CHAPTER – IV

DATA ANALYSIS

RESULTS AND DISCUSSION

Data Screening and detection of outlier:

A brief account of the results obtained in this work, along with the employed data analysis techniques, is offered here.

The sample available for the present analysis consisted of 400 subjects that is 200 Life partners of Working women and 200 Life partners of housewives. For each subject, the data on Marital adjustment, Life satisfaction, Assertiveness and Mental health were available.

While preparing the computer data file from Master-chart, extreme care was taken with respect of the accuracy of the input of data. The data file was completely checked two times, i.e. till one errorless check trial was obtained.

Initially, the data of Life Partners of Working Women and Life Partners of Housewives were separately scrutinized by employing descriptive statistics and then by Two-way ANOVA.
HYPOTHESES NO. 1:

“Marital adjustment would be more in life partners of working women than the life partners of housewives”

TABLE NO. 4.1

<table>
<thead>
<tr>
<th>Marital Adjustment</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life Partners of Working Women</td>
<td>200</td>
<td>20.61</td>
<td>3.91</td>
</tr>
<tr>
<td>Life Partners of Housewives</td>
<td>200</td>
<td>14.35</td>
<td>4.21</td>
</tr>
</tbody>
</table>

FIG.NO. 4.1

Figure No. 4.1
Table No.4.1 and Fig.4.1 show mean and SD values of Marital adjustment of life partners of working women and life partners of housewives. It indicates that the mean scores for marital adjustment of life partners of working women (20.61) is higher than the life partners of housewives (14.35).

Table No. 4.2 : Two-way ANOVA : Tests of Between -Subject -Effects.
Dependent Variable: Marital adjustment

<table>
<thead>
<tr>
<th>Source of variation</th>
<th>Sum of squares</th>
<th>df.</th>
<th>Mean square</th>
<th>F</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>3918.76</td>
<td>1</td>
<td>3918.76</td>
<td>244.23</td>
<td>0.01</td>
</tr>
<tr>
<td>B</td>
<td>114.49</td>
<td>1</td>
<td>114.49</td>
<td>7.135</td>
<td>0.01</td>
</tr>
<tr>
<td>A x B</td>
<td>114.49</td>
<td>1</td>
<td>11.49</td>
<td>7.135</td>
<td>0.01</td>
</tr>
<tr>
<td>Error</td>
<td>6354.10</td>
<td>396</td>
<td>16.05</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table No.4.2 indicates that the F value is significant (F = 244.23; df. 1,396, P<0.01) for Marital adjustment of life partners of working women and housewives. Thus, it can be concluded that marital adjustment of life partners of working women is better than those of housewives.

Thus, the results support hypotheses no.1 stating that “Marital adjustment would be more in life partners of working women than the life partners of housewives”.

(98)
In Indian society when a boy accepts a working girl as his wife, he is mentally prepared to make adjustment with her after marriage in conflicting situations also. All over the world we see that there is distribution of work between men and women. The housework and other responsibilities related to house, children are carried out by women and the responsibility of income earning is carried out by men. When a boy accepts a working girl, directly his responsibility is going to be shared by his wife. Hence he may think that it is now his part to help her in the housework as well as in solving her problems in outside home. Thus he goes on adjusting. He may think and feel proud in the society that he is giving permission to his wife for using her skill, competence and potential.

As Mahatma Jyotiba Phule said that “an educated woman can lead the whole family to more progress than an uneducated man”, a boy can think that his educated and working wife will develop his family culture more efficiently than a common housewife and hence he will be eager to listen her every idea and opinion and try to fulfill it. This is nothing but adjustment only because we see generally men do not give attention towards the opinion of women.

Only the open-minded boys can take the decision to accept the working girl as their wives. They can enjoy more friendly relationship with their wives than the other boys who marry with non-working girls.
Generally we see that the life partner of housewife does not share their tensions and problems of office with his wife because somewhere he thinks that she can not understand these problems or tension and she will not be able to suggest any solution. But this is not the case with life partner of the working woman. The shares his problems or ask the solutions to his wife because he is confident that she will definitely understand his situation.

The children in families where the women are working, grow up with very independent view. They do their things on their own. They become adjusting in nature, in caring and helping others. This is a recent result announced by a research team too.

The husbands of working women become more advanced physically and mentally than those of housewives, because their educated and working wives give proper attention towards their physical and mental health, his appearance, his manners and etiquettes, views, attitudes, etc. with different view than a common house wife. She even looks after his eating habits. The difference between husbands and children of an educated working woman and those of a common house wife can be seen which is significant.

The results are consistent with the studies conducted by Ritu Singh, S.K.Thind & Sushma Jaswal (2006) who was found that Education and employment of the Indian women has got significant implications not
only for their own lives but for all the lives and relations linked with
them. Their being educated and employed brings about tremendous
qualitative change in their own and their husbands’ marital adjustment.
Highly educated and employed women and their husbands are more
socially adjusting than their corresponding counterparts. Education and
employment on the part of women is also essential for making her
confident and less emotionally dependent on their husbands. So
education and employment is a new age mantra for Indian women to
improve the level of marital adjustment among them and their husbands.
The results also are in line with the study of Burke and Weir (1976);
Hartley (1978) who reported a positive relationship between wife
employment and marital adjustment.

However, the results of the present study are inconsistent with the
studies conducted by Shepard and Connor (1978), and Locke and
Mackeprang (1949) who found no significant difference in marital
adjustment of life partners of working women and housewives.
HYPOTHESES NO. 2:

“Life partners above 40 years of both the working women and housewives would be more martially adjusted than the life partners below 40 years”

TABLE NO. 4.3

<table>
<thead>
<tr>
<th>Marital Adjustment</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>L. P. of Working Women &amp; Housewives above 40 yrs.</td>
<td>200</td>
<td>18.02</td>
<td>5.23</td>
</tr>
<tr>
<td>L. P. of Working Women &amp; Housewives below 40 yrs.</td>
<td>200</td>
<td>16.95</td>
<td>4.98</td>
</tr>
</tbody>
</table>

FIG.NO. 4.2
Table No.4.3 and Fig.4.2 showing mean and SD values of Marital adjustment of life partners above 40 years and below 40 years of both the working women and housewives. It indicates that the mean scores for marital adjustment of life partners above 40 years of both the working women and housewives (18.02) is higher than the life partners below 40 years of both the working women and housewives (16.95).

**Table No.4.2** indicates significant F value ($F = 7.14; \text{df.}1,396; P<0.01$) for Marital adjustment of life partners above 40 years and below 40 years of both the working women and housewives. Thus, it can be concluded that marital adjustment of life partners above 40 years is better than the life partners below 40 years.

Thus, the results support hypotheses no.2 stating that “Life partners above 40 years of both the working women and housewives would be more martially adjusted than the life partners below 40 years”.

