Chapter-II
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REVIEW OF RELATED LITERATURE

1. Studies of Emotional Maturity

2. Studies of Happiness

3. Studies of Stress
CHAPTER-II

REVIEW OF RELATED LITERATURE

This chapter includes a resume of research studies and other literature relevant to the present study. Investigator has tried to scan the relevant researches and to go through conclusions.

1. Studies of Emotional Maturity

Emotional maturity has been use as a variable in foreign studies and more recently in Indian studies too. A person learns to values motivations and behavior patterns appropriate to his/her sex through the process of emotional maturity relatively well and at an early age (Scheel & Sibler, 1985). Thus a person develops an appropriate emotional maturity.

-Vanathi Vember, Dept. of Business Administration Annamalai Uni. Chennai studied Emotional Intelligence: A moderator of stress- health relationship?

The psychological effects of stress have both short-term as well as long-term reactions, which indirectly imply monetary cost to business. Emotional Intelligence is the ability to fairly and accurately perceive, appraise and understand emotions, both in one and in others, which has been identified as a moderator of the stress, health relationship. This study analyses if there exists a relationship between stress and mental health and then goes over to asses the moderating effects of emotional intelligence on the stress, health relationships. Finally, it also investigates if there are any gender differences in the moderating effects of emotional intelligence.
- Sisodia D.S. and Khandelwal Rachana studied Emotional Maturity and Life satisfaction as determinants of active ageing.

The objective was to study the effect of ageing on emotional maturity and life satisfaction. The local was confined to the aged residing in the nuclear families in state of Rajasthan. The result showed that as the age increase, level of emotional maturity and life satisfaction decreases. Early old age persons were found to be emotionally unstable and late old age persons were found to be extremely emotionally unstable. Life satisfaction was found to be of average level.

-Dwight G. Dean studied Emotional Maturity and Marital Adjustment

A random sample of married couples from a middle-class community of about 6,000 was selected; 117 paired, usable questionnaires were obtained (a response rate of 88 percent of contacted families). Using the Dean Emotional Maturity Scale and the Nye Scale of Marital Adjustment, it was determined that the husband's emotional maturity (self-rated) correlated .28 with his marital adjustment score; his emotional maturity as rated by his wife (independently and confidentially) correlated .52. The wife's emotional maturity (self-rated) correlated with her marital adjustment score .35; her emotional maturity (spouse-rated, as above) correlated .39. Marital adjustment scores correlated with each other .59. The hypothesis is regarded as sustained.

- Charles Lee Cole, Anna L. Cole & Dwight G. Dean studied Emotional Maturity and Marital Adjustment: A Decade Replication

This paper reports the results of a decade replication of research investigating the relationship between both spousal and self rated
emotional maturity and the marital adjustment of both spouses. Data for this paper are based upon responses of a random sample of 143 husband-wife pairs in the same community in which Dean (1966) did his original study, using a random sample of 117 husband-wife pairs. Using the Dean Emotional Maturity Scale and the Locke-Wallace Short Form, it was determined that husband's emotional maturity (self-rated) correlated .33 with his and .28 with his wife's marital adjustment; husband's emotional maturity (rated independently and confidentially by wife) correlated .27 with his and .51 with his wife's marital adjustment; wife's emotional maturity (self-rated) correlated .39 with her and .09 with her husband's; wife's emotional maturity (rated independently and confidentially by husband) correlated .20 with her and .23 with her husband's marital adjustment. Marital adjustment of husband and wife correlated at .50.

- Roberta Geogre and Moarian Smith studied the role of Emotional Intelligence in the career commitment and Decision. Making process. The relations between career decision making self efficacy, vocational exploration and commitment, and emotional intelligence were investigated. Further more, the extent to which sex moderates the relationship between emotional intelligence and career decision making self efficacy and between emotional intelligence and vocational exploration and commitment was also examined. Findings revealed that emotional intelligence as measured buy the Empathy, Utilization of Feelings, Handling Relationships, and self-control factors is positively related to career decision making self-efficacy and that the utilization of Feelings and self-control factors were inversely related to vocational exploration and commitment. Findings, however, failed to reveal sex as a
moderator of the relationship between emotional intelligence and the career variables under investigation.

