Introduction

Marriage is one of the vigorously researched topics for last many decades. It is important because it is directly associated with the survival of human race. That is why marriage is a top most concern for the society. To tie in a knot is quite easy but it’s difficult to and maintains a healthy and satisfaction relationship with the partner. This topic covers marital adjustment, maladjustment, marital satisfaction and dissatisfaction. So, many disciplines like sociology, psychology, home science and education are involved in finding out various constructs of marital satisfaction.

Definition of Marriage

Rosen-Grandon et al., (2004) has outlined, “marriage has been delineated as one of the most vital and essential human relationships. It provides the advantage of child rearing for the next generation and form the primary structure for establishing a family relationship”.

Sexton (1992) outlined, “Marriage as a legal term describing bound relationship regarding people so as to meet three differing kinds of needs: emotional, sexual and psychological”.

Glenn and Weaver (1979) outlined, “Marriage is found to be one in all the strongest correlates of happiness and well being”.

Argyle and Furnham (1983) outlined, “Marriage is that the greatest supply of social support for many individuals quite friends or together with emotional and married support and companionship”.

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Kennedy, Glares, and Glaser et al. (1990) defined for those who are married, the spouse is involved in and instrumental in a wide range of other satisfaction including sex and leisure. Being in love is the greatest source of positive emotion. Marriage is a very important from health point of view, as it results in better health behavior. Married people drink and smoke less have a better diet and do what the doctor orders.

**Marital satisfaction**

Marital satisfaction is linked to the happiness of the partners which is shared with, resolution of conflict and emotional support. Further, one can say that, it is one of the most important features which lead to the overall satisfaction in marital life of the person (Fowers & Olson, 1993, Argyle & Furnham, 1983). It reflects the suitable advantages and outlay of benefits in marriage to a particular person. Similarly, if one perceives greater benefits of marriage, one can achieve greater and more satisfying within marital life and with the partner (Stone & Shackelford, 2007). The marital relationship is one of the most significant and unique relation among all human relationships. It is not only a mere convention, but also an implicit condition in all human society. The relationship between husband and wife is a very specific context and involves a complex process of adjustment. Thus, one can say that satisfaction with one’s marriage is an important component of well-being (Byadgi, 2011).

**Definition of marital satisfaction**

Bhar and Leigh (1978) defined, “marital satisfaction as subjective evaluation of the overall quality of marriage. It is a degree to which the needs, desires and expectations are met in
marriage”. Roach *et al.* (1981) defined marital satisfaction as one’s subjective evaluation of favorability towards his or her spouse and the marital relationship.

Hick and Platt (1970) have prompted two alternatives for conceptualization of marital satisfaction. The first is to view marital satisfaction as global subjective evaluation of one’s marriage or spouse, second is to understand satisfaction as being related to the particular wants of the married life. Hence, satisfaction in with wedding relationship could be a basic ingredient. The couples decide the success or failure of wedding by the quantity of satisfaction they receive from it.

Rice (1979) defined marital satisfaction as each person’s evaluation of the extent to which his/ her individual needs are met or fulfilled through husband-wife interaction or the extent to which the marital partner, the feelings, attitudes, services and goods needed. Roach, Frazier, and Bowden (1981) have outlined marital satisfaction as one’s subjective analysis of favorability towards his or her relation with spouse and their relationship in marriage.

Bradbury, Fincham, and Beach (2000) have defined, “marital satisfaction is not just a relationship which is characterized by the absence of dissatisfaction as a implied by the routine use of the term non-distressed to describe a couple who is maritally satisfied”.

Through this discussion, it is obvious that a marital satisfaction is beneficial in effective parenting practices and develops good problem-solving skills. It also satisfies family relations through a constant and proper functioning of family. Whereas in an unsatisfied marriage, person may generate stress and frustration that weakens the attachment, closeness, ability to adapt in adverse situation effectively.
The overall quality of marriage reflects in positive and negative dimensions of marriage. According to Fincham et al. (1997) marital satisfaction is a one-dimensional approach for assessing couples whether they are distressed or not distressed. This approach is failed to incarcerate the difficulties in the marital relationship. It is tailed in distinguishing the couple as distressed or not distressed.