Upto age of 40 years, a human being becomes clear about all his concepts about life and he decides his way of life. His views, attitudes towards the life are bound to change and he becomes more matured. His behavior with his family members as well as the outside people becomes more responsive and matured. He starts thinking and caring about others’ rights too. In short, we may say that a human being of an age of 40 or above is a totally matured person. The sweet and sour experiences
of life make him so. Hence, such a married person, with no wonder, would be more adjusting in nature irrespective of the fact that his wife is working or not.

Generally and practically we take the age of 40 as the age of total maturity. At this age a married person has a different type of relationship with wife which is beyond the physical level or may be said as near to soul. The husband has realized the importance of the efforts of his wife, her co-operation with him in all the situations of his life, her contribution in his life and so on. He realized by heart what is ‘she’ for him. This attitude makes him very caring and adjusting in his life.

Their relationship becomes more deep. The experiences in life increases their mutual understanding. The depth of relationship goes upto that level where there is no need to speak by words but they speak to each other without saying a single word. This relationship and family becomes very precious for him and automatically he goes on adjusting in his life to protect his precious world.

The interaction effect between AxB (Life partners and Age) is also significant ($F = 7.135$, $P<0.01$).
HYPOTHESES NO. 3:

“Life partners of working women would experience more life satisfaction than the life partners of housewives”

TABLE NO. 4.4

<table>
<thead>
<tr>
<th>Life Satisfaction</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life Partners of Working Women</td>
<td>200</td>
<td>39.23</td>
<td>7.45</td>
</tr>
<tr>
<td>Life Partners of Housewives</td>
<td>200</td>
<td>29.23</td>
<td>7.29</td>
</tr>
</tbody>
</table>

FIG.NO. 4.3
Table No.4.4 and Fig.4.3 show mean and SD values of Life satisfaction of life partners of working women and life partners of housewives. It indicates that the mean scores for life satisfaction of life partners of working women (39.23) is greater than the life partners of housewives (29.23).

**Table No. 4.5 :** Two-way ANOVA : Tests of Between -Subject Effects. Dependent Variable: Life satisfaction.

<table>
<thead>
<tr>
<th>Source of variation</th>
<th>Sum of squares</th>
<th>df.</th>
<th>Mean square</th>
<th>F</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A</strong></td>
<td>10000</td>
<td>1</td>
<td>10000</td>
<td>198.93</td>
<td>0.01</td>
</tr>
<tr>
<td><strong>B</strong></td>
<td>864.36</td>
<td>1</td>
<td>864.36</td>
<td>17.195</td>
<td>0.01</td>
</tr>
<tr>
<td><strong>A x B</strong></td>
<td>864.36</td>
<td>1</td>
<td>864.36</td>
<td>17.195</td>
<td>0.01</td>
</tr>
<tr>
<td><strong>Error</strong></td>
<td>19906.12</td>
<td>396</td>
<td>50.268</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table No.4.5 indicates that the F value is significant (F = 198.93; df. 1,396; P<0.01) for Life satisfaction of life partners of working women and housewives. It means that the life partners of working women experience more life satisfaction than those of housewives.

**Thus, the results support hypotheses no.3 stating that “Life partners of working women would experience more life satisfaction than the life partners of housewives”**.
Nowadays one working hand is not sufficient for maintaining certain standard of living of the family. There is need that both husband and wife should be earning. Though money is not all needed in the life or all things can not be purchased by money but money is the life blood of our life.

The working women have to make more social interactions than the housewives. They know the social manners and etiquettes which give satisfaction and proud to husbands about their wives. The working women have information about the current affairs and rapidly changing world around us. The husbands of such wives can share their experiences, problems with their wives and can get the solutions on their problems. They may have more clear understanding between them. They can handle the works/jobs within the house and outside house more effectively. They co-operate each other in their works.

All there things can bring more life satisfaction in their lives.

Due to substantial money earning by both, they can afford various things which could not be possible if there world be only one single earning hand.

This brings more life satisfaction in their lives.

The results are consistent with the study conducted by Chittaranjan Andrade, Kirstine Postma, K.Abraham (1999) who found that in one-
working (only husband employed) as well as both-working (both spouses employed) families, wives experienced less well-being than their husbands, working wives experienced more confidence in coping than non-working wives. Husbands in both-working families experienced better social support but less social contact, less mental mastery and poorer perceived health than husbands in one-working families. The results of the present study are in line with Elder’s (1974) study who concluded the economic hardtimes increased rate of marital distress, and also with the study of Brody et al (1994) who reported that family income was associated with higher marital happiness and lower marital conflict.

However, the results of the present study are inconsistent with the studies conducted by Burke Ronald J. (1976) who found that working wives were more satisfied and performed more effectively than nonworking wives; conversely husbands of working wives were less satisfied and performed less effectively than husbands of nonworking wives. Some reasons for the greater stress of the husbands in their adjustment to the two-career family situation are offered. Staines et al (1985) who found that husbands whose wives worked reported lower level of job satisfaction and life satisfaction.
HYPOTHESES NO. 4:

“Life partners above 40 years of both the working women and housewives would have more life satisfaction than the life partners below 40 years”

TABLE NO. 4.6

<table>
<thead>
<tr>
<th>Life Satisfaction</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>L. P. of Working Women &amp; Housewives above 40 yrs.</td>
<td>200</td>
<td>35.70</td>
<td>8.91</td>
</tr>
<tr>
<td>L. P. of Working Women &amp; Housewives below 40 yrs.</td>
<td>200</td>
<td>32.76</td>
<td>8.68</td>
</tr>
</tbody>
</table>

FIG.NO. 4.4

Figure No. 4.4

![Bar chart showing life satisfaction of life partners of working women and housewives above and below 40 years. Mean values: 35.70 and 32.76 with SDs 8.91 and 8.68 respectively.]
Table No.4.6 and Fig.4.4 show mean and SD values of Life satisfaction of life partners above 40 years and below 40 years of both the working women and housewives. It indicates that the mean scores for life satisfaction of life partners above 40 years of both the working women and housewives (35.70) is higher than the life partners below 40 years of both the working women and housewives (32.76).

Table No.4.5 indicates significant F value (F = 17.195; df. 1,396; P<0.01), for Life satisfaction of life partners above 40 years and below 40 years of both the working women and housewives. It means that the life partners above 40 years experience more life satisfaction than the life partners below 40 years.

Thus, the results support hypotheses no.4 stating that “Life partners above 40 years of both the working women and housewives would have more life satisfaction than the life partners below 40 years”.

As we discussed so far it is true that normally a person above 40 is a matured one. At the age of 40 and above, say 40-50, a person gets well settled in his life financially, socially, and all other facets of the life. His relations with outside people as well as with peers are well established.

