CHAPTER II

REVIEW OF RELEVANT LITERATURE
In this chapter II relevant studies on different kinds of marriage, marital adjustment and different problems of marriage will be presented in such a way that necessary hypothesis may be drawn on the basis of the review of relevant literature and past related studies. Mark Donbeck (2006) stated the following factors that make successful marriage.

i) **Friendship**: Successful partners develop a significant friendship. They genuinely like each other, amuse and comfort one another and prefer to spend time with each other.

ii) **Role Expectations**: The partners reach agreement with regard to how they will behave towards each other. Traditionally, male partners use to take care of financial obligation and female partners play the nurturing role. Tradition has broken down in the light of industrialization, it is not uncommon to find both partners sharing these roles to one degree or another. Failure to reach agreement with regard to a role leads to marital disorganization.

iii) **Emotional Intimacy**: The partners should learn to trust each other, to laugh together and to support each other in times of need.

iv) **Personality Compatibility**: Personality compatibility is very important in determining marital adjustment. When all factors relating to
marital adjustment are considered, personality of the spouse is of paramount importance. Background factors like type of marriage, economic condition, family background and religion appear to be of less important.

Eva and Shanhong (2005) also emphasise that personality similarity is likely to facilitate marital adjustment and personality difference result in friction and conflict in daily life.

Schlesinger (1980) has given the following 10 (ten) important areas of marital adjustment:

i) Respect for each other,

ii) Trusting each other,

iii) Loyalty toward each,

iv) Love,

v) Counting on each other,

vi) Considering each other’s needs,

vii) Providing emotional support,

viii) Commitment,

ix) Fidelity and

x) Give and take in marriage.
According to the Encyclopedia, Wikipedia the kind of marriage one depends upon the kind of person one is. If a person is happy, well adjusted person the chances are there, they will have a well adjusted marriage. If a person is discontented and bitter about of his/her own life, he will carry this to his married life (Enelyn and Reuber 2005). Men and women who previously, used to enter and remain in marriage are walking way from it in large numbers. This only proves that every marriage has rocky shoal. Incidents of misunderstanding and distrust have became countless and many families are on the brink of ruin and disaster. Though society is changing fast, the people still believe that marriage is sacrament. It is a religious necessity, rather than a mere physical culture. All civilized people recognize marriage as the only basis for family life, and all mass experiments in other forms have proved to be a failure e.g. living together concept, etc. Marital distress or adjustment can be inferred from the laughter (Farley and James, 1979).

To make a successful marriage both the husband and wife have to make adjustment with each other forgetting their differences and dissimilarities. Now a days divorce rate is increasing and many marriages are unsuccessful and maladjusted as there is lack of self-
control and not a healthy way to react to marital problems. A successful marriage seems to emphasize friendship, commitment, trust, social support, similarity and a consistent determination to create a positive affect (Adams, Jones et al. 1985).

It is considered that marriage is made in heaven, but to maintain this marriage one has to sacrifice, compromise and should want to continue their marriage. When asked about the qualities of an adjusted marriage, the spouses reported the following –

i) Love,

ii) Supporting each other,

iii) Realistic expectation,

iv) Respect for each other,

v) Sense of humour in marriage,

vi) Tolerance,

vii) Communication,

viii) Caring,

ix) Nurturing,

x) Enjoying one another,

xi) Having fun together,
xii) Having same kind of personality,

xiii) Know how to handle conflict and

xiv) Solve problems of life together.

Marriage is not a battle, where one is a winner and other is a loser. Whenever there is agreement or conflict instead of arguing or attacking, one should stop and look at the conflicting or problematic situation in an empathetic manner and try to sort it out in a positive and mutual way, instead of trying to tear each other.

Traditionally marriage was considered as said before an inseparable union between two persons and two families. In the traditional system divorce or separation was a rare phenomenon, as one joined in the wedlock, no one can separate. But in 20th century marriage is considered as personal fulfillment of needs of both biological and psycho-social nature. If these needs are not fulfilled or satisfied, divorce is the consequence. Adjustment in marriage depends on both the spouses. It is not the responsibility of only one spouse to maintain or sustain a marriage. Both the partners have to work to maintain the marriage. At present, the relationship between the spouses is of comradeship and companionship. There is an urge
between the partners to share every sphere of their life in both intellectual and practical aspects of life. In order to adjust in marital life one should understand his/her own personality type and the personality type of the other person involved in the relationship and this will lead to a better understanding and healthy and successful marriage. The factors that have been found to contribute to the decline of satisfaction and the ending of marital relationship are as follows :-

i) Arousing recognition of dissimilarity in personality,

ii) Increasing negative affect,

iii) Jealously, and

iv) Boredom among the partner.

