other cultural and literary activities. Women are also coming up in sports compared to men in recent times. If both men and women are good in various talents and interests, it enhances their productivity. For example,
Barath Rathna, Tmt M S Subalakshimi has contributed a lot towards the productivity of her family through her music talents. Hence, it could be concluded that similar or complimentary talents of interests of couples will enhance the family productivity.

**Application** – A training program to identify or build up talents and interests could be conducted.

**Objectives of the program**

1. Training to find out the talents and interests in various activities
2. Training programs enhancing the skills in all possible areas
3. Making husbands to recognize and reinforce the talents of their wives

Many husbands fail to recognize the talents of their wives. Here is a case treated by Kaliappan (1998). A house-wife reported sleeplessness for nearly 21 years. During treatment she exhibited lot of talents and potentialities which she never used before because nobody in the family recognized any of her talents. Particularly her husband never recognized or appreciated her talents and she became a little depressed. But somehow she was managing her household activities including rearing up her two children. Once her talents and interests were recognized and appreciated her whole life was changed with more productivity and her sleeplessness vanished. When her talents in writing were recognized an appreciated she even published some articles in a women’s magazine.
There are so many who suffer from such suppression and non-reward. These women could be made more productive through proper recognition and training programs.

Food habit is seen contributing not only to marital relationship but also to productivity in the present investigation. The couples with similar food habits could strengthen their marital relationship. Similarly, they seem to be more productive. How and why food habits contribute to marital relationship and productivity should be investigated by further research.

Goals & aspirations not only contribute to relationship but also to happiness. In addition, it indirectly contributes to productivity through happiness (Figure-1). Goals & aspirations also discriminate the couples in happiness and productivity jointly, and happiness alone. Couples' satisfaction with regard to economic status, family, social, professional and spiritual life is considered under goals & aspirations. From the results, it could be understood that their satisfaction in the areas mentioned above determines and discriminates the couple's relationship and happiness. Hence, it is concluded that more the satisfaction of the couples in their goals & aspirations the better would be their relationship and happiness and vice versa. Similarly, unhealthy habits (a5) contribute to relationship and happiness. Hence, it is concluded that couples with less unhealthy habits are better in their relationship and
Application - It could be generally seen that mostly people (except a very few) are not very clear about their goals & aspirations. Training programs could be arranged to make the couples understand each other with regard to their goals & aspirations.

Training for effective communication and mutual support between the couples could also be arranged in order to make them more productive and happy. Alcoholism and drug addiction has also seemed to hinder the couples' relationship, happiness and productivity. Hence programs on drug abuse will help a lot to strengthen the couples' relationship, happiness and productivity.

In addition to goals & aspirations, spousal acceptance (r3) and sexual relationship discriminate couples in high happiness and productivity jointly and happiness alone. Hence, it is concluded that couples with better spousal acceptance and sexual satisfaction have better productivity and happiness. In other words, couples who do not allow their partners physical appearance, ability and their professional popularity to affect their relationship have better productivity and happiness. Also, those couples who are faithful, sensitive to sexual needs of each other are more productive and happy. Hence, programs on sex education, intimate therapy for sexual compatibility, confidence building would definitely enable the couples to eliminate their wrong attitude towards sex and enhance their relationship.
Application – Programs to understand each other's uniqueness, popularity and to find ways of helping themselves and others might enhance their mutual confidence and acceptance. Also counseling in sexual life, mutual need and faithfulness might enhance their productivity and happiness.

Cognitive personality discriminates couples with happiness and productivity. It is obvious when one is high in intelligence, memory, creativity and initiative he or she will be highly productive and happy. Hence, it is concluded that couples with high cognitive personality are more productive and happy.

Application – While matching the couples for marriage, matching of similar cognitive personalities will lead to more productivity and happiness. Those couples would bring happiness not only to themselves but also to others. They would also be highly productive to self, family and nation at large.

Values very significantly contribute to couples' marital relationship (Fig 1). It means that couples give importance to value systems such as, love, service, faith, truth, sacrifice, righteousness, responsibility etc. Hence, it is concluded that similar value systems of the married couples really enhance their marital relationship.

Personality factor, interpersonal richness contributes significantly to marital relationship. It is concluded that couples who are sociable,
relationship. Whereas interpersonal deficit contributes to happiness. It is concluded that couples who are less dominant, less sensitive, less aggressive, less skeptical etc --- happy.