At this stage of age, he is well satisfied about his career, family life, responsibilities towards parents, social position, relationship with wife.
and relation with himself. All these aspects give him the almost satisfaction which results in life satisfaction.

It is not the matter that a married person above 40 years of age have working wife or housewife. He is just satisfied with his life due to the result of various efforts taken by him upto the age of 40 on various fronts of the life.

The determinants or factors of life satisfaction can be listed as social life, family life, personal life, career, economic position, relations with peers and so on.

Thus, the husbands above 40 years, irrespective of having working wives or housewives, enjoy more life satisfaction than the husbands below 40 years of age due to their maturity and establishment in life.

The interaction effect between AxB (Life partners and Age) is also significant (F = 17.195, P<0.01).
HYPOTHESES NO. 5:

“Life partners of working women would be less assertive than the life partners of housewives”

TABLE NO. 4.7

<table>
<thead>
<tr>
<th>Assertiveness</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life Partners of Working Women</td>
<td>200</td>
<td>63.98</td>
<td>15.78</td>
</tr>
<tr>
<td>Life Partners of Housewives</td>
<td>200</td>
<td>65.59</td>
<td>25</td>
</tr>
</tbody>
</table>

FIG.NO. 4.5

![Figure No. 4.5: Assertiveness of Life Partners of Working Women vs Housewives](image-url)
Table No. 4.7 and Fig. 4.5 showing mean and SD values of Assertiveness of life partners of working women and life partners of housewives. It indicates that the mean scores for assertiveness of life partners of working women (63.98) is less than the life partners of housewives (65.59).

**Table No. 4.8:** Two-way ANOVA: Tests of Between-Subjects Effects. Dependent Variable: Assertiveness.

<table>
<thead>
<tr>
<th>Source of variation</th>
<th>Sum of squares</th>
<th>df</th>
<th>Mean square</th>
<th>F</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>260.822</td>
<td>1</td>
<td>260.822</td>
<td>.621</td>
<td>NS</td>
</tr>
<tr>
<td>B</td>
<td>3788.403</td>
<td>1</td>
<td>3788.403</td>
<td>9.020</td>
<td>0.01</td>
</tr>
<tr>
<td>A x B</td>
<td>3788.403</td>
<td>1</td>
<td>3788.403</td>
<td>9.020</td>
<td>0.01</td>
</tr>
<tr>
<td>Error</td>
<td>166320.450</td>
<td>396</td>
<td>420.001</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table No. 4.8 indicates that the insignificant F value (F = 0.621; df.1,396; P>0.05) for Assertiveness of life partners of working women and housewives. The results show that there is no significant difference in the assertiveness of life partners of working women and those of housewives.

**Thus, the results do not support hypotheses no.5 stating that “Life partners of working women would be less assertive than the life partners of housewives”**.
The housewives are in such a position that they can not really understand the emotional, interpersonal, adjustmental problems which their husbands have to face in the day to day life. Due to this reason, their husbands also know that there is no use to tell any thing or problems to them and expect any solutions from them. So they do not express themselves with their wives. There is no or minimum understanding between them about this interaction and expression.

These husbands also do not know the conditions and stressful situations under which their wives have to live every day. Their wives also have same assumption that their husbands would not understand what they have to face. Thus, both of them do not express themselves to each other. This barrier between them decreases the self confidence and life satisfaction and joy of relationship in both of them.

Due to these reasons, no significant difference in assertiveness might have found in life partners of working women and housewives.

The working women live in the same working conditions and atmosphere as their husbands live. They experience the same stresses, problems, interpersonal relationship problems at working places, economical problems, emotional problems, etc. They can understand more accurately what their husbands are sharing with them. They can suggest proper solutions on the problems being faced by their husbands.
at working place or in the outside world. Both of them can share this with each other with more understanding.

Both of them can have more clear and transparent relationship with each other. Both of them have more clear understanding about their rights and responsibilities so there are hardly any chances of clashes regarding it. Both of them feel their support to each other and a sense of security. This increases the self confidence of both of them. They can enjoy more life satisfaction due to their reasons.

Thus, we can say that the husbands of the working women are not more assertive than the husbands of the housewives.
HYPOTHESES NO. 6:

“Life partners above 40 years of both the working women and housewives would be more assertive than the life partners below 40 years”

TABLE NO. 4.9

<table>
<thead>
<tr>
<th>Assertiveness</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>L. P. of Working Women &amp; Housewives above 40 yrs.</td>
<td>200</td>
<td>67.86</td>
<td>20.40</td>
</tr>
<tr>
<td>L. P. of Working Women &amp; Housewives below 40 yrs.</td>
<td>200</td>
<td>61.71</td>
<td>20.97</td>
</tr>
</tbody>
</table>

FIG.NO. 4.6

![Figure No. 4.6](image-url)
Table No.4.9 and Fig.4.6 show mean and SD values of Assertiveness of life partners above 40 years and below 40 years of both the working women and housewives. It indicates that the mean scores for assertiveness of life partners above 40 years of both the working women and housewives (67.86) is higher than the life partners below 40 years of both the working women and housewives (61.71).

**Table No.4.8** indicates the significant F value ($F = 9.02; \text{ df. } 1,396; P<0.01$) for Assertiveness of life partners above 40 years and below 40 years of both the working women and housewives. Thus, it can be concluded that the life partners above 40 years are more assertive than the life partners below 40 years.

Thus, the results support hypotheses no.6 stating that “Life partners above 40 years of both the working women and housewives would be more assertive than the life partners below 40 years”.

Above 40 years of age, an individual becomes a matured, responsible and well settled person in all the fields of the life.

Upto this age of his life, he becomes well aware of the facts of the life, rights and responsibilities of himself as well as of the others. He has decided well his way of life. He has understood his own nature as well as he has found the way of behaving according to the different natures of others.
As a person above 40 years of age, his relations with his wife, family members and other people at the personal, social, economic levels are very matured and trasparent.

The person above 40 years of age is a matured husband, caring father, a responsible head of the family. This is the fact about him whether he is the husband of a working woman or not.

Assertiveness refers to the ability of expressing oneself and one’s rights without violating rights of others. It also refers to ability of a person to keep lines of communication open with the others. At the age of 40 and above, a person has developed the attitude or he may have realized the rights of others too. So he becomes a person with a matured understanding power. In short, we may say that the person has become a more assertive human being.

This assertiveness reflects in his personality. A husband above 40 years and below that – we can identify the difference at only one glance --- by observing their behavior, appearance, sight, postures, expressions, speech and so on.... At this stage of life, he has well understood that his wife and others are also the human beings having their own rights to live their lives. They starts providing a space to wife and children because they have well realized that every person requires his own space to develop.
Thus, we can conclude that a husband above 40 years of age is more assertive than below that irrespective of having working wife or not.