Marital adjustment mainly depends on the personality of both husband and wife. Their compatibility, understanding, trust, holding each other on high esteem, sexual satisfaction etc. are the vital factors which make a good marital adjustment. Besides all these factors, the most important key factor that promotes marital adjustment is personality.
As stated by Gupta (1987) Personality similarity is important for understanding and promoting marital satisfaction or harmony among married couples.

According to Costa, Paul et al (1983) personality has an enduring and pervasive influence on marital life. Today marriage is considered not as a state, but as an adjustment.

According to Jahanara (2003) marriage is said to be well adjusted when there is love between the partners and enjoyment, depending on each other, understanding, supportive care for each other and respect each other. Though love is an important factor that binds the partners together, but if the personality of both the partners is far apart i.e., totally different then the marriage will not be a happy marriage. It will simply be a surviving marriage i.e., bound together for fear of separation, but not for love for each other. It will not be surprising to say that personality and marriage go simultaneously and these have been proved by many social scientists like Richard (1990), Zbigniew (1981), Jeffery (2001) to name a few.

According to Fiore & Anthony (1977) there is little difference between well-adjusted and mal-adjusted marriage in terms of
expression of love in marriage, but the well adjusted couples express significantly more love than did the mal adjusted couples. There was also difference in the expression of affection and in providing moral support and encouragement for each other.

Kumar and Dhyani (1966) stated that it is the attitude towards marriage that makes the difference in the marriage making it good or bad, not the type of marriage whether one has opted for love or arranged marriage.

Marriage will be successful with the individuals who share a same “wave length”. In earlier days if the partners were not happy, they adjust by compromising their personal gratification for fear of society. But today’s scenario they have changed totally, the partners pay more importance to their personal gratification than to the need and importance of the society. Similar personality traits are important in today’s marriage than the other factor which seems and valued to be important. Similarity of personality makes a marriage more long lasting. Personality appears to be crucial as it is associated with interpersonal behavior and adjustment. Each personality type has unique needs and reacts to situations in a different way. If we
consider the case of an outgoing person who loves to be the center of attention, he typically is an unorganized person. What would happen if he marries a person who is a quiet person who wants everything in order. It is sure they will have marital problems and as a result there will be dissatisfaction and unhappiness in their marital life.

It is ironic that marriage is considered as one of the greatest social institution which is meant to solve various problems but if we see in today’s world, marriage ends up being one of the major social problems. As a result many steps are taken and one among them is “Family Counselling Cell”. It should be remembered a successful marriage in always based on hard work, patience and forgiveness. If both the spouses consider that their marriage is not a happy one, they should actively try to make their relationship healthy by emphasizing on friendship, commitment, tolerance and forgiveness. Although it is very difficult to reverse a deteriorating relationship, it is possible to save a marriage if both the partners work hard and get involved in mutually rewarding activities. The negative consequences of divorce affects psychological health and well being. The reality of marriage is that the couples have to interact with each other on a daily basis and have to meet with the demands of life starting with household chores,
job, family issue, financial matter, etc. Here, personality of the partners plays an important role in adjusting and making their marriage a satisfactory and successful marriage. People get married and many of these marriages lead to marital conflict and dissatisfaction. It would be profitable for all of us and to the society at large if we can locate the factors that lead to unsuccessful marriage. A successful marriage depends on similarity among the couples in their attitude, values, belief, interest, thinking and behavior and among all these factors the most important is personality which may be closely connected with marital adjustment.

Le Master (1957) identifies nine sets of factors associated with marital adjustment as noted below :-

i) Personality factor,

ii) Family Background,

iii) Sexual factor,

iv) Social class background,

v) In-law relationship,

vi) Attitudes towards money,

vii) Religion,
viii) Children,
ix) Male and female sub cultures.

Mamoria (1981) has given certain techniques by which adjustment in married life can be brought as stated below :-

i) Consideration for each other :- This means that both the husband and the wife should respect each other and be loyal to each other. If any conflict or disagreement arises, one should not disclose to others even to parents as this will lower their self esteem.

ii) Acceptance of the partner as he or she is :- It has been rightly said that – true love involves acceptable as one is not as one would want him to be. In marriage two individuals live together their needs, interest personality will be different. This requires mutual willingness to accept each other, understand and respect each other.

iii) Developing the art of living together – Happiness in marriage has to be earned by mutual and cooperative efforts – not by finding faults, or nagging each other, but by being patience, considerable empathetic and adjusting to the needs of each other.
iv) Satisfaction of needs of the partners – Both the husband and wife should be able to satisfy each other’s needs. i.e., (emotional, physical, etc.).

