CHAPTER I
INTRODUCTION

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Unemployment is an imprecation to the world. Joblessness especially among the youth has a devastating effect on the entire economy of the country. India is a developing country and has great concern for its unemployed youth. Despite being the only state in India with 100 percent literacy rate, Kerala has an alarmingly large number of unemployed. Migration to Gulf countries started off as a solution to the grinding problem of unemployment.

It is a known fact that the Gulf countries have been witnessing several rags-to-riches stories of Indians, especially Keralites. People from India have been migrating to the Gulf countries since 1950s. It gathered momentum and reached sizeable proportions only after the second half of the 1970s. The number increased in the last few years and is still increasing. The number of migrant employees is the highest in United Arab Emirates. As regard to the marital status of migrants more than 70 percent are married. (Department of Economics and Statistics, 2009).

People migrate to Gulf for many reasons. Common among them are better job prospects and prosperity in life. Jobs in Gulf are temporary, irrespective of their nature whether in public sector or private sector. Workers in the skilled category and a few in the semi-skilled are entitled to family packages. For this reason, some emigrants opt to keep their families back home to cut the high cost of living in Gulf and also save money for the future.
Middle East migration has generally contributed to a process of social differentiations in Kerala’s social life. This differentiation has led to a drastic change in the social mobility and status stratification of the lower middle class in the Kerala society. Labour migration to Gulf countries have also resulted in varied outcomes for the individual as well as for the society. Migration to Gulf is an individual solution to overcome monetary problems of the individual which has generally been found successful. The impacts of migration were mostly direct and became visible immediately. Huge buildings, modern household equipments, sophisticated electronic machineries, perfumes and stereos add to the comforts of the families of the migrants. The attire of family members, ornaments clad, much time spent on shopping, everything speaks for itself. Children too enjoy the enhanced economic security and get into educational institutions paying huge donations. Though the whole situation appears to be fascinating to the outsiders, the changes are mostly structural in nature.

There is no doubt that migration to Gulf countries has resulted in improved quality of life. But the quality of life seems to be highly peripheral. The impact of migration on the family and society at large are more negative than positive. Single member households increased by 33 percent and two member household by 42 percent as a result of migration. The migrated workers going outside the country are mainly men and are usually young.

Migration has caused thousands of married women in Kerala to live away from their husbands. The available statistics claim that one out of every eight married women has her husband working abroad. In this circumstance, marriage may be reduced to two-and-a-half months of joy in every two years for the wives and the children hardly get to know their fathers during this
period. A prolonged separation in the early period of marriage seriously
curtails the marital life of many a young couple. Suppressed sobs and plaintive
murmurs linger behind the façade of the luxurious togs and exotic perfumes
that make up the world of these women. According to the Kerala migration
study these women are hardly equipped to cope up with the separation
(Zacharaih, Mathew and Rayan, 2000).

The impact of separation is seen to have become worse with the passing
of years. The women are forced to take up the role of both mother and father
in addition to the role of the daughter-in-law too. Despite the financial
advantages, absence of the father for the children and husband for the wives
lead to major psychological problems. It is a custom in Keralite society that
women stay within the husband’s family.

They are in a situation where they are expected to make adjustments not
only in household work but maintaining a harmonious relationship with other
family members, in spite of several suppressions within.

In addition to the increased household chores and child care responsibilities,
the wives of the expatriate men are subjected to prolonged hard work, loneliness
and frequent economic crisis. In most of the families the women are not involved
in decision making at the family level though they are heading the families as
single parents.

Several studies have shown that the women left behind suffer from a
series of social and psychological problems induced by separation. Research
findings have also shown that women in the migrant households face many
tensions, pressures, conflicts and anxieties. These women definitely face
problems of loneliness, added responsibilities, exploitation by the relatives and
child care responsibilities. There are several cases of accusations of infidelity and extra marital relationships. Misunderstanding by the husbands abroad is yet another pain for these women.