- Erin Bastow and E. Bunday. This study examined the effects of student and/or client death on staff emotional and behavioral grief, all participants were employees of an organization that educates and cares for individuals with mental and physical disabilities. Participants were staff from the learning center and adult day programs. The study examined the effects of sex, job role, and number of deaths experienced had no emotional and behavioral grief. All men scored higher in behavioral grief than in emotional grief. This was not the case of all women. Women scored higher overall than men in both emotional & behavioral grief.

-Lennart Sjoberg Emotional intelligence was hypothesized to be a factor in successful life adjustment among them the successful achievement of a well balance life with little interference between work and family and leisure. EI was measured both by questionnaire items and a task of identifying emotions in social problem episodes as described in Vignettes. Balance was measured both in terms of family interfering with work and vice-versa. Both interference dimensions correlated strongly with emotional intelligence in the hypothesized direction. Emotional Intelligence was positively related to salary both for men and women, at different levels of educational achievement. Other indices of still were also related to EI on the other hand those high in EI tended to be less concerned with economic success.
Denisa Fedakova and Ivela Jeleoova studied co-relates of social and Emotional Intelligence. 38 Males and 60 females aged 19-36 years filled in questionnaires of emotional intelligence and social intelligence. Emotional intelligence was measured by the 7 items emotional competence scale and its subscales of Empathy and interpersonal skills. The Tromso Social Intelligence Scale was administered which consists 3 factors social information processing, social skills and social awareness. Both males and females reported similar scores in exhibiting emotionally intelligent behavior.

- Kemp A H, Cooper NI, Hermens G, Gorden E, Bryant R.A. & Williams LM (2005) toward and integrated profile of emotional intelligence: Introducing a brief measure the first objective of this research was to report on the psychometric properties of a brief, self-report measure of EI, comprising internal emotional capacity (IEC) external emotional capacity (EEC) and self concept second, we further explored the validity of the measure assessing the relationships between the BRIFF and variables considered relevant to the understanding higher than males on EI. EI was associated more with personality, than with cognitive ability, and EEG was found to explain a significant portion of the variance in EI Scores.

Dean (1966) studied form a random sample of married couples of a middle class community on about 6000 subjects of which usable questionnaires were obtained (A response rate of 88% of contacted families). Using the Bean Emotional Maturity scale and the Nye Scale of Marital Adjustment it was determined that the husband's emotional
maturity (self-rated) correlated 0.28 with his marital adjustment score, his emotional maturity as rated by his wife (Independently and confidentially) correlated 0.52. The Wife's emotional maturity (self-rated) correlated with her marital adjustment score 0.35, her emotional maturity (Spouse rated, as above) correlated 0.39. Marital adjustment scores correlated with each other 0.59. The hypothesis was regarded as sustained.

- Dean (1961) examined the interrelationship between romanticism and emotional maturity in 200 couples. Results showed very low correlations between romanticism and the Bell adjustment Inventory.

- Cole (1980) reports the results of a decade replication of research on the relationship between both spousal and self rated emotional maturity and marital adjustment. Data is based upon responses for random sample of pairs of 143 husband wife in the same community in which Dean (1966) did the original study, which used a random sample of 117 pairs using the Emotional Maturity Scale and the Locke Wallance Marital Adjustment Inventory. It was determined that husbands' emotional maturity correlated 0.33 with himself and 0.28 with his wife's marital adjustment; wife’s emotional maturity correlated 0.39 with herself and 0.09 with her husband.

- Relationship of eight basic emotions with age, sex, education, satisfaction of life needs and religion by Catpovic-Veselica K and others (1995) Personality scores of Croatian men and women by age, occupation, education, satisfaction of life needs, and religion were
examined. 842 men and 242 women whose mean age was 42 years represented. They were administered the emotions profile index and a test of life needs satisfaction. Women scored lower on distrustful and Decontrol than men and higher on Depression and Gregarious Scores of Aggression Depression and Gregarious varied across age groups. The present analysis suggests men and women have different personality profiles. The Reproduction scores were significantly positively associated with all needs satisfaction scores. The Destruction Scores (Aggression, Depression) were significantly negatively associated with most life needs satisfactions. Correlations of emotional scores with age, occupations, education, life needs satisfaction, and religion could help in modification toward positive emotional dimensions.