Marital adjustment is influenced by personality. A person with poor personality adjustment tends to make poor adjustment in marital life. Personality plays a key role in marital adjustment. Marital adjustment is determined by the type of personality one has. Huston (1987) found six characteristics of type A personality which leads to marital disorganization:-

i) They love competition,

ii) They attempt to achieve many poorly defined goals,

iii) They have a strong need for recognition and achievement.

iv) They are always in a hurry,

v) They show intense concentration and alertness,

vi) They are prone to anger.

Fisher and James (2008) stated that neuroticism is harmful to marriage and other intimate relationship.

Marital adjustment is the state in which there is an over all feeling in husband and wife of happiness and satisfaction with each other. It is
of utmost value not only for individuals, but also for the society and nation as a whole.

Crotliels and McCabe (1990) stated that it is sad to mention that marital dissatisfaction leads to several mental disorder to name first is depression, anxiety disorder, stress, drug dependency, domestic violence, etc. Even a person can go to the extent of suicide in case of marital unhappiness. Due to marital unhappiness the couples not only suffer from chronic health problem, but their family members too suffer. The problem of reducing marital maladjustment is important as it has individual, family, social as well as national significance.

Presently splitting of family or marital disintegration has awoken the research scholars to create a scientific study of the problem. Marriage brings along with it many responsibilities. People now a days are career oriented and it has become a frequent practice that spouses live in different places due to their work. For establishing a happy and adjustable or loving relationship “Frequency of exposure effect” is required (ie) physical closeness which required is lacking among the couples. As time pass, romance, love take a back seat, and other issues take an important seat and after few years, couples end up in matrimonial
Adjustment tends to better when the personality of the spouse is similar or compatible. If the personality of the spouse varies, it is the first cause of worry. It has been found that adults who are grown in an environment where the parents have a conflicting relationship too have a lower level of adjustment. People who come from disturbed family get divorced than people who come from a happily married household. In marriage each partner develops a complementary role giving strength and moral courage to each other. It has to be remembered that a well adjusted marriage depends on the hardworking of the husband and wife, forgiveness, holding each other in high esteem, supportive to each other.

Marital adjustment is different in several respects. From other aspect of human adjustment marriage requires the adjustment of the couple with one another. Marital adjustment is a continuous never-ending process where two persons workout a common way of life in order to achieve continuing happiness. In today's world marriage has occupied a different status than that of the traditional one. At present marriage is considered as a form of companionship where the wife is like
a friend helping her husband in every step of life and vice versa. The wife economically contributes to the family also. Regardless of the contribution, women's status is lower than that of men. Intolerance in marriage has been increasing. As a consequence it ends in divorce. Adjusting and developing healthy personal relationships are the important elements in marriage.

Myers Briggs (2006) has given certain useful advice which will help in making a well-adjusted marriage. They are as follows –

1. Understand you partner,
2. Appreciate your partner’s differences and unique contribution to the marriage.
3. Recognize the reason for conflict, and enabling a two way discussion of how such difficulties can be overcome.
4. Recognize your partner’s needs out of the marriage, and enable to structure their lifestyle so that the needs of both the husband and wife are met.

It emphasizes on personality. Though many other factors like age, relation with in-laws, religion, sex, etc. play an important role, but the most influential factor is the role of personality.
Personality is the individual's unique way of thinking, behaving, experiencing the environment. Personality of one individual differs from that of another individual usually in marriage two individuals come close to each other and their personality, interest, values, emotions, etc. affect in the healthy adjustment. If the personality of the couple is compatible or similar, it will help in a positive marital adjustment whether it may be a love marriage or arranged marriage. As stated by Kumar and Dhyani (1996) marital adjustment depends on the attitude of the husband and wife and not on the type of marriage (love or arranged).

Robert and Graham (1979) stated that in a well-adjusted marriage both the spouses must be satisfied and happy with the marriage. Unhappy, but long lasting marriage is not a well-adjusted marriage.

Any type of marriage can be successful if the couples face and solve the specific problem involved. "Thus it appears that no matter how a marriage brings whether it had agreements or not, but its stability depends on the commitment of the couples toward their marriages. Thus it can be said that understanding and adjustment of each other play a vital role in the marriage."
According to Johnson and Me Coeen (1993) marital adjustment is associated with individual's personality characteristic, cultural background, social participation, interpersonal skills and education.

Marital adjustment is the product of interaction between husband and wife.

According to Pervin (1980) children of parents with high marital satisfaction possess better mental health and greater marital adjustment than those children's parents who have poor marital adjustment.

Michael and George (2010) asked couples to follow factors for happy marriage.

The prescribed factors for wives are as follows:-

(1) Love,
(2) Give and take,
(3) It takes two to make a marriage work,
(4) Understanding and patience.

The prescribed factors for husbands are as follows:-

(1) It takes two to make a marriage work,
(2) Honesty and trust,
(3) Give and take,

(4) Love.

According to Thomas Poffenbergert (1959) there are many factors standing to the way of well-adjusted marriage.