The results are inconsistent with the study conducted by Onyeizugbo E.U. (2003) who reported that younger men reported more assertiveness than younger women whereas older women reported more assertiveness than older men.

The interaction effect between AxB (Life partners and Age) is also significant ($F = 9.020$, $P<0.01$).
HYPOTHESES NO. 7:

“Life partners of working women would have better mental health than the life partners of housewives”

TABLE NO. 4.10

<table>
<thead>
<tr>
<th>Mental Health</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life Partners of Working Women</td>
<td>200</td>
<td>24.95</td>
<td>13.81</td>
</tr>
<tr>
<td>Life Partners of Housewives</td>
<td>200</td>
<td>47.43</td>
<td>13.07</td>
</tr>
</tbody>
</table>

FIG.NO. 4.7

![Figure No. 4.7](image)
Table No.4.10 and Fig.4.7 showing mean and SD values of Mental health of life partners of working women and life partners of housewives. It indicates that the mean scores for mental health of life partners of working women (24.95) is less than that of the life partners of housewives (47.43). The low score on mental health questionnaire indicates good mental health and vice versa.

**Table No. 4.11:** Two-way ANOVA : Tests of Between -Subject Effects. Dependent Variable: Mental health.

<table>
<thead>
<tr>
<th>Source of variation</th>
<th>Sum of squares</th>
<th>df.</th>
<th>Mean square</th>
<th>F</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>50512.563</td>
<td>1</td>
<td>50512.563</td>
<td>341.993</td>
<td>0.01</td>
</tr>
<tr>
<td>B</td>
<td>13490.823</td>
<td>1</td>
<td>13490.823</td>
<td>91.339</td>
<td>0.01</td>
</tr>
<tr>
<td>A x B</td>
<td>.123</td>
<td>1</td>
<td>.123</td>
<td>.001</td>
<td>NS</td>
</tr>
<tr>
<td>Error</td>
<td>58489.430</td>
<td>396</td>
<td>147.701</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table No.4.11 indicates that the significant F value (F = 341.99; df. 1,396; P<0.01) for Mental health of life partners of working women and housewives. It means that the life partners of working women have better mental health than those of housewives.

**Thus, the results support hypotheses no.7 stating that “Life partners of working women would have better mental health than the life partners of housewives”**.
Mental health of a person depends upon various factors such as financial soundness, social status / social standard, relations with peers and with outside people, co-ordination with people at working place as well as at home and so on.

It can be said that most of the time of a person is spent at working place and at the second place that is his home. The mental health of a person would be good if he feels comfortable at working place and at home.

In his home, the most peer person to him is his wife with whom he shares his life. If he has good understanding with his wife, support of her in carrying out his duties, friendly relationship with her, obviously his mental health would be better. Here, “support” has twofold meaning i.e. financial as well as emotional or moral support. A working woman can give him the financial as well as a moral support. Money plays very important role in the human life. All the basic needs of a human being can only be fulfilled with the help of money. Lack of money creates so many crisis, problems in the life which results in creation of stress. This stress affects the mental as well as the physical health of a person.

Now-a-days, there is a need to earn money by husband as well as wife also. Both are required to be earning to fulfill the needs of the family. If a person has working wife, obviously, he will experience less or no financial stress.
The working woman has to handle same situations, conditions, problems, etc. as his working husband has to. Therefore, she is familiar with all the problems which his husband has to face. She can understand him more correctly and can suggest the solutions too and can provide the moral support too to her husband. All these things will definitely increase his self confidence and morale and his mental health will be good.

On the other hand, housewives could not provide such type of support to their husbands. This will result in low level of self confidence as well as morale in their husbands. Consequently their husbands could not enjoy a good mental health which the husbands of working women enjoy.

The results are consistent with the studies conducted by Booth (1977) who reported that the husbands of employed wives’ were in much better mental health in comparison to the husbands of housewives’.

However, the results are inconsistent with the studies conducted by Staines et.al. (1985) who found that husbands with employed wives experienced significantly more distress and poorer physical health than husbands of wives who did not work outside the home.
HYPOTHESES NO. 8:

“Life partners above 40 years of both the working women and housewives would have better mental health than the life partners below 40 years”

TABLE NO. 4.12

<table>
<thead>
<tr>
<th>Mental Health</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>L. P. of Working Women &amp; Housewives above 40 yrs.</td>
<td>200</td>
<td>30.38</td>
<td>15.56</td>
</tr>
<tr>
<td>L. P. of Working Women &amp; Housewives below 40 yrs.</td>
<td>200</td>
<td>42.00</td>
<td>17.48</td>
</tr>
</tbody>
</table>

FIG. NO. 4.8

![Figure No. 4.8](image-url)
Table No.4.12 and Fig.4.8 show mean and SD values of Mental health of life partners above 40 years and below 40 years of both the working women and housewives. It indicates that the mean scores for mental health of life partners above 40 years of both the working women and housewives (30.38) is less than the life partners below 40 years of both the working women and housewives (42.00). The low scores on mental health questionnaire indicates good mental health and vice versa.

**Table No.4.11** indicates the significant F value (F = 91.339; df. 1,396; P<0.01) for Mental health of life partners above 40 years and below 40 years of both the working women and housewives. It can be concluded that the life partners above 40 years have better mental health than the life partners below 40 years.

Thus, the results support hypotheses no.8 stating that “Life partners above 40 years of both the working women and housewives would have better mental health than the life partners below 40 years”.

The definition of “Health” given by the WHO – World Health Organisation itself includes the physical as well as the mental health of a human being. It also includes the social health of a person too. Total well being of these types of healths of a human being is collectively called as a Good Health.
Generally, we see that a person completes his education up to the age of 25..... say 28. And after that his struggle for career establishment, fulfilling the family needs, establishing social status and standard starts. Nearly up to age of 40, all these aspects of life are well settled, a person becomes well established one in his social, economic and personal life.

In these years of stress, he has no time to give attention towards the health issues rather he does not take them seriously because he is so busy with his career and so on.

After the age of 40, he realizes that he should give attention towards his health too because in absence of a good health, he would not enjoy the life and all those things for which he struggled so hard in his life. He becomes aware of his mental and physical health. He tries to improve it.

At the age of 40, as he is established well, he is enjoying a different type of mental health because almost all the aspects giving stress have been solved.

We can see the difference between in a 30-40 years old person and a above 40 years person. - The boat of a “40 above” person is on the coast and he become relaxed. This thing gives him mental health.

A person above 40 has gone through various critical situations of the life and now he is in a position to face any kind of difficulty in his life. He
has got a different kind of self confidence which the struggle of his life
give him.