Components and Mechanisms of Marital Satisfaction as recommend by Byadgi (2011)-

1. Cognition

It is believed that the human being is a rational being of society. It is found that human behavior is mostly characterized by his/her thoughts or cognition. In marriage, even thoughts or cognition plays an important role in shaping their behavior. But being in a relationship like marriage, a person may perform either negative or positive behavior. Both the behavior may be the result of either personality characteristic of spouse or circumstances that surround the spouse behavior. But in the viewing marital satisfaction, we attribute negative behavior to the personality characteristics of the spouse rather to the situation that surrounds the behavior. This viewpoint is associated with the decreased marital satisfaction.

2. Physiology

Researchers have shown that there exist a well established relationship between marital satisfaction and physical well-being. Most of the researche have discarded that the married couples, who are more satisfied with their marital relationship, would exhibit greater synchronization in their physiological system that is electro-dermal and heart rate compared
to those who are less satisfied in marital affair.

3. Interaction Pattern

It is seen that interaction pattern between spouse is one important aspects of marital satisfaction. It is effective in influencing satisfaction in marital life. Marital dissatisfaction happens when one partner insists the other to change, make critical remarks and try to escape from the discussion. The initial criticism leads to confrontation and then further disengagement. This develops marital dissatisfaction.

4. Social Support

It is all about how each partner gets the social support for them and also for their relationship. In the process of social support which is often linked with good marital functioning and healthy outcome within the family. It is apparent that the partner who provide support to their spouse have greater marital satisfaction.

5. Violence

It is seen that physical violence is closely linked with matrimonial discontentedness. Couples in physically abusive relationships are likely to be discontented with their matrimonial life. Physical violence may end up in alcohol use.

6. Contextual Factors

There are various factors which contribute in assessing marital satisfaction such as the personality of spouse, spouse guarding behavior, likelihood of disloyalty, the interest for each partner, haring children. If the partner perceives that the other one is being troublesome in these areas, he/she may discuss the problem with the partner.
7. Spousal temperament Characteristics

The assessment of satisfaction in marital life depends on the personality characteristics of spouse. Personality can mainly gauge by five dimensions, extraversion, neuroticism, agreeableness, conscientiousness and openness to expertise. So it is important for the partner to be emotionally stable for having greater marital satisfaction. If a partner scored low in the dimension of conscientiousness, agreeableness and openness/intellect, such people have greater risk in marital dissatisfaction and their partners are often complain about that the spouse for neglectful, possessive, emotionally constricted, and self centered behavior. Thus personality characteristics of any of the spouse contribute greatly in maintaining their relationship and marital satisfaction.

8. Spousal Susceptibility to Infidelity

Being unfaithful to the partner may create problems in married life. It is found that spouse show infidelity may raise the issues of honesty, commitment, trust and ultimately love. The spouse’s infidelity is good enough to inflict the person’s emotional area which tends to be negatively related to unfaithful.

9. Mate Value

Mate value is all about quality that a person want to be in his/her mate. It is the desirability of a partner or characteristics which he/she want in his/her partner, including personality, physical attractiveness, intelligence, financially and emotionally strong enough to handle several ups and downs of life.

10. Children
The addition of a child in the family made drastic changes in the marital context. It has found that marital satisfaction is influenced by having children and has impact on children. There is a contradictory effect on the enhancement of marital stability, while decreasing marital satisfaction. Being in the role of parent, they have to perform and indulge in various responsibility affiliated to child. That’s why in performing the duties of parenthood gives less time to take the benefit and live happily in marriage but have long lasting effect.

**Conflict resolution strategies**

While explaining conflict resolution it is appropriate to outline first conflict then resolution. It is seen that conflict happens at several stages, levels, from social conflict to clashes between countries. In the present study, the researcher is concern about the social level/stages. Oxford Dictionary (1976) has traditionally defined the term conflict as fight, struggle or clash of principles. Coser (1967) and Moore (1996) have defined, “conflict as a clash or fight between two or more parties in respect to values, competition for status, power or resources”. Wertheim, Love, Peck and Littlefield (1998) have described conflict as occurring when there are real or perceived differences in interests that cannot be simultaneously satisfied. Hocker and Wilmot (1995) described the term conflict as a problem between two co-dependent person (husband and wife) who recognize mismatched aims, insufficient resources and interference from others in achieving goals”. In general conflict is an interactive process which is manifested in incongruity, disagreements or difference of opinion within or between social entities”. Conflict management is defined as “the
opportunity to improve conflict situations and strengthen relationship. The conceptualization of conflict management has evolved from two-dimensional managerial grid viz., assertiveness and cooperativeness. Marital dissatisfaction is a major area in which researcher is focusing their concern. When conflict arises among couples, it threatens the very heart of relationship. The way the couples handle the disputes usually considered to be strategies or style through which they resolve the conflict which are interpersonal behaviors used in the context of a relationship to resolve disagreements (Marchand, 2004). The most successful styles benefit the couple, i.e., oneself and the other partner which enhances their relationship in a peaceful manner. The ineffective style of a partner is that when he tries to avoid the issues which are concerned in their relationship.