1. We have little training for male-female companionship in our society.

2. There are often a lack of self understanding on the part of husband and wife.

3. Many marry before they are really ready for marriage.

A happy marriage is a long time in building. As a matter of fact, it starts right from the time the child is born.

Thomas Poffenbergert (1959) has given certain developmental tasks for a successful marriage.

1. Trust,

2. Emotional independence,

3. Positive attitudes towards family life.

In our society we are still pretty much imbued with the concept of romantic love. There is one person who is meant for us, and that once we have met him life will be rosy that’s all we need to worry about.
Unfortunately this is not the case. The person who may appeal to us may be the one with a personality we can well get along with. However in our culture while selecting a mate physical beauty, family background are given the greatest weight, but in reality for a successful marriage personality of both the partners should be given proper weight in selecting a mate.

So, we can say that the best marriage is that where the personality of the partners is similar to each other leading to a very healthy adjustment. No doubt we all are aware of the role of personality in marriage, but in most of the cases it is being ignored. “People believe that marriage is made in heaven, but formalities are done on the Earth”. The question still remains that if marriage are made in heaven then why the divorce rate is increasing whether it is love marriage or arranged marriage. This signifies that marital adjustment may be positively related with personality. Thus, the issue of love marriage and arranged marriage is not a barrier for successful marriage. Impact of personality plays the major contributing factor for successful marriage. Change in the concept of marriage is the product of our changing way of life. Due to industrialization marriage and adjustment are like the two sides of the same coin. Marital adjustment between the husband and the wife
involves a suitable relationship between them which leads to peace of mind, happiness, pleasure, comfortable relation, joy, satisfaction. For healthy adjustment a desirable personality is needed which will be helpful for the growth of marital relation. On the other hand if the couples fail to adjust, they may suffer from mental troubles, emotional disturbances. The physiological system may be affected and they may suffer from psycho-somatic disorder like hypertensions, diabetes etc. Marriage does not prevent economic and social problems, but it can assist people to prevent in psychological assaults that such problems may otherwise create (Pearlin and Joyce, 1977).

Personality similarity is important for understanding each other and promoting marital satisfaction and harmony among the married couples (Hussain and Gupta, 1987). In marriage, each partner develops a complementary role, giving strength and support to each other. In successful marriage the partners maintain their marital relationship with due respect, love and care for each other. As these factors enhance one’s relationship and will lead to a healthy and happy life for both the husband and wife. The success or failure of marriage depends on the adjustment and accommodation of both the spouses. If the couples fail to adjust, compromise and fail to develop a compatible relationship, the
Marriage is terminated in divorce or if not divorced there is unhappiness in marital life.

Marriage in simple term can be said as loss of personal freedom to gain emotional security. Success in marriage depends on cooperation, while success in other areas requires competition. Personality appears to be very important in adjusting as it is associated with intra-personal and inter-personal behavior and adjustment. Many marriages are unsuccessful due to insecurity. So insecurity among the spouses leads to misperception which may lead to lack of marital adjustment. It is seen that unknowingly we tend to intimate the relationship of parents or role model. It is very important that the parents have an adjustable life as the children develop the same kind of traits and behavior by observing their parents. People who come from divorced homes or broken homes are more likely to get divorced than people who come from happily married home.

The common causes and reasons of unsuccessful marital life are as follows :-

i) Lack of communication between spouses,

ii) Emotional abuse,
iii) Personality difference,

iv) Difference in personal and career goals,

v) Financial problems,

vi) Intellectual incompatibility.

It should be remembered that it is not easy to make a happy marriage, but it is very easy to get divorced or to have a unsuccessful marital life. To develop a successful marital life each partner needs to develop complementary role, affection for each other, care, respect, love, tolerance, patience, perseverance and should have an empathetic outlook for each other.

In Baumeister (Encyclopedia, 2007) it has been stated that people married with persons who are low – i) Conscientiousness,

ii) Agreeableness, iii) Openness and iv) Intellect often complain that their spouses are neglectful, dependent, possessive, condescending, jealous, unfaithful, unreliable, emotionally constricted, self-centered and abusive of alcohol. Thus, the personality characteristics of each spouse contribute greatly to the relationship, culminating in satisfying marriage or its ending in divorce.
In the Wikipedia Encyclopedia, seven types of marriage have been identified—

i) Devitalized couples,

ii) Financially focused couples,

iii) Conflicted couples,

iv) Traditional couples,

v) Harmonious couples,

vi) Balanced couples,

vii) Vitalized couples.

This typology of marital types assists us to understand that all marriages are not alike there is certain differences in them. The first three types of marriage are devitalized, financially focused and conflicted marriages have few areas of strength and are most distressed form of marriage. The Traditional couples lack communication and conflict resolution skills. The last three are balanced couples, harmonious couples and vitalized couples need marital therapy as they have a fully maladjusted married life.