The another thing, we can say, is that – after age of 40, he starts to take
care of himself more properly because his whole family depends upon
him only. He becomes more health conscious. The efforts towards this
also contributes more mental and physical health to him.

Thus, we may conclude that a person above 40 enjoys more mental
health than below that.

The interaction effect between AxB (Life partners and Age) is
insignificant (F = .001, P>0.05).
**TABLE NO. 4.13 : CORRELATIONAL MATRIX**

<table>
<thead>
<tr>
<th>Variables</th>
<th>Marital Adjustment</th>
<th>Life satisfaction</th>
<th>Assertiveness</th>
<th>Mental Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marital Adjustment</td>
<td>-----</td>
<td>0.356**</td>
<td>0.084*</td>
<td>-0.472**</td>
</tr>
<tr>
<td>Life satisfaction</td>
<td>-----</td>
<td>-0.026</td>
<td>-0.387**</td>
<td></td>
</tr>
<tr>
<td>Assertiveness</td>
<td>-----</td>
<td>----</td>
<td>-0.047</td>
<td></td>
</tr>
<tr>
<td>Mental Health</td>
<td></td>
<td></td>
<td></td>
<td>-----</td>
</tr>
</tbody>
</table>

** Correlation is Significant at the 0.01 level.
* Correlation is Significant at the 0.05 level.
HYPOTHESES NO. 9 :

“Marital Adjustment is positively associated with Life satisfaction”.

As per Table No.4.13 the correlation between marital adjustment and life satisfaction is positive and significant (r = 0.356). It can be concluded that good marital adjustment results in more life satisfaction.

Thus, the results support hypotheses no.9 stating that “Marital adjustment is positively associated with life satisfaction”.

It is said that “life is itself an adjustment”. We may say that something is better than nothing. This something can be achieved by the adjustment.

In day to day life, there are so many instances that we have to adjust somewhere otherwise we will not be able to go ahead and get satisfaction. Adjustment is a positive, an affirmative action which gives positive satisfaction.

In a married life too, husband and wife, if they do not adjust with each other, they will not enjoy their married life. Stretching ones opinion too far leads to breaking. Hence, we have to adjust somewhere so that it will not result in breaking the relationships.

Thus any person getting satisfaction makes adjustments in any situations.

In day to day life, we often see that there is a ‘give and take’ relation in various – almost all the things. The human behavior is based somewhat
on this relationship. If we think in deep, we find that this is true. When a person is ready to lose something or adjust in his life, he is getting something – otherwise there will not be the adjustment.

This thing is also applicable to marital adjustment. If a person is getting life satisfaction from his married life, he automatically goes on adjusting himself because he do not want to lose the satisfaction.

The ‘life satisfaction’ comprises of getting love from peers, wife; good relations with these people; good children, getting social respect, good position in the society, good financial position, support from family and so on. More the life satisfaction, more will be the marital adjustment. Lower the life satisfaction, lower will be the marital adjustment.

Thus, marital adjustment is positively associated with the life satisfaction.

The results are consistent with the studies conducted by Mathur Asha & Nathawat S. (1993) They reported significantly better marital adjustment & subjective well-being for the working women than for the housewives. Specifically, working women reported higher scores on general health, life satisfaction & self-esteem measures & lower scores on hopelessness, insecurity & anxiety, compared with the housewives although the housewives had lower scores on negative affect than the working women. Findings were insignificant on positive affect & depression.
HYPOTHESES NO. 10:

“Assertiveness and life satisfaction are positively correlated”.

As per Table No.4.13 there is negative and insignificant correlation between life satisfaction and assertiveness ($r = -0.026$). It means that there is negative significant relationship between life satisfaction and assertiveness.

Less assertive subjects are found more satisfied with their lives and vice versa.

Thus, the results do not support the hypotheses no. 10 stating that “Assertiveness and life satisfaction are positively correlated”.

Non assertive persons are more subservient, defensive, self-projecting and approval seeking. If the person is non assertive he may not have faith in his own abilities and can be easily persuasible, conforming. He may develop negative self image and therefore, he may be less satisfied with his life. Therefore, we expect positive correlation between assertiveness and life satisfaction. However, the results of the present study are surprising and difficult to interpret.
HYPOTHESES NO. 11:

“Assertiveness and marital adjustment are positively associated”.

As per Table No.4.13, the correlation between assertiveness and marital adjustment is positive and significant \((r = 0.084)\). It can be said that the assertiveness is positively associated with marital adjustment.

Thus, the results support hypotheses no. 11 stating that “Assertiveness and marital adjustment are positively associated”.

Assertiveness means the ability to express oneself as well as one’s rights without violating the rights of others. It is the ability of an individual to express his thoughts and feelings in a way that clearly states his needs and keeps the lines of communication open with others.

This quality is a positive one which leads a married person to make marital adjustments. An assertive person can have a better understanding of others’ rights too. He can understand the feelings of himself as well as those of others. He never tries to violate the rights of others in his family. He can understand the thoughts and opinions of others more properly. This quality makes him a matured person. He better knows the significance of adjustment in life as a whole and of cause in marriage relations.
An assertive person goes on adjusting himself in his married life as he knows the rights of his wife too. He gives a space for the development of personalities of others in his family. He has respect about their likes and dislikes, opinions, thoughts, views, attitudes, rights, and plays a role of head man of the family.

Thus, more the assertiveness, more or higher will be the marital adjustment.

On the other side of the coin, there is marital adjustment which may develop the assertiveness in the person. Assertiveness is a positive quality which must be a result of a positive thing. If there is positive marital adjustment giving the life satisfaction and solution to a problematic condition or crisis, definitely it will create assertiveness in the person. If the marital adjustment is with negative view or attitude, violating the right of any one, there will not be a satisfaction and the solution in true sense. It will result in the dissatisfaction of people.

Thus, more the positive marital adjustment, there will be more assertiveness in the human being.

The results are consistent with the study conducted by Onyeizugbo E.U. (2001), who found that assertiveness is related to greater marital adjustment. The results are also in line with the study of Poyrazli et al
(2001) who found that there is high correlation between assertiveness and adjustment.

The results are inconsistent with the study conducted by Robert A. Reath and others (1980), who reported no relation between assertion and marital adjustment.
HYPOTHESES NO. 12:

“Mental health and marital adjustment are positively correlated”.

As per Table No.4.13, there is negative and significant correlation between mental health and marital adjustment ($r = -0.472$). Since the low score on mental health questionnaire indicates good mental health and vice versa. It can be concluded that better the mental health, more is the marital adjustment.

Thus, the results support hypotheses no. 12 stating that “Mental health and marital adjustment are positively correlated”.