The burden and burn out of these women will be doubled when they begin a career of their own. The dual role as a working woman and a caretaker at home, that too without support, makes these women depressed and helpless.

Nowadays not all women are left behind to suffer. A good number of men are taking their wives and children along with them as they migrate. The wives of such men who enjoy the privilege of sharing their lives with their husbands are looked up with envy by the women in Kerala of expatriate men. They have a strong feeling that the women who accompany their husbands to the Gulf countries are happier than they are. The women in Kerala cherish a dream to be in the Gulf along with their husbands because they have a feeling that the life in Gulf is very colorful and heavenly. But is it really so? The investigator, who is an expatriate herself, thinks otherwise.

The investigation would be incomplete without the inclusion of Arab women. A clear picture emerges across the Arab world when talking about the status of Arab women, as well as their social achievements. Arab society is a collective society in which family and clan relationships play a prominent role. The family, in most cases, provides them with shelter, basic necessities and a relatively secure future, which means that there is little incentive to look for a job or seek other remunerative sources of employment. But of late, equal job opportunities for both genders in many Arab countries have emerged.
The sample for the present study has been taken from the state of Kerala and also from Qatar. Qatar is a small Arab country compared to other Gulf countries. It is comparatively easy to meet and collect the required data from the Keralite wives. Another thing that made the investigator to select Qatar is the cooperative nature of the Arab women. Also the Arab women in Qatar were from different socio-economic backgrounds which would make the study unbiased.

The investigator aims to figure out, through a comparative cross-cultural study, as to who among the three groups - the wives of expatriate men, the expatriate wives in Qatar or the Arab wives have higher marital adjustment, a stress-free life, a positive self-concept and a better quality of life. The investigator is also interested to find out whether these three groups differ in the social support they receive and also in the social interaction pattern. For the sake of a scientific exploration, six variables have been selected for the study. They are marital adjustment, stress, self-concept, quality of life, social interaction pattern and social support. The investigator also intends to probe into the relationship of marital adjustment with the other five variables, which are considered to be the major psychosocial correlates of marital adjustment.

A brief description of each variable selected for the study would help to develop an insight into the importance of these variables in the lives of wives in Kerala of expatriate men, expatriate wives in Qatar and Arab wives.

**Marital Adjustment**

Marriage is a union between a man and a woman. It is a relationship, which also endorses sexual commitment between spouses. In various cultures people marry for various reasons. Some marry for the fun of it, while others
marry for economic reasons, to take cover under the protective wings of the proposed rich spouse. Thus, defining the term marriage is not an easy one because of the diversities in the systems of marriage the world over. Although marriage is known to have some common qualities, it varies from one culture to another.

Marriage can be defined as a legal term describing certain relationship concerning individuals in order to fulfill three different types of needs: material, sexual and psychological. Religiously, marriage is defined as a loving intimate relationship between a man and a woman geared towards procreation and parenting, companionship and fulfillment of social and economic necessities (Saxton, 1992).

Each marriage has its own growth and conflict patterns. Some marriages satisfy the couples’ various material needs, but not their sexual or psychological needs. Apart from love, there are other factors that could contribute to a satisfactory marriage. Some of these factors are money, beauty, intelligence, education, family and pedigree, to name a few.

Marriage is never a static relationship. It is filled with changes, crucibles within which major dynamics of living are worked out. It is difficult to overstate the significance of marriage and family for they affect almost all aspects of life. The experiences in marriage and in one’s family establish the social and emotional context within which one interprets what happens in life. For good or bad, it is within the marriage and the family that the basic feeling about one’s self are laid down, one’s creative potential are either developed and refunded or hindered and destroyed.
Marriage serves as a buffer against conflicting demands of life or they create even more conflict for the individual. Each couple should make adjustments to the specifics that they confront. It is these dynamics of confronting, adapting and working out relationships that become a key for the kind of marital reality a couple experiences.