According to Reber and Reber (2001) marriage is a set of social norms. In all cases it sanctions, according to local customs, a union
between two persons and at least theoretically binds them to a system of obligitory behaviours for the purpose of maintaining a family unit.

In earlier stages of life the neuro-physiological system remains plastic and modifiable. So personality can be easily changed and modified quickly in early years of life. But personality cannot be changed and modified so easily when the persons are in the advanced stages of life as the nervous system and other physiological systems which lose their plasticity and modifiability become rigid and fixed. That is why in Indian culture there was a custom previously to get married in early stages of life for better marital adjustment as the personality can be changed and modified easily according to the demands of happy married life. Thus it is found that personality plays an important role in marital adjustment. There may be a close connection and intimate relationship between marital adjustment and personality.

It has also been found that there are incidences of marital maladjustment and unhappiness in the present day society, because of late marriage due to socio-economic and political changes in modern society and ultra modern culture. It is difficult to change the personality pattern in later stages of life when the nervous system and other
physiological systems become rigid and fixed. So marital adjustment becomes difficult as the personality cannot be modified easily according to the demand of marital life.

Indian married life demands enormous adjustment from spouses. It is also an important factor in determining family environment. It has been observed that people have changed the attitudes towards marriages. As stated by Suvarna and Thingujam (2009) traditional division of roles of husband and wife is no longer prevalent in Modern society. Rather spousal relationships are moving towards egalitarian. All these changes might be putting additional pressure on the individual and making marital adjustment a tough job than before.

According to Antill and Susan (1983) egalitarian males share more household tasks and perform more feminine tasks than their traditional counterpart. Egalitarian females perform more masculine task. But husband holds that wife egalitarian is more associated with less marital adjustment.

Every marriage must be based on a commitment and an unselfish loyalty and concern for the other persons. If one person marries for what the other person can get from a person, the marriage will not last. If one
marries for what he can give to the other person, the marriage will be a huge success.

In today's modern world, marriages are the result of the partners having a personal choice in the selection of their spouse. But in rural areas, conservative attitude towards marriage still persists. But in industrial and urban areas democratic attitude is maintained in family relationship. In earlier days, if a boy has bad habits it was believed that if he is married to a good girl, his bad habits will change. It is believed that a good girl has the capacity to change the bad habit of her husband.

Institution of marriage changed a lot from its old traditional style due to the advancement of technology and acculturation and enculturation. Modern marital problems are different from those of the past. In the traditional marriage, family was dominated solely by the husband who was given the title of the lord/Master. Marriage was considered as a sacred bond which could not be broken easily in Indian culture. In the traditional marriage system marriage was considered for continuation of family lineage, but not for sexual satisfaction or mutual enjoyment. In ancient time, women had no freedom, once she got married. She was under the control and mercy of her husband even if she
faced problems or was abandoned by her husband, she had to live in her husband’s house. She had no liberty of her own. She must be ready in satisfying her husband and fulfilling her duties and responsibilities. Due to this low status of women, the issues of marital dispute, conflict and marital mal-adjustment, divorce did not come to the forefront. In traditional marriage the people use to marry as they are destined to be husband and wife. Whatever problems there might be in the marriage, they have to tackle with it and continue to live with each other and have to complete the journey of life with his/her partner.

In the traditional Indian society a husband is the authoritarian figure whose will should always dominate the domestic scene. The wife should regard him as her master and should serve his faithfully. The husband is superior to wife and the wife is his subordinate. The wife’s role was more definite and her duties were more specific than those of the husband and she had to adhere to the set pattern of conduct laid down to her. She had to be attentive to the needs and desires of her lord – always subordinating her own comfort. The traditional society was agricultural and marriage was a religious necessity; and those few who did not marry were looked upon as leading an abnormal life. The time has changed due to industrialization. This change has affected the
concept of family and marriage. No longer one could think of marriage in terms of duties and privileges. These days, marriage is conceived in terms of personality fulfillment, satisfaction of emotional needs and the attainment of overall happiness. Now a wife is no longer considered as a slave of the husband, rather she is a friend, a companion to her husband. The wife is just supporting and helping the husband in every aspect of life. Happiness or unhappiness in marriage today centres primarily round the husband-wife relationship, On each other for emotional security. If these expectations of the husband and wife are not fulfilled or if the personality fails to adjust, marriage is terminated by divorce.