All the marriages are aimed at happiness and satisfaction. There are so many reasons for getting married. These reasons may be different on the part of the males and females. Both the husband and wife adjusts in the marriage to protect their marriage and relationship.

Marital adjustment leads towards satisfaction and it creates mental health. A person having good mental health can only understand the marriage relationships, expectations of his spouse, responsibilities towards family and so on.

This person only can carry out the duties in marriage life. This person will know the significance of adjustment in married life.
Better the mental health, more will be the marital adjustment.

From the other side also, we may say that more marital adjustment can bring better mental health.

If we do not make adjustment, we can not get problems solved and no further satisfaction. Marital adjustment is very necessary for having mental health. Without adjusting both of them can not get the solution in the crisis. If the problem is solved, both of them will be mentally satisfied. The level of mental health will automatically go high.

Thus, both the mental health and marital adjustment are positively correlated with each other.

The results are consistent with the study conducted by Hashmi H.A, Khurshid M, Hassan I.(2007) who found highly significant relationship between marital adjustment, depression and stress. The results are in line with the study conducted by M. Alavian, A.F. Ashtiani et al (2006) who concluded that significant correlation between HR-QOL (Health Related – Quality of Life) and marital adjustment.
HYPOTHESES NO. 13:

“Life satisfaction positively associated with mental health”.

As per Table No.4.13, there is negative and significant correlation between life satisfaction and mental health (r = -0.387). Since the low score on mental health questionnaire indicates good mental health and vice versa. It can be concluded that subjects experiencing more life satisfaction have good mental health.

Thus, the results support hypotheses no. 13 stating that “Life satisfaction is positively associated with mental health”.

Life satisfaction is the result of various factors such as good, well settled career, social standard with a particular dignity, good and sound financial position, good relations with peers as well as people, good mental health and physical health.

The people experiencing more life satisfaction have good mental health – this fact is statistically proved. A person having a good mental health only can enjoy the life with all its colours. He can enjoy and experience all the shades of relationships which make the life of a human being very precious.

The relations have very much importance in the human life. Without relations a human life is incomplete or meaningless. In other words, we can say that the human life is weaven by the various threads of relations.
only. When a person is successful in carrying out these relations with everyone, he becomes satisfied with his life. There are other aspects too.

Mental health of a person enables a him to enjoy and experience various moments of life, relations with peers and outside people. A person having good mental health experiences the life more meaningfully.

The results are consistent with the study conducted by Sandrine Pihet, Guy Bodenmann, Annette Cina, Kathrin Widmer, Shachi Shantinath (2007) who found that the prevention program is able to improve psychological well-being among both genders and life satisfaction among women. It seems that these effects are stable over one year. On the other hand, no significant effects could be observed on physical well-being.
HYPOTHESES NO. 14:

"Assertiveness and mental health are positively associated".

As per Table No.4.13, the correlation between assertiveness and mental health is negative and significant (r = -0.047). Since the low score on mental health questionnaire indicates good mental health and vice versa. It can be asserted that the more assertive persons possess good mental health.

Thus, the results support hypotheses no. 14 stating that "Assertiveness and mental health are positively associated".

Assertiveness refers to that positive quality of person which enables him to express himself very clearly about his rights and others rights too. Assertive persons express their opinion planely and listen the opinions of others. They never compel others to accept their own opinions. They respect others opinions and rights. They are aware of others rights of living. Such people enjoy more or high mental health. Their mental health is good. Thus mental health is associated with assertiveness positively. More the assertiveness, more will be the mental health.

From the other angle, we can say that a person having a good mental health only can be assertive. Mentally fit person will be in a position to understand the rights of others and can give respect to others opinions too.
Thus, more assertiveness in a person leads to better mental health.

As the assertiveness increases in a person, he experiences more and more mental health. He becomes more healthy mentally. And better mentally healthy person can face the life situations assertively.

Some studies support the findings of this study. People rating themselves high in assertiveness reported fewer neurotic tendencies, less situational anxiety \((\text{Orenstein et al, 1975})\). Assertive individual is more self-actualized fully functioning, psychologically healthy individual \((\text{Olzak and Goldman, 1981})\). The results are also in line with the study conducted by \text{Barovay (1977)}, who found that the non-assertive women exhibited a higher level of depression.

The results are inconsistent with the study conducted by \text{Salter (1961)}, \text{Wolpe-Lazarus (1967)}, \text{Cotler (1976)} and \text{Albert and Emmons (1978)}, who found that there is negative relationship between depression and assertiveness.
SUMMARY AND CONCLUSION

The title of the present study is “A comparative study of Marital Adjustment, Life satisfaction, Assertiveness and Mental health of Life partners of Working women and Housewives”.

Aim of study

Nowadays the percentage of working women has been increasing since last couple of decades. This study is aimed at checking the effect of this situation on the life partners. The effect on the life partners has been studied with the help of four variables namely, level of Marital Adjustment, degree of Life satisfaction, level of Assertiveness and Mental health.

Objectives of the Study

1. To compare the marital adjustment of life partners of working women and housewives.
2. To compare life satisfaction of life partners of working women and housewives.
3. To compare assertiveness of life partners of working women and housewives.
4. To compare mental health of life partners of working women and housewives.

5. To find out the effect of age on marital adjustment, life satisfaction, assertiveness and mental health of life partners of working women and housewives.

6. To study the interrelationships among marital adjustment, life satisfaction, assertiveness and mental health.

**Hypotheses:**

1. Marital adjustment would be more in life partners of working women than the life partners of housewives.

2. Life partners above 40 years of both the working women and housewives would be more martially adjusted than the life partners below 40 years.

3. Life partners of working women would experience more life satisfaction than the life partners of housewives.

4. Life partners above 40 years of both the working women and housewives would have more life satisfaction than the life partners below 40 years.

5. Life partners of working women would be less assertive than the life partners of housewives.
6. Life partners above 40 years of both the working women and housewives would be more assertive than the life partners below 40 years.

7. Life partners of working women would have better mental health than the life partners of housewives.

8. Life partners above 40 years of both the working women and housewives would have better mental health than the life partners below 40 years.

9. Marital adjustment is positively associated with life satisfaction.

10. Assertiveness and life satisfaction are positively correlated.

11. Assertiveness and marital adjustment are positively associated.

12. Mental health and marital adjustment are positively correlated.

13. Life satisfaction is positively associated with mental health.

14. Assertiveness and mental health are positively associated.

**Methodology:**

The following methodology has been applied for this study.
Variables under Study:

- Marital adjustment, Life satisfaction, Assertiveness and Mental health are dependent variables.
- Employment of women and age of life partners are independent variables in this study.