Application – Training programs could be organized for the couples through which they could assess their interpersonal richness and interpersonal deficit Training could be imparted to the couples for reducing interpersonal deficit and enhancing interpersonal richness

Training programs suggested for the married couples

The following training programs are suggested for the couples who are already married for strengthening their relationship, and enhance happiness and productivity

1. Training on better child rearing practices
2. Training for developing positive attitude towards women
3. Training for increasing the understanding in areas of happiness and productivity
4. Training program to explore and identify talents and interest among partners
5. Training program for married couples for understanding each other’s goals and aspirations
6. Training for understanding and acceptance of each other’s individuality and popularity
7. Training program to enhance sexual life
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Training for enhancing interpersonal richness and reducing interpersonal deficit

Psychological matching of individuals for marriage and premarital training

The researcher suggests various levels of matching by using the "Marital Compatibility Scale". Individuals choosing partners of 1st level need not necessarily undergo psychological counseling but those choosing partners of 2nd and 3rd levels should necessarily be trained and undergo psychological counseling. Researcher suggests two levels of matching, with regard to interests, talents, goals & aspirations, values, and food & clothing preferences, which would result in better relationship, and higher happiness and productivity. The 1st level consisting of both the partners having similar interests, talents, goals & aspirations, values, and food & clothing preferences, and the 2nd level consisting of one partner having the interest, talents, and the goals, and the other able to appreciate, enjoy and follow the same. When matching is done parents of the couples should get the list of their interests, talents, goals & aspirations, values, as revealed in fig 1 & 2.

The researcher also suggests three levels of matching with regard to physical appearance and ability, at 1st level, Men being little taller, few years older, little more educated, earning little more than the women, of the same caste, religion, and socio-economic status, and at 2nd level, compromising on any one of the factors, and at 3rd level, compromising on
many of the factors. Matching on the above levels would enhance their spousal acceptance (r3) accordingly.

With regard to personality, higher the compatibility (especially with regard to cognitive personality such as intelligence, creativity, memory, and initiative etc.,) would result in strengthening relationship, and higher happiness and productivity. Similarly compatibility of interpersonal richness such as sociable, flexible, tolerance, trusting people, sense of humor, contentment, and appreciative would strengthen relationship and increase happiness and productivity. Therefore the researcher suggests 3 more levels of matching for the areas of cognitive personality and interpersonal richness, the 1st level being, both men and women similar in cognitive personality and interpersonal richness, the 2nd level being, compromising on few of the factors, and the 3rd level being, compromising on many of the factors.

1. Training for helping young men and women to know their interest, talents, goals & aspirations, values, and food & clothing preferences so as to select suitable life partners.

2. Training for young men and women on child rearing regarding - planning for child birth, preference of gender, other family planning methods, and attitude-development of equal sharing and democratic parenthood.

3. Training on personality development for young men and women.
Researcher's study experience

The researcher's expectation was that the marital relationship would have a significant contribution towards happiness and productivity of the couples. But the results indicated that the marital relationship had no effect on happiness and productivity except only one relationship factor—child rearing, contributing to productivity of self. Otherwise relationship seemed to be distinct factor from happiness and productivity.

After obtaining the results, the researcher wanted to interview a few families that belonged to better marital relationship group, in order to find out the nature and impact of their relationship to their happiness and productivity. The following facts and experiences were revealed during the interview. The researcher conducted the interview with each pair separately with the following questions. They were, "What do you mean by living happy and successful as married couples? Did you ever quarrel among you about sex, money, responsibility, or kids' disciplining? Did you have difficult times in adjusting with each other on any issues? And What above all motivated you to maintain the relationship?"

Almost 7 couples of those who were identified as happy couples were interviewed and their marital years ranged from 15 to 45 years. They all meant happiness and success by fulfilling their personal and partner's needs and maintaining the family with mutual understanding and adjusting tendency in good and bad times. The couples more or less reported the
same matter telling that they developed a kind of give and take attitude during the time of conflicts. Of course, all accepted their experience of hardships in understanding each other initially, and some major conflicts and quarrels in the long run. They said that they had misunderstanding mainly in family administration, finance, children's education and in-laws. They seemed to have overcome those times only by developing a sense of yielding and adjusting to each other. The female spouses while asked separately said, that though their husbands were the ones who made decisions and plans for the family they used to consult and discuss with them on most of the major issues. The female spouses were also able to convince their husbands on some issues like, intimacy, children's development, and finance. On the whole, the major role of their relationship experience, as they expressed, could be understood as yielding, adjusting and understanding. Though these views were revealed by both the partners together, the researcher could observe from the wives that they were the only ones who were more adjusting and yielding in many occasions than their husbands. This was an indication that the wives contributed more cooperation in maintaining the relationship.

But to the last question regarding their motivation, they all unanimously answered, with more emphasis on children's well-being, family reputation, and social expectation. To safeguard the family reputation was the primary reason to one of the male spouses. Others insisted on the need of togetherness, companionship. Most of the female members were very strong on the issue of their children's well-being, education and their settlements in maintaining their relationship. They said that their