Adital and Yoav (2010) investigated on couple types based on 2 personality traits, attachment security and neuroticism as they are related to 2 facets of the marital relationship a global evaluation of relationship quality and dyadic closeness distance. The sample consisted of 248 married couples who completed measures of attachment anxiety and avoidance, neuroticism, and marital quality, as well as levels of closeness reported over 7 consecutive days. Cluster analyses yielded 3 types of dyadic attachment configurations (secure, fearful avoidant, and insecure- mixed) and 4 types of dyadic neuroticism (low couple neuroticism, high couple neuroticism, wife neuroticism and husband
neuroticism). Significant differences were found among attachment and neuroticism dyadic types in marital quality.

Charania and Rehmatullah (2010) examined personality influences on marital satisfaction. The major goal of this research was to examine the predictive validity of 13 personality traits. The data were analyzed using the Actor-Partner Interdependence model. The result revealed significant actor effects for openness to experience (-), conscientiousness (+), agreeableness (+) anxious attachment(-) souseal absorption (+) and sociosexualty (-) The results confirm the importance of actor, partner, and interaction effects of personality on marital satisfaction.

John Gaynard (2009) investigated the relationship of personality similarity to preferences in choice of a partner. Result indicated that both men and women, similarity on conscientiousness was found to have the highest correlation with partner preferences, low but positive assortative mating correlations were found for agreeableness, conscientiousness and intellect openness. Thus, individuals prefer to mate with partners with personalities similar to themselves.

Fisher and James (2008) explored whether the apparent negative impact of own and partner’s neuroticism on marriage could be explained
by dissatisfaction with sexual relationship. Partner's neuroticism predict lower levels of marital satisfaction among husbands and wives. Results highlight the Negative impact of Neuroticism on marriage.

Clen, Zi et al (2007) investigated the link between marital adjustment and personality among 66 Japanese married couples using Locke and Wallace's short marital adjustment test and the Eysenck personality questionnaire. The structural equation modelling suggests that the husband's neuroticism score is related to the wife extraversion score which is related to the husband's marital satisfaction. Spouse's marital satisfactions were correlated with each other. The study suggests that personality traits of a partner can predict an individual's marital adjustment.

Lavee and Adital Ben-Ari (2004) examined the role of emotional expression and neuroticism in predicting Marital Quality. Data were gathered from a sample of 197. The finding suggested that wives scored higher than husbands on neuroticism and Emotional expressiveness. Neuroticism was a strong predictor of both spouse's perceived marital quality. Wives marital quality was positively associated with both their own and their husband's emotional expression.
Klaus, Anna (2002) explored the relationship between couples’ stable personality variables associated with interpersonal competencies and marital satisfaction with conflict resolution style as the mediating factor. The result indicated that conflict resolution styles appear to form during the 1st year of marriage and are habituated thereafter. The personality variables correspond closely with conflict resolution styles, which in turn influence marital satisfaction.

Richard and James (2002) studied similarity of personality variable as predictors of marital satisfaction. 81 married couples were tested on the MMPI and the Locke - Wallace Marital Adjustment Scale. Pearson product moment correlations revealed that similarity and complementarities of spousal responses for 55 items on the MMPI were significantly correlated at 0.01 level with Marital satisfaction. The result suggested that spousal personality similarity is a reliable predictor of Marital satisfaction.

Wakefield and Lewak (2001) studied the role of general traits of personality and affectivity as predictors of satisfaction in intimate relationship. The sample consists of 74 married and 136 dating couples. The relationship satisfaction of each person was correlated with four sets
of ratings a) Target’s partner-rated personality b) Target’s partner-rated personality c) Partner’s self-rated personality d) Partner’s target-rated personality. Self and partner ratings of the target’s personality yielded very similar results. Conscientiousness and agreeableness were reliably related to satisfaction in the dating couples, whereas extraversion consistently correlated with satisfactions in the married couples.

Arrindell and Luteijn (2000) investigated spousal similarity in terms of personality. It is important for subjective well being. The finding revealed that high similarity in personality scores of intimate partners correlated significantly with subjective well being. Other things (e.g. individual personality factors, marriage quality and marital intimacy) being equal, high spouse personality similarity predicted high adjustment and subjective well being.

Jeffrey and Mehrabian (2001) studied the personality and temperament relation on marital satisfaction. The finding implies that better adjusted persons and those with better adjusted males were more satisfied in marriage. Unpleasant and submissive (i.e. depressed) wives were highly dissatisfied in marriage. Although internal temperament similarity in pleasantness and dominance correlate with marital satisfaction.
Johan, Ted et al, (2000) investigated how personality matter in marriage with regard to the Big Five personality factor alternatively known as trait anxiety, neuroticism, emotional instability, and negative affectivity. The findings demonstrate that both interpersonal and intrapersonal factors are important in marriage. Personality traits influence relationships through interpersonal as well as intrapersonal processes. Trait anxiety, neuroticism, emotional instability and negative affectivity predict divorce.