A wide variety of terms have been applied to evaluate the degree by which any existing marriage can be thought to be successful. They include, among others, marital adjustment, marital stability, marital quality etc. Marital adjustment, the most widely-used term, is the overall level to which the individuals have fitted together into a smooth functioning. It is an interactive process that, when successful, leads to satisfaction or happiness. It also serves to reduce the marital differences, reduce tensions between the spouses and to increase the cohesion of the couple and their agreement on issues that affect the marital functioning. Spanier (1976) used the “dyadic adjustment” to represent the movement along the continuum which can be evaluated in terms of proximity.

Achieving success, however, is an uphill task. Marriage, therefore, calls for adjustment as the relationship can either have a positive or a negative influence on the overall wellbeing of the husband and wife.

Marriage involves considerable adjustment and each person adjusts in different ways. There is no doubt that the durability and the success of marriage depends, to a large extent, on the caliber of the person one chooses as a life partner. At times marriage bonds, which initially were thought to be sailing smoothly, have crashed owing to diverse reasons.
Adjustment has been defined as the degree of an individual’s psychological comfort with various aspects of a new setting (Black, 1988). And with adjustment comes intimacy - both go hand-in-hand. Intimacy has varying definitions. Frey, Holley, and L’Abate (1979) described intimacy as the ‘sharing of hurt feelings’. Waring and Chelune (1983) identified nine components of marital intimacy. They include conflict resolution, affection, cohesion, sexuality, identity, compatibility, autonomy, expressiveness and desirability.

Studies have shown that effective communication, social-support, education, age and religion have an impact on marital satisfaction among married couples. Age is believed to have an effect on the level of maturity of the individual in a marriage, particularly during periods of stress, economic difficulties and emotional problems (Burgess, Locke and Thomas, 1971). Glick (1988) found that husband’s education also vital role plays a in marital satisfaction.

It has been found that the levels of self-disclosure in a satisfying relationship tend to be reciprocal (Cohen and Strassberg, 1983). Both men and women report the highest levels of marital satisfaction when mutual self-disclosure is high.

Mace (1982) suggests that each marriage sets the level of intimacy it will tolerate. Mace’s “love-anger cycle” let us know that as and when a couple becomes more intimate, differences are accentuated, which leads to disagreement. This in turn leads to anger. The failure to achieve love causes the couple to retreat to a more superficial relationship.

Interpersonal relations in marriage and family relations are influenced by many factors. While, some involve intimacy of association, others influence
the development of such an association and yet others affect adjustment after an association is developed. The intimate relation of companionship gives the greatest strength to the marriage. Characteristics such as love and affection, sexual relations and emotional interdependence of temperamental interaction play a big role. If, in connection with these characteristics, there is affection, enjoyment of satisfaction, mutual dependence and compatibility, the marriage proves to be a success. On the other hand, if there is indifference, hostility and dissatisfaction that turn to emotional independence and incompatibility, the marriage becomes a failure.

Marital satisfaction is enhanced when partners have complementary personality styles. It also depends on the two people simply liking each other. However all marriages do not end up in happiness. Conflicts, strained relationships and burn out are common in most marriages. The stress experienced by the couple, especially the women, is considered to be the main cause of most of the marital discords.

**Stress**

Woman, whether she is an aspiring entrepreneur, self-employed or a housewife, has to play multiple roles in society. This is likely to lead to hazards in several areas of her life – personal, occupational and family matters. Physical illness, anger, outbursts and inability to relax are hassles of everyday life. This leads to maladjustments and failure in interpersonal relationships. Experts cluster all these characteristics into a general term called stress.

Stress can make many couples think that their relationship is at an end. Suddenly the endearing personality differences that at one time fascinated and
intrigued them becomes irritating and intolerable. Negativity pervades the psyche of a stressed couple.

Modern living makes marriages more prone to stress. Each person in the relationship has varied expectations about their partners, lives and their future. Stress is involved when one’s expectations come in conflict with their partners’ expectations.