- Fujita F. Diever E and Sandvik E. (1991) studied Gender differences in negative affect and well being: the case for emotional intensity. Affect intensity (AI) may reconcile 2 seemingly paradoxical findings: Women report more negative affect than men but equal happiness as men. AI describes people's varying response intensity to identical emotional stimuli. A sample of 66 women and 34 men was assessed on both positive and negative affect using 4 measurement methods: Self report, peer report, daily report and memory performance a principal-components analysis revealed an affect balance component and an AI component, Multi measure affects. Balance and AI Scores were created, and t tests were computed that showed women to be as happy as and more intense than men. Gender accounted for less than 1% of the variance in happiness but over 13% in AI. Thus, depression finding of more negative affect in women does not conflict with well-being findings.
of equal happiness across gender. Generally; women's more intense positive emotions balance their higher negative affect.

- K. ring A.M. And Gordon A. H. (1998). Studied sex differences in emotional expression, experience and physiology although some studies of emotional responding have found that women are more emotionally expressive than men; it remains unclear whether men and women differ in other domains of emotional response. Compared with men, women were more expressive.

- Mc Conath J.T. and others (1997) also shows that the control of emotions increases with age. In evaluating sex differences in emotional control, women scored as more emotionally expressive than men.

- Thu Pham studied the influence of gender and culture on the relationship between Emotional Control and well-being. The findings were superior boys and girls did well on the emotional maturity tests. Superior intelligence showed high relationship with emotional maturity on the values of children, differences were observed for urban boys and girls on continuity, tradition and security (boys rated as the highest) and role motivation (boys treated as the lowest. Girls of urban residence were ratted the highest for happiness and affection and the lowest for role motivation Rural boys were rated highest for goal incentive value and lowest for the parenthood satisfaction Girls of rural background were rated highest for role motivation and the lowest for goal incentives. Age wise there were no significant differences on emotional maturity.
Denise D. Guastello and Stephen J. Guastello studied Androgyny, gender role behavior, and emotional intelligence were measured in 576 students and their parents to examine the extent to which these variables exhibited generational effects or consistencies within families. Chi-square analyses indicated that sons were more androgynous in personality than their fathers, but that there was no significant difference in androgyny between daughters and mothers. The men also showed an increase in androgynous behavior across generations, whereas the women showed an increase in masculine gender-typed behavior and a decrease in feminine gender-typed behavior. ANOVA revealed that fathers scored significantly lower on emotional intelligence than mothers and students. Significant correlations on emotional intelligence for mothers and their respective students indicated a strong influence on this construct; no such relationship was found between students and fathers. The strongest correlations in masculine and feminine personality and behavior were obtained for mothers and daughters. It was also hypothesized that androgyny would predict higher emotional intelligence; multiple regressions supported this hypothesis for students, mothers, and fathers.

2. Studies of happiness
- Norval D. Glenn & Charles N. Weaver studied The Contribution of Marital Happiness to Global Happiness
Data from six U.S. national surveys are used to compare the estimated contributions to global happiness of marital happiness and satisfaction with each of seven aspects of life, ranging from work to friendships. Separate estimates are provided for white men, white women, black men,
and black women. Except for black men, the estimated contribution of marital happiness is far greater than the estimated contribution of any of the kinds of satisfaction, including satisfaction with work. These findings, considered in conjunction with other evidence, indicate that Americans depend very heavily on their marriages for their psychological well-being. Some implications of the findings are discussed.

- Mary Holland Benin Barbara Cable Nienstedt studied Happiness in Single- and Dual-earner Families: The Effects of Marital Happiness, Job Satisfaction, and Life Cycle

Using NORC GSS data for 1978, 1980, 1982, and 1983 combined, the authors investigate the causes of happiness and unhappiness among housewives, husbands of housewives, working wives, and husbands of working wives. Using log-linear techniques, they find that the best-fitting model for happiness differs for each group; specifically, marital happiness and job satisfaction interact to produce global happiness in dual-earner homes but not in single-earner. Stage of the life cycle plays an important role in determining happiness for men but not for women. Similarities in the causes of happiness also are found: for all four groups, marital happiness is the most important determinant of overall happiness, and (from a separate analysis) job satisfaction is the most important determinant of unhappiness.

- DEREK L. PHILLIPS studied Mental Health Status, Social Participation, and Happiness

The effects of mental health status and social participation are examined to determine the extent to which each of these two factors contributes to
the level of happiness which people experience. The findings indicate that happiness is contingent both on people's state of mental health and the extent to which they participate in social interaction with others. Each of these two factors exerts an independent influence on happiness, and the two relations are maintained under controls for age, social class position, and sex. The implications of these findings for psychiatric help-seeking are then briefly discussed.