Geneviere, Yuan et al (1999) investigated the contribution of personality traits to marital adjustment. The sample is composed of 446 couples who completed the NEO five factors in Inventory, which measures the personality traits of neuroticism, extraversion, openness, agreeableness and conscientiousness, as well as the dyadic adjustment scale. Results indicated that self reported and partner-reported personality traits were significant predictors of self reported marital adjustment for both men and women. Personality traits were found to contribute to the prediction of marital adjustment then the effect of neuroticism.
Nemechek and Kenneth (1999) studied the relationship of personality in marital adjustment. The study examines this relationship in 99 married couples. Spousal similarity on the domains of conscientiousness, Agreeableness, Neuroticism's and several personality factors was related to marital adjustment. Only on conscientiousness trait similarity related to marital adjustment differed from husbands and wives.

Karney and Bradbury (1997) explored the trajectory of marital satisfaction in terms of 2 separate parameters – (a) the initial level of satisfaction and (b) the rate of change in satisfaction over time and to estimate the effects of intrapersonal and interpersonal models of marriage. 60 newlywed couples completed measures of neuroticism. The findings provided that neuroticism was associated with initial levels of marital satisfaction and not in the long run.

Eleanore Braun Luckey (1996) enquired the relationship between marital satisfaction with the perceived personality characteristic of self and spouse. The findings showed that the subjects who reported that their marriage had been satisfying and those who reported dissatisfactory were found to see less socially desirable personality characteristic in their mates the longer they were married.
Buss (1990) investigated personality predictors of anger and upset in marital conflict. The findings revealed that self reported neuroticism's frequently was negatively associated with diverse measures of marital adjustment. An individual's level of neuroticism has been the most consistent and powerful personality predictor of relationship outcome.

Hejan, Emre (1990) explored the relationship between personality characteristics of married couples and their marital adjustment. The sample of this research involved 120 married couples. The findings demonstrated that the more similar partners are in their relationship. In addition to this, when men and women were taken under consideration separately, women with high marital adjustment are more organized and disciplined then those with lower marital adjustment and men with high marital adjustment were more dominant than those with low marital adjustment.

Nicole I (1989) found personality predictors of relationship satisfaction among engaged and married couples. An analysis of actor and partner effects with a sample of 3,436 engaged and married couples Findings gave evidence that personality may be a stronger predictor of satisfaction among married couples than engaged couples. With some traits, an
engaged individual’s own personality may be a more powerful predictor of his or her satisfaction than the partner’s personality.

Houston and Karen (1987) investigated type A personality in housewives in relation to work, marital adjustment, stress, tension, health, fear of failure and self esteem. The report revealed that type A personality having poorer marital adjustment and tended to report more marital disharmony than the type B’s.

Hussain and Gupta (1987) observed the role of similarity in marital locus of control as determinant of satisfaction in marriage. The findings of the study showed evidence that similarity in personality among the couples promote understanding and marital satisfaction among the married couples.

Kelly, Lowell (1987) studied personality and compatibility in marital satisfaction with a panel of 300 white couples. Findings suggest that personality characteristic measured by acquaintance ratings mode in the 1930’s were important predictors of both marital stability and satisfaction. The 3 aspects of personality most strongly related to marital outcome were the neuroticism of the husband, the neuroticism of the wife, and the impulse control of the husband.
Gotlaman (1986) assessed the role of emotion in marriage. The findings suggest that emotional expression and control is significantly related to the variations in marital satisfaction.

Richard and Briggs (1985) examined how personality similarity between a couples related to their marital satisfaction. The findings suggest that IQ would have a relationship to marital satisfaction. Couples showed some similarity in some of the personality variables. As far as marital satisfaction is concerned there was no similarity between personality variable and marital satisfaction.

Carlson, Rae (1984) studied Jungian typology III personality and marriage. The findings revealed that marital problems were highly diverse and were not related in any clear way to type patterns individuals or dyads. Results support a central tenant of Jungian type theory - the importance of perceptual and judging functions in the ways individuals construct the most vital issues in their marriage.

Wiggins, James (1983) studied the effect of personality typologies, years married, education level, job congruence and previous marriage on ratings of satisfaction with 125 married couples. Correlational data indicate that personalities seemed to be a major factor in achieving and
maintaining marital satisfaction. For both the husbands and wives, the compatibility of the couples tested personality typologies was the most significant predictor of reported marital satisfaction.

Thomas, Knoxville (1982) enquired about the personality factors related to divorce and to the process of adjustment. The top 25% of the sample in adjustment scores and the lowest 25% of the sample were taken to find out the significant differences between best adjusted and poor adjusted groups on 9 dimensions of personality. The finding suggested that the person who seeks divorce have the following dimensions of personality. They are dominance, self-assurance, intelligence, creativity, social boldness, liberalism, self-sufficiency, ego strength and tranquility.