The irritating, frustrating, distressing demands of everyday life, or the stressful features of enduring relationships and roles have been found to have cumulative and significant effects on psychological and physical wellbeing (DeLongis, Folkman, and Lazarus, 1988; Eckenrode, 1984; Stone and Neale, 1984).

Stress within the family is the result of many factors like lack of time, self-expectation, work overload, identity confusion and inadequate negotiation of responsibilities. Stressors external to the family include the discrepancies women encounter between cultural expectations for women’s roles and changing social norms regarding career expectations. Additional stress is created due to dilemmas revolving around the time required to maintain social interactions with relatives and friends as well as fulfilling expectations and responsibilities at home and at work. Each of these stressors may provoke differences and conflicts in a dual-income family.

According to Repetti (1989), along with conflict and anger and its after effects, stress is part and parcel of any marriage, but dealing with it effectively is the hallmark of most satisfying marriages. Stress arising from marital relationships is manifest in chronic disorders such as depression, insomnia and hypertension.
Self-concept

Self-concept is another variable related to marital bliss. Self-concept is a person’s perception of herself or himself. It is different from self-consciousness, which is an awareness or preoccupation with one's self. Components of self-concept include physical, psychological and social attributes, which can be influenced by the individual's attitudes, beliefs and ideas. The self-concept of an individual changes with time and experience, making choice and adjustment a continuous process.

Hall and Lindzey (1957) suggested that the term ‘self’ has come to have two distinct meanings to psychologists; (1) self as object and (2) self as process. Self as object is defined simply as the total aggregate of attitudes, judgements and values which an individual holds with respect to a person’s behaviour, ability, body and worth as a person. To put in short, how a person perceives and evaluates self. Self as process is defined in terms of activities such as thinking and perceiving and coping with the environment.

Cattell (1957) referred to self-concept as the ‘key-stone of personality’. Its importance stems from its influence over the quality of a person’s behaviour and methods of adjustment to life situations.

In broad terms self-concept can be defined as person’s perception of self. These perceptions are formed through one’s experience with one’s environment and are influenced especially by environmental reinforcements and significant others. An individual’s s perception of self are thought to influence the ways in which one acts, and these acts in turn influence the ways in which one perceives self.
Adjustment is very important in the life of every individual. The process of adjustment starts from birth and runs through life. It a continuous process and is a kind and degree of relationship between an individual and his fellow beings.

Self-concept and adjustment are interdependent. Rogers (1961) views that self-concept plays a vital role in adjustment. A well adjusted person would have a sound self-concept and with a sound self-concept one would adjust well. Anantharaman (1980) reports that those individuals who have positive self-concept are better in adjustment than those without.

A self-accepted person does not think of oneself as a paragon of perfection. Instead the individual is able to recognize good features as well as faults. One characteristic of a person, who is well adjusted, is that he usually recognizes and emphasizes his good features rather than his faults. The more the person accepts oneself; the better is the person’s self and social adjustment. The person who makes good personal adjustment will be happy and successful. One who makes good social adjustment will be popular, enjoy social contacts and will have a full and rich life.

It is only natural that people with high self-concept are able to lead happy and successful married lives and people with high esteem are capable of making personal and social adjustments in their lives.

Quality of Life

Quality of life is a broad concept relating in general to the overall level of wellbeing in society. It does not refer solely to the material resources available to individuals or households, but it focuses on enabling people to achieve their goals and choose lifestyle ideal for them.
As Robeyns and Veen (2007) wrote, “there is no generally accepted definition of ‘quality of life’. Quality of life has been defined by the World Health Organization (WHO) as individuals’ perception of their life in the context of culture and value system in which they live in relation to the goals, expectations, standards and concerns. QOL refers to those aspects of life and human functions that are considered essential for living a full life.

Quality of life is seen as the goal towards which we strive and also the degree to which we have achieved that goal. It is proposed that we “reframe” to quality of life.

Quality of life interconnects many different dimension of life such as social, physical and cultural aspects. A broader concept of quality of life acknowledges individuals’ need to belong in different places and social groups, as well as to differentiate oneself by pursuing aims and making decisions and choices.