Design: 2x2 Factorial design (Two-way ANOVA)

<table>
<thead>
<tr>
<th></th>
<th>A1</th>
<th>A2</th>
</tr>
</thead>
<tbody>
<tr>
<td>B1</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>B2</td>
<td>100</td>
<td>100</td>
</tr>
</tbody>
</table>

N = 400

A = Life partners

A1 = Life partners of working women
A2 = Life partners of housewives

B = Age

B1 = Above 40 years
B2 = Below 40 years

Sample:

The sample of the present study consists of 400 respondents from Aurangabad city, Maharashtra state. (200 life partners of working women and 200 life partners of housewives.) Life partners were doctors, lecturers, officers, clerks etc. Random sampling was used for this study. It was taken from only nuclear family. The sample is consisting of the
couples who have completed at least five years of their marriage and having at least one child.

<table>
<thead>
<tr>
<th>Life partners of working women</th>
<th>Life partners of housewives</th>
</tr>
</thead>
<tbody>
<tr>
<td>200</td>
<td>200</td>
</tr>
</tbody>
</table>

N=400

Background characteristics of the sample:

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>30 – 50 years</td>
</tr>
<tr>
<td>Education</td>
<td>HSC to Post-graduation</td>
</tr>
<tr>
<td>Employment status</td>
<td>Class I to class IV</td>
</tr>
<tr>
<td>Area</td>
<td>Urban</td>
</tr>
</tbody>
</table>

Background characteristics of working women and housewives:

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Education</td>
<td>HSC to Post-graduation</td>
</tr>
<tr>
<td>Employment status</td>
<td>Unemployed to Class I</td>
</tr>
</tbody>
</table>

**Tools used for Data Collection:**

Following tools were used for data collection:

1. Marital Adjustment Questionnaire by Dr. P. Kumar & Dr. (Km.) K. Rohatgi.
2. Life satisfaction Scale by Alam & Shrivastava.
3. Assertiveness Inventory by Dr. Smt. Naqvi.
4. Mental Health Questionnaire by Shrivastava & Bhat.
Analysis of Data:

The data were first treated by descriptive statistics i.e. Means and SDs and then by Two-way ANOVA.

Results:

1. Results indicate that the mean scores for Marital adjustment of life partners of working women and life partners of housewives are 20.61 & 14.35 respectively. There are significant differences between mean scores of life partners of working women and life partners of housewives on marital adjustment. (F = 244.23, P<0.01). Life partners of working women scoring higher than their counterparts. This indicates that marital adjustment of life partners of working women is better than the life partners of housewives. Thus, the results support hypotheses No.1

2. Results indicate that the mean scores for Marital adjustment of life partners above 40 years and below 40 years of both the working women and housewives are 18.02 & 16.95 respectively. F value (7.14, P<0.01) is significant. Thus, it can be concluded that marital adjustment of life partners above 40 years of both the working women and housewives are more than the life partners below 40 years. Thus, the results support hypotheses No.2
3. Results indicate that the mean scores for Life satisfaction of life partners of working women and life partners of housewives are 39.23 & 29.23 respectively. There are significant differences between means scores of life partners of working women and life partners of housewives on life satisfaction. ($F = 198.93$, $P<0.01$). Life partners of working women scoring higher than their counterparts. It indicates that the life partners of working women experience more life satisfaction than those of housewives. Thus, the results support hypotheses No.3.

4. Results indicate that the mean scores for Life satisfaction of life partners above 40 years and below 40 years of both the working women and housewives are 35.70 & 32.76 respectively. Significant differences between mean scores of both of life partners on life satisfaction ($F = 17.20$, $P<0.01$). Life partners above 40 years of both the working women and housewives scoring higher than the life partners below 40 years. Thus, the results support hypotheses No.4.

5. Results indicate that the mean scores for Assertiveness of life partners of working women and life partners of housewives are 64.00 & 66.00 respectively. There are insignificant difference between means scores of life partners of working women and those of housewives on assertiveness.($F = 0.621$, $P>0.01$) Life
partners of working women scoring less than their counterparts. It indicates that the life partners of working women is non-assertive than their counterparts. Thus, the results do not support hypotheses No.5.

6. Results indicate that the mean scores for Assertiveness of life partners above 40 years and below 40 years of both the working women and housewives are 67.86 & 61.71 respectively. There are significant differences between mean scores of both of life partners on assertiveness ($F = 9.02$, $P<0.01$). It indicates that the life partners above 40 years of both the working women and housewives are assertive than the life partners below 40 years. Thus, the results support hypotheses No.6.

7. Results indicate that the mean scores for Mental health of life partners of working women and life partners of housewives are 25.00 & 47.42 respectively. There are significant difference between mean scores of life partners of working women and life partners of housewives on mental health, ($F = 341.99$, $P<0.01$). Life partners of working women scoring less than their counterparts. The low scores of mental health questionnaire indicates good mental health and vice versa. It means that the life partners of working women have better mental health than
those of housewives. Thus, the results support hypotheses No.7.

8. Results indicate that the mean scores for mental health of life partners above 40 years and below 40 years of both the working women and housewives are 30.38 & 42.00 respectively. There are significant differences between mean scores of both of the life partners on mental health \((F = 91.34, P<0.01)\). This indicates that the life partners above 40 years of both the working women and housewives have better mental health than the life partners below 40 years. Thus, the results support hypotheses No.8.

9. The correlation between marital adjustment and life satisfaction is positive and significant \((r = .356)\). Good marital adjustment is found to be associated with more life satisfaction. Thus, the results support hypotheses No.9.

10. There is negative and insignificant correlation between life satisfaction and assertiveness \((r = -.026)\). It means that there is no significant relationship between life satisfaction and assertiveness. Thus, the results do not support the hypotheses No.10.
11. The correlation between assertiveness and marital adjustment is positive and significant (r = .084). It can be said that the assertiveness is positively associated with marital adjustment. Thus, the results support hypotheses No.11.

12. There is negative and significant correlation between mental health and marital adjustment (r = -.472). Since the low score on mental health questionnaire indicates good mental health and vice versa. It can be concluded that more the mental health, better is the marital adjustment. Thus, the results support hypotheses No.12.

13. There is a negative and significant correlation between life satisfaction and mental health (r = -.387). Since the low score on mental health questionnaire indicates good mental health and vice versa. It can be concluded that subjects experiencing more life satisfaction have good mental health. Thus, the results support hypotheses No.13.

14. The correlation between assertiveness and mental health is negative and significant (r = -.047). Since the low score on mental health questionnaire indicates good mental health and vice versa, it can be asserted that the more assertive persons possess good mental health. Thus, the results support hypotheses No.14.
Conclusions:

As per statistical analysis following conclusions were drawn.

1. The life partners of working women have good marital adjustment than their counterparts.

2. The life partners above 40 years of both the working women and housewives have good marital adjustment capacity than the life partners below 40 years.