Michael Sporakowski and Hughston (1978) studied adjustments and satisfactions of couples married for 50 years and above. Couples were interviewed about what they felt the most important factors in happy marriage. Their marital satisfactions were assessed over the stages of the family life cycle. Marital adjustment and personality were examined using a self, perceived — other comparison technique. The most significant outcome of the research findings was the idea of congruence of perception of spouses. It appears to be the major factor in relation to marital satisfaction of couples. This not applies to personality
perceptions, but also to ratings of marital happiness and the various aspects of marital adjustment.

Parikh (1978) studied the personality variables of divorced and happily married males. The personality questionnaires were administered to 75 happily married Indian men. The findings supported that happily married men favour cohesion, organization, coordination and integration and divorced men favour their opposite.

Bailey and Mettal (1977) enquired perceived intelligence in marital partners. It was found that for husbands, 2 important relationships were identified. Perceived intelligence similarity between self and spouse and support for one's self concept from the spouse. Positive correlation was found between self-other intelligence and actual intelligence for both husbands and wives.

De young and Barbara (1976) studied motivation and personality trait relationships in mate selection. The experiment was done on 28 married couples, at least 1 spouse of which was a graduate. Result showed that except for fear and pugnacity all husband-wife trait correlation were positive.
Barton and Cattell (1972) assessed whether or not self-report measures of personality, motivation, and marital role has any relation to the kind of marriage that they experience. Results indicated that prediction was possible from the personality, motivation or marriage role variables. It can be concluded that personality, motivation, and marriage variables are useful in the prediction of several ‘real life’ behaviours in the marriage setting.

William. A. Barry (1970) suggested that personality factors in husbands, not in wives, are associated with marital success. The importance of personality strengths in the husbands is explained as a function of wives’ needs for security and support during the difficult period of transition to being a wife and mother. The healthier the husband’s personality, the more capable he will be in providing emotional support.

Udry J. Richard (1966) studied personality match and interpersonal perception as predictors of marriage. The investigator measured individual personality, personality match and mate perception from those who have married and those who broke up. The findings revealed that personality similarity is required at least in the selection process.
Levinger and Breedlove (1966) investigated interpersonal attraction and agreement of marriage partners and suggested that similarities of attitudes provide an index of marital satisfaction. The findings revealed that similarities of attitudes are more highly correlated with husbands' marital satisfaction than with wives.

Bernard and Vincent (1966) investigated the relationship of marital adjustment to personality. A factor analysis of the interpersonal check list is relevant in this study. In the present study, 26 couples with marital difficulty and 24 control couples were given the Interpersonal check list. The couples did the test six times under different sets. The six variables were the perception of self, spouse, Ideal self, Ideal spouse, Mother and Father. The purpose of the study was to factor analyze the data to determine whether marital adjustment is related to the personality dimensions measured by the interpersonal check list. The finding suggested that there is an independence of marital adjustment and personality as measured by the perception of men compared to similar measures for women. The personality of the wives is related to the success of marriage and husbands' personalities act as a vital factor of the relationship between spouses.
Lee Burchinal and Gardner (1957) studied the hypothesis of Terman that personality characteristics are related to marital satisfaction. The present study used a different sample from the one employed by Terman. The sample of the study is composed of a middle and lower socio-economic class of rural families from the midwest. The result agrees with Terman's findings even though different samples, instruments and weights were used. From the finding of the study it can be derived that personality characteristics are associated with marital satisfaction. Further it has been derived that wives' marital satisfaction scores showed greater association with their husbands' personality scores than the relationship of husbands' marital satisfaction scores and their wives' personality scores.

Uhr (1957) studied personality changes during marriage. The finding indicated that at the beginning of marriage, the husband's personality traits are more strongly related to later happiness in marriage than are the wife's. Further it was suggested that the personality weakness of the unhappy husbands hindered the couples' early adjustment to marriage and difficulty with later tasks of marital development.
Burgess and Willin (1953) investigated neuroticism as related to unhappily married couples. The findings suggested that the happy married couples were characterized as emotionally stable, considerate of others, yielding, companionable, self-confident, and emotionally dependent. The unhappily married couples showed opposite characteristics.

Robert F. Winch (1941) explored the personality characteristics of engaged and married couples. They studied the associations between scores of personality tests and scores of marital happiness and marital adjustment indexes. The studies showed that a similar association obtains between the scores of engaged person on personality tests and on an adjustment in engagement index, this study indicated that the previously demonstrated relationship was not a result of marital halo effect. These studies supported the view that personality factors might have contributed much to marital happiness.
HYPOTHESES

After reviewing the relevant studies hypotheses may be formulated in the following ways –

(A) There may be a correlation between Marital Adjustment and Personality of both husbands and wives.

(B) There may be a correlation between Marital Adjustment and other conditions related to marital life.