At an individual level people usually consult, discuss, and negotiate their goals with family and friends, so their very own goals are socially influenced. Beyond this, many capabilities cannot be produced or enjoyed individually, but require cooperation and public action. People’s ability to convert resources into a valuable functioning varies in important ways.

Quality of life (QOL) is yet another variable closely related to marital adjustment. It may be interchangeably used with subjective well-being. QOL reflects the difference and the gap between the hopes and expectations of a person and one’s present experience. Human adaptation is such that life expectations are usually adjusted so as to lie within the realm of what the individual perceives to be possible.
A good quality of life can be said to exist when the hopes of individuals in the marital relations are matched and fulfilled by experience. A good marriage not only produces a satisfied life but it also generates a sense of well-being.

Social psychological results show that the general effect and well being are affected positively with age. A curvilinear relationship between family state and some aspects of marital quality is about as close to being certain as anything ever is in the social science (cf. Orbuch, House and Mero, 1996).

Marital quality tends to peak in the first few years of marriage and then to decline until midlife. After that point it rises steadily with increasing age and duration of marriage.

One traditional approach to measuring the quality of life focuses on the resources commanded by different persons. The most common resource measures by far are monetary indicators of income or consumption. “The value of the living standard lies in the living, and not in the possessing of commodities, which has derivative and varying relevance” (Sen 1987).

According to Hollands (cited in Xiaokun, 2004) a wide range of variables are used as measures of quality of life from physiological indicators such as weight loss to standardized psychological measures of emotional distress.

The process of improving quality of life often requires the sustained collective action of people, and indeed of generations. The quality of life of one person can hardly be traced in isolation, as Putnam demonstrates (2008).
Social Interaction Pattern

Human life has traditionally been a socially connected one, possibly one with deep phylogenetic roots. Social interaction is a central feature of every person’s life. People’s lives have been dominated by being socially connected and having relationships with others. For example, people tend to gather and live in the same dwellings, satisfy various biological needs within the group, rear children together, and generally care for one another. Much of the work that occurs in the world is carried out by people performing duties and activities interdependently (Cartwright and Zander, 1953).

Behavioural interaction during social situations is a continuum of action, response, and reaction. Multiple contexts influence the course of relationships over time. Bronfenbrenner (1986) described the contexts that influence people’s lives as concentric spheres, where the smallest sphere of the nuclear family is encircled by the larger sphere of extended family and friendship networks, which is, in turn, contained within the social context of neighbourhood and local institutions, which is further contained within the economic, social, educational, and legal systems of the culture.

Sinha and Verma (cf. Ybarra, 2008) found that preference for being with others is strongly correlated with well-being. Few social connections have been shown to have important implications on people’s health (Ybarra, 2008).

Couples function within a social context, vulnerable to the influences and pressure of members of their social network. These social influences can affect the quality and course of marital relationship (Milardo and Lewis, 1985). Kirchler (1988) found marital happiness to be positively associated with frequency of interaction.
Berger and Kellner (1964) argued that marital reality is constructed through everyday conversation. The partners acquire knowledge about one another and their relationship is not only based from interactions with one another, but also from members of their social networks (Surra and Milardo, 1991). The network members also help couples to build feelings of satisfaction with their partners by validating their relationships, nurturing a sense of coupleness (Lewis, 1973).

**Social Support**

According to Kessler, Price and Wortman (cited in Blonna, 2005) social support means ‘the resources people derive from their social relationships, membership in groups, and formation of networks.’ Personal relationships, including those with siblings, friends, and other family members, are frequently regarded as sources of support.

Empirical research suggests that the family is the primary source of social support and is the center of the resource network. It is the most important social support source for majority of people. According to Brubaker (1990) family is regarded as a source of emotional, physical, and financial support for its members. Jones, Bright and Clow (2001) identified four categories of social support: (a) social integration, or embeddedness, (b) relationship quality, (c) perceived social support, and (d) enacted social support.