3. The life partners of working women experience more life satisfaction than their counterparts.

4. The life partners above 40 years of both the working women and housewives have more life satisfaction than the life partners below 40 years.

5. The life partners of working women are less assertive than their counterparts.

6. The life partners above 40 years of both the working women and housewives are more assertive than the life partners below 40 years.

7. The life partners of working women have better mental health than their counterparts.
8. The life partners above 40 years of both the working women and housewives have better mental health than the life partners below 40 years.

9. There is positive correlation between marital adjustment and life satisfaction, it means that subjects having good marital adjustment experience more life satisfaction.

10. There is no relation between assertiveness and life satisfaction.

11. Assertiveness and marital adjustment are positively associated. It can be said that the subjects having more assertiveness are more martially adjusted.

12. There is positive correlation between mental health and marital adjustment. It means that subjects having good mental health, better is the marital adjustment.

13. Positive correlation exists between Life satisfaction and mental health.

14. Assertiveness and mental health are positively associated.
Suggestions and Recommendations:

1) The sample size of the study should be widened so that we can get more appropriate results or conclusions of this type of study.

2) The study should be undertaken by controlling the SES of the respondents.

3) The study should be undertaken with respect to other variables also.

Limitations of the study

1) In this study SES of the respondents is not controlled.

2) Sample size is very small.

3) Respondents which are included in the sample are from urban area only.

Recommendations

Marital adjustment:

1) After marriage, the husband and wife have to live with each other along with their attitudes and all the plus and minus points which influence the personalities of both of them. Hence, for the development and progress of both, they should
positively change themselves and co-operate each other to go ahead in life.

2) Both of them should not have a Gender stereotype nature. They should consider each other not as a female or male but as a human being having same sensitive mind and soul.

3) The parents should grow their children without making discrimination between female child and a male child. Children should be trained for all the types of works so that they will not have to face problems.

4) The parents should teach their children to become social and have good relations with all the people within the family as well as in the society.

5) The parents should give appropriate space to their children so that they can develop properly their mental and physical potentials. Boys can understand the girls in more appropriate way and do not have any unrealistic assumptions about them. This applies to girls also. This will lead to more marital adjustment by both the sides in future.

Life satisfaction:

1) The parents should have awareness while behaving that they are playing the model role of husband and wife before their
Children. Children learn to maintain and develop relations with peers as well as people from their parents up to a certain stage of their age.

2) Good relations with peers, spouse and people give a different type of satisfaction to the person. His self confidence grows due to this success. His self esteem also increases. Hence, each person should try to maintain and develop good relations with every human being.

3) Every person should take efforts to maintain himself healthy, mentally and physically so that he can enjoy the life to its full capacity and with all its colours. This gives him a wonderful satisfaction.

4) Every individual should give his issues that treasure which will make them really rich – the treasure of good sanskar, good habit, good thoughts and good behavior.

5) Every person should make his child independent, mentally and financially. The parents should let the children independent in real sense.

6) The parents should build up the academic as well as professional career of the child since its childhood. For that purpose, proper financial and other provisions should be made so that children will not have any problem in their educational an career progress.
Assertiveness:

- Ways to be assertive:

1) Listen to what your spouse want to say, even if you disagree! Hold back from interrupting because quite frankly, it is very rude to interrupt people when they are trying to express themselves, even if they are expressing themselves in a negative way.

2) If there is anything ambiguous that your spouse said to you then have them clear it up so you do understand. What’s the use in listening if you are not really hearing?

3) Once they talked, its now your turn now. Do not fingerprint, blame, even if you think they are wrong! There is a special way you communicate your feelings without their becoming defensive denying what you said about them.

4) Keep on your tone as you speak. Do not sound whiny, squeaky, naggy, or yell and scream at your spouse.

5) Use sentences that start with, “I feel”, “I wish” and “I think”. Do not tell your spouse how they feel and do not tell them what they should do or what they are. How do you know any of those things if you are not them? Let them tell you how they feel.

6) If you are too angry to talk with an even tone then you need to leave the room. Too much anger will not resolve the issue and will only make it worse.
7) Make sure that you know your own feelings before telling your spouse your feelings, what are your needs, What do you need rectified from this argument, What do you want from your spouse, What are you going to do to help rectify the issue at hand.

8) Do not keep your feelings and needs inside. Bottled up feelings cause resentment. Resentment is a marriage destroyer. Resentment will also hurt your spiritual lives tremendously because it keeps us bitter inside and distant from God.

9) Be assertive with how you feel and what you want. Do not be afraid to express your feelings about issues in marriage. This is the number one problem why couples go apart...... it is because they Do go apart..... they do not know one another anymore. If you do not talk with your spouse about how you feel and what you need then how on earth can they oblige themselves to you?

10) Realize you may or may not get every need or want met through your spouse. Some needs and wants are not the responsibility of your spouse. Your spouse can not make you 100% happy all the time. That is just asking for too much. Find ways that you can make yourself happy through community, hobbies, and serving others.... there is always happiness found there.

11) Be sure to do the things you can to encourage, support, and show appreciation of the person you married. Do not hold back
your love. Learn to compromise, communicate, and to come up with solutions to the issues that are affecting your marriage.

**Mental health:**

Spirituality in Mental health:

1) Religion may causally influence health by.....
   - Any mechanism, including social support and improved health behavior.
   - Additional mechanisms, such as enhanced positive psychological states (faith, hopo, inner peace) acting through the psychoneuroimmunology or psycho-endocrinological pathways.
   - Offering psychological strength for acquiring and maintaining positive health behavior.
   - Causally influencing health by distant health or prayer.
   - Mental well-being in later life is modifiable though exercise and physical activity.

2) Formation of self-help groups, counseling, involvement in the family and community affairs.

3) Join yoga, meditation, spiritual workshops, etc.

4) To be with the people having positive attitude and creativity or to avoid people having negative attitude and thoughts.

5) To be positive, to read books, articles about it, to attend workshops on that.
6) To accept adverse situation but go on trying to change it into a favourable one.

7) To form our own social group, self help group and to increase interaction with them.

8) To apply meditation and yoga in our day to day life.

9) To read books on spirituality, life enriching values, inspiring thoughts of great people. Sant Ramdas Swami has said that a human being should do those things which give him happiness. A person can understand himself best than any body else hence if he tries, he can find out the ways of his happiness obviously. Sant Tukaram said that a human being should make his mind happy and enthusiastic so that he can achieve anything in his life. A healthy mind is the reason of achieving the real happiness in the life.

10) To give sufficient time to understand yourself and your needs. Try to do self evaluation / examination and find out the ways of joy which are suitable to your personality.

11) And at last but it is not the least, the researcher thinks, to have a positive communication and interaction with our family, to have the discussions with them, to give sufficient time to the family and so on.