- U.S. national survey data of The Changing Relationship of Marital Status to Reported Happiness show a rather steady decline from 1972 through 1986 in the positive relationship between being married and reported happiness. The change occurred primarily through an increase in the reported happiness of never-married males and a decrease in the reported happiness of married females. This change calls for a reassessment of the belief widely held by family social scientists, that the institution of marriage in this country is as strong and viable as ever.

- The Reciprocal Relationship Between Marital Interaction and Marital Happiness: A Three-Wave Study
This study examines the reciprocal relationship between marital interaction and marital happiness with a three-wave panel study of a national sample of married persons. The overall findings support the hypothesis that there exists a positive reciprocal relationship between marital interaction and marital happiness, particularly demonstrating the important role of marital happiness in producing interaction net of macrostructural factors. This relationship holds for both men and women. The present study has also found that the strength of the impact that
interaction and happiness have on each other varies with marital duration. It is suspected that there may be an interaction effect between the life course of the family and interaction-happiness relationship.

- Tom W. Smith studied Happiness: Time Trends, Seasonal Variations, Inter survey Differences, and Other Mysteriesi

This paper examines trends in psychological well-being in the United States since the Second World War. To measure these trends, a long series of surveys with questions on subjective, personal happiness are analyzed. To test the adequacy of this measure, its association with more complex measures of well-being (e.g., the Bradburn Affect Balance scale and the Andrews and Withey life-feeling scale) was examined, and its test-retest stability determined. Both indicated that happiness might serve as a suitable indicator. Variations in question wording were examined in the happiness series. Differences were found that prevented all wordings being used in a uniform, single series, but the general trends were detectable by using the two main variations as parallel series. Possible seasonal and context effects were also found that further complicated the analysis of happiness. With the effects of variant wordings, seasons, and contexts taken into consideration, it appears that happiness rose from the late forties to the late fifties, then fell until the early seventies, and then, possibly after some rebound, remained stable from the early seventies to the present.

- Marital Status and Personal Happiness: An analysis of trend, data

This report analyzes General Social Survey data from 1972 through 1989 on the personal happiness of married and never-married individuals.
Earlier studies (Glenn and Weaver, 1988) had reported a significant decrease in the difference between these two categories, with the "advantage" of the married progressively declining from 1972 through 1986. This article shows that the process reversed somewhat during the latter part of the 1980s, with the effect of marriage on happiness returning to fairly typical levels in 1987 and 1988 after several years of relatively minimal differences in the early part of the decade. However, the difference diminished once again in 1989. The analysis shows that never-married males and younger never-married females were happier in the late 1980s than in the 1970s, and that younger married women were somewhat less happy in the late 1980s than in the 1970s. These trends, however, are generally weaker than earlier evidence suggested.

-Robert H. Coombsii studied Marital Status and Personal Well-Being: A Literature Reviewiii

Do unmarried individuals experience more emotional and health problems than their married counterparts? According to more than 130 empirical studies on a number of well-being indices, married men and women are generally happier and less stressed than the unmarried. Marriage is particularly rewarding for men. This review finds little support for the selection hypothesis which asserts that the relationship between marital status and well-being is spurious since emotional maturity explains both conditions. However, the evidence is consistent with the protection/support hypothesis that a marital partner who provides companionship and psychic aid buffers individuals against physical and emotional pathology.
Stephen Mugford studied Sex, Reported Happiness, and the Well-Being of Married Individuals: A Test of Bernard's Hypothesis in an Australian Sample

Bernard (1976) has suggested that when the relationship of reported happiness to measured psychological well-being is examined, married women not only have lower levels of psychological well-being than married men, but "paradoxically" may report themselves very happy. Bernard's explanation for this relation is that norms about "marriage equals happiness" are strongly held, leading women to "deny" their problems, an explanation that assumes that such respondents are relatively traditional. This paper examines the relationship between self-reported happiness and psychological well-being, the latter measured by a scale indicating psychological distress, in an Australian sample. Results support Bernard's description, but not her explanation. Close examination of respondents who give the denial responses indicates that their marriages are largely heterogamous, rather than traditional. This finding is further discussed and an alternative explanation offered.