Social support may also have protective effects on physical health by reducing the likelihood of the biological stress response (Seeman and Crimmins, 2001) which, in turn, should have a bearing on psychological well-being.
Researchers have identified esteem support, or those expressions that validate and bolster the other's self-concept, to be an important communication practice in marriage that is tied to marital satisfaction (Acitelli, 1996; Cutrona and Suhr, 1992).

From the discussions made above on marital adjustment, stress, self-concept, quality of life, social interaction pattern and social support, it can be seen that all these variables are closely interrelated. These variables selected to be studied are significant in that they influence the lives of innumerable women in Kerala and the Gulf countries.

The investigator feels that there are several socio-demographic variables that have a bearing on the marital adjustment and other variables selected for the study. The age of the women, types of family, years of married life, parental status, employment status, nature of job and type of job have undoubted impact on marital adjustment, stress, self-concept, quality of life, social interaction pattern and the social support the women have. It would be both fascinating and informative if we could probe into the nature of impact these variables would have on each other. It would also be interesting to investigate how the primary variables in combination with the socio-demographic variables would be affecting the lives of the wives of the expatriate men, wives in Gulf and Arab wives.

**Need and Significance of the study**

A large number of skilled as well as non skilled people migrate to Gulf to make their lives secure. To the belief of many in the past, Gulf was a synonym for money and happiness. The same holds untrue in the present scenario. Rising cost of living and high rents have made it difficult for an expatriate couple to make ends meet. This leads to stress and marital discord.
The condition of the wives of expatriate men has to get a special attention. The long-term absence of their husbands, especially in the formative period of their marriage, makes a great impact on Gulf wives and their family lives. Having a spouse working in a foreign country does not mean a contended life. Most of the wives are not equipped to cope up with such situations. Moreover, the feeling among most of the Gulf wives that they are less privileged than their expatriate counterparts adds more stress to their lives. The investigator perceives the need to have a scientific basis for such assumption that people hold.

The review of literature on migration problems reveals that the effects of migration on family and society are many. The effects are both positive and negative in nature. Some of the major effects are the conjugal separation, female-centered families, inter-dependence among relatives and more dependence on friends, increased work-load and emotional problems for women and also comparatively greater freedom for women. The major impact of migration is felt by the wives of the male migrants by way of disturbed emotional health, economic burden, and dual role responsibilities. The available studies are mostly sociological in nature or economic analysis of the migrant's problems. There is a need to study in depth, the psychosocial implications of migration for the wives in terms of their emotional health, feeling of loneliness, problems of adjustment, and marital difficulties, to name a few.

The study would be incomplete without including Arab women who enjoy all the privileges of the native country. How women feel in their own country with their husbands and children when compared to women who have migrated to join their husbands in a totally new country is something interesting to be researched.
The investigator through the present study aims to make an in-depth research into the lives of wives in Kerala, expat wives and Arab wives, with particular emphasis on marital adjustment, stress, quality of life, self-concept, social support and social interaction pattern in order to develop an insight into these issues and raise general awareness among the public regarding the same.

NRIs form the backbone of Kerala’s economy. Though the government and other private sector organizations offer a whole lot of incentives in the form of financially-backed schemes and services, little or no effort has been made to alleviate the psychosocial problems faced by the NRIs and their wives.

A well-documented study regarding these issues is the need of the hour for formulating any future policies or programmes for the NRI community as a whole by the government or private sector firms.

Qatar, being a Muslim nation, gives great importance to women in all aspects. The study would invite the government to think about the problems, if any, reported by Arab women. This is turn might lend a help to the government to make appropriate changes in the necessary spheres and safeguard their women population.

Although studies highlighting stress and related personality variables of people working in the Gulf and their wives have been made, not a single cross-cultural study was found reported. This study thus gains importance as a unique one of its kind.

The study is entitled as ‘Marital Adjustment and its Psychosocial Correlates- A Cross-Cultural Study of Women in Kerala and Qatar’.
Operational Definitions

‘Expatriate’ is a common term frequently used in the thesis which refers to Keralites residing in Qatar.