Leonard et al. (1989) examined the role of gender differences in conflict resolution styles of managers at home and at work. The sample consist of 201 managers in which 99 were males and 102 were females. The results indicated that both males and females tended to deal with conflict by using accommodative style at home. They used competitive style at work. Women who scored low level managers were more collaborative at home than at work and were using avoidant style more at work than at home. It is further seen that men managers were less likely to negotiation at home than at work.

Barry (1998) assessed the management of conflict with the spouse and coworkers in a sample consist of 55 dual career couple. The result showed the difference in males and females style for conflict resolution. Females used the integrating approach more than the males. In workplace there was no differences found between males and females in using the conflict
resolution style. It was also found that males were more likely to be considerate with their partner and more dominating with their partner and dominating style less with coworker. The reverse was the case for the males with their partners.

Liu and Chen (2000) in his study, “assessing Chinese conflict management styles in joint venture”, assessed the conflict management styles of the staff and managers who experience interpersonal communication conflict with foreigners. The sample comprised 82 (48 males and 34 females) managers from four large joint venture companies. The organizational communication conflict instrument was used to assess the conflict management styles. The results indicated that managers and employees tended to use more frequently the strategy of collaboration. Further, it was found that they used the control strategy more frequently than non-confrontational strategy. There was a significant gender differences were also found in conflict management styles. The females used non-confrontation strategy more frequently than males, while males used collaboration more frequently than females.

In similar study, done by Rebecca and Mary (2004) on the conflict resolution styles among the Christians and Muslims who were living in Australia. The sample was comprised 35 practicing and 36 non-practicing Christians and 30 practicing and 30 non practicing Muslims. Christians and Katz and Lawyer’s conflict style inventory was used to measure the styles of conflict resolution. The results shown that there was a significant difference was found between the two religious communities. The Australians who were practicing Christians preferred the collaborative style, while practicing Muslims preferred the
compromise style. There was no significant difference found between the non practicing Christians and Muslims both preferred the collaborative style.

**Following conflict resolution strategies recommended by Parik, (1997)-**

**Avoid the conflict**- In avoidance style, person used to run away from the situation of conflict. If there is some dispute, without arguing the partner used to move on.

**Make a compromise**- This style is necessary to deal with the situation where a person fails to attain the success in a particular situation. It can be defined as a solution by method of compromising and accepting the thing in which couple disagree with each other on certain viewpoint.

**Live with the conflict**- In this style, the person accepts that his/her partner used to dispute with. He/she became habitual to have quarrel with her. He/she knows it well that it’s the habit of the partner so the conflict is not going to bother him. He/she had a vivid clarity about the situation which may result in conflict.

**Negotiate a solution**- In this style, the couple used to find out the various ways to deal which the conflict. Some time partners try to resolve the conflict when the partner is angry. They used to give advice to each other on the ground, they could fight. They used to adjust and adapt the condition which they enforce on each other.

**Fight it out**- In this strategy, the pertness reached to any solution or agreement after having quarrel and expressions of their aggression. This is a cease fire like situations and avenues
for further discussion and other mode of solutions are open. Sometime this type of strategy becomes necessary.

**Personality**

Eysenck proposes that the personality has two interlocking aspects. The first aspect is descriptive and it focuses on establishing the units to be used in summarizing the ways in which individual differ. The second is concerned with casual elements that say role played by environmental forces. Eysenck has given a model on personality. The model includes three basic typological dimension:- extraversion versus introversion Neuroticism versus stability Psychotocism versus impulse control.

**Extraversion**

The people who are extravert are characterized by following characteristics. They are sociable, lively, active, assertive, carefree, easy going, dominant, surgent, sensation seeking. They are generally impulsive individual. They prefer to keep themselves dynamic, i.e., moving and doing things. They tend to be aggressive and lose his/her temper easily. They are very opening minded and it’s difficult to resist their feelings in a tight control.

**Neuroticism**

They are being an anxious, worrying individual, moody and usually depressed person by their environment. They find it difficult to adapt and eventually adjust with the situation.