‘Arab Women’ is another term used to refer to Arab nationalities residing in Qatar.

Stress, Self Concept, Quality of life, Social Interaction Pattern and Social Support are treated as psychosocial correlates in the present study.

Objectives

1. To find out whether the wives in Kerala of expatriate men, expatriates wives in Qatar and Arab wives differ in marital adjustment, stress, self-concept, quality of life, social interaction pattern and social support.

2. To find out whether the wives in Kerala of expatriate men, expatriates wives in Qatar and Arab wives differ in marital adjustment, stress, self-concept, quality of life, social interaction pattern and social support with respect to selected socio-demographic variables. (Age, Type of Family, Years of married life, Parental Status, Employment Status, Nature of Job and Type of Job)

3. To find out the relationship between the marital adjustment and the selected psychosocial correlates (Stress, Self-Concept, Quality Of Life, Social Interaction Pattern and Social Support) of the wives in Kerala of expatriate men, expatriates wives in Qatar and Arab wives.

4. To find out the relationship between marital adjustment and selected socio-demographic variables (age and years of married life) of wives in Kerala of expatriate men, expatriate wives in Qatar and Arabs wives.
Hypotheses

1. There will be no significant difference among wives in Kerala of expatriate men, expatriate wives in Qatar and Arab wives in marital adjustment.

2. There will be no significant difference among wives in Kerala of expatriate men, expatriate wives in Qatar and Arab wives in stress.

3. There will be no significant difference among wives in Kerala of expatriate men, expatriate wives in Qatar and Arab wives in self-concept.

4. There will be no significant difference among wives in Kerala of expatriate men, expatriate wives in Qatar and Arab wives in quality of life.

5. There will be no significant difference among wives in Kerala of expatriate men, expatriate wives in Qatar and Arab wives in social interaction pattern.

6. There will be no significant difference among wives in Kerala of expatriate men, expatriate wives in Qatar and Arab wives in social support.

7. There will be no significant difference among wives in Kerala of expatriate men, expatriate wives in Qatar and Arab wives in marital adjustment with respect to selected socio-demographic variables. (Age, Type of Family, Years of married life, Parental Status, Employment Status, Nature of Job and Type of Job)
8. There will be no significant difference among wives in Kerala of expatriate men, expatriate wives in Qatar and Arab wives in stress with respect to socio-demographic variables.

9. There will be no significant difference among wives in Kerala of expatriate men, expatriate wives in Qatar and Arab wives in self-concept with respect to socio-demographic variables.

10. There will be no significant difference among wives in Kerala of expatriate men, expatriate wives in Qatar and Arab wives in quality of life with respect to socio-demographic variables.

11. There will be no significant difference among wives in Kerala of expatriate men, expatriate wives in Qatar and Arab wives in social interaction pattern with respect to socio-demographic variables.

12. There will be no significant difference among wives in Kerala of expatriate men, expatriate wives in Qatar and Arab wives in social support with respect to socio-demographic variables.

13. There will be no significant relationship between marital adjustment and stress of wives in Kerala of expatriate men, expatriate wives in Qatar and Arabs wives.

14. There will be no significant relationship between marital adjustment and self-concept of wives in Kerala of expatriate men, expatriate wives in Qatar and Arab wives.

15. There will be no significant relationship between marital adjustment and quality of life of wives in Kerala of expatriate men, expatriate wives in Qatar and Arab wives.
16. There will be no significant relationship between marital adjustment and social interaction pattern of wives in Kerala of expatriate men, expatriate wives in Qatar and Arab wives.

17. There will be no significant relationship between marital adjustment and social support of wives in Kerala of expatriate men, expatriate wives in Qatar and Arab wives.

18. There will be no significant relationship between marital adjustment and selected socio-demographic variables (age and years of married life) of wives in Kerala of expatriate men, expatriate wives in Qatar and Arab wives.