Trudy M. Kolb and Murray A. Straus studied Marital Power and Marital Happiness In Relation to Problem-Solving Ability

Data on intra family power relations, obtained by observing the interaction of husband-wife-child groups during a laboratory problem-solving session, are related to ratings of marital happiness. Families above the median in husband-to-wife power tend to be high in marital happiness, but no difference in marital happiness was found when families with low- and high-power wives were compared. High parent-to-child power was associated with high marital happiness, but high
child-to-parent power was associated with low marital happiness. The findings are interpreted as reflecting stresses which occur as the power structure of the family changes from its present hierarchical form to a more equalitarian form. However, since low husband power was found to be associated with low problem-solving ability, part of the low happiness ratings of families with low-power husbands probably reflects dissatisfaction with the low competence rather than the low power of the husband.

- James M. Honeycutt, Charmaine Wilson & Christine Parker studied Effects of Sex and Degrees of Happiness on Perceived Styles of Communicating In and Out of the Marital Relationship

Communicator styles used within the marital relationship were contrasted to styles used in general situations. It was hypothesized that sex and expressed level of marital happiness would create tendencies to use distinct styles within the relationship and that these factors would subsequently influence the combination of communicator styles which best predicts a good communicator. It was found that (a) styles used in the relationship were different from those used in general; (b) impression leaving, dominant, relaxed, and attentive predicted a good communicator in general when not controlling for sex or marital happiness; (c) friendly, attentive, precise, and expressive best predicted a good communicator within the marital relationship, with a friendly style alone accounting for 58% of the variance; and (d) relaxed, friendly, open, dramatic, and attentive communicator styles were used more often by more happily married couples. Levels of marital happiness affected the number of styles predicting a good communicator in that the less
happily married spouses had fewer styles enter into the regression equation.

- Catherine S. Chilman And Donald L. Meyer studied Single and Married Undergraduates' Measured Personality Needs and Self-Rated Happiness

Undergraduate married and single students were compared on measured personality needs, self-rated happiness, and perceived problems. The married males and females were found to have significantly higher personality scores for needs associated with intellectualism and academic achievement, the single groups for activities associated with impulsive self-expression and emotional dependence. Few married males or females said that they had ever withdrawn from college because of marriage. The great majority of married undergraduates, especially males, rated their marriage as happy and expressed somewhat higher satisfaction with their life situation than did the single undergraduates. Few large differences appeared between married and single groups on self-perceived current life problems, except that about twice as many single students, especially males, rated worry over studies as a problem.

- James M. Honeycutt, Charmaine Wilson & Christine Parker studied Effects of Sex and Degrees of Happiness on Perceived Styles of Communicating In and Out of the Marital Relationship Communicator styles used within the marital relationship were contrasted to styles used in general situations. It was hypothesized that sex and expressed level of marital happiness would create tendencies to use distinct styles within the relation-ship and that these factors would subsequently influence the
combination of communicator styles which best predicts a good communicator. It was found that (a) styles used in the relationship were different from those used in general; (b) impression leaving, dominant, relaxed, and attentive predicted a good communicator in general, when not controlling for sex or marital happiness; (c) friendly, attentive, precise, and expressive best predicted a good communicator within the marital relationship, with a friendly style alone accounting for 58% of the variance; and (d) relaxed, friendly, open, dramatic, and attentive communicator styles were used more often by more happily married couples. Levels of marital happiness affected the number of styles predicting a good communicator in that the less happily married spouses had fewer styles enter into the regression equation.

- Kennon M. Sheldon and Tan H. Hoon studied The Multiple Determination Of Well-Being: Independent Effects Of Positive Traits, Needs, Goals, Selves, Social Supports, And Cultural Contexts. They tested the hypothesis that psychological need-satisfaction, a positive Big Five trait profile, good personal goal-progress, high self-esteem, positive social support, and a happiness-conducing cultural membership would each uniquely predict SWB. These hypotheses were confirmed, supporting the hierarchical perspective and irreducibility assumption that under-girded the research. Implications for SWB theory and interventions, and for the task of integrating the many different types of personality constructs that exist, are discussed.

- Robert H. Coombsiv studied Marital Status and Personal Weil-Being: A Literature Reviewv
Do unmarried individuals experience more emotional and health problems than their married counterparts? According to more than 130 empirical studies on a number of well-being indices, married men and women are generally happier and less stressed than the unmarried. Marriage is particularly rewarding for men. This review finds little support for the selection hypothesis which asserts that the relationship between marital status and well-being is spurious since emotional maturity explains both conditions. However, the evidence is consistent with the protection/support hypothesis that a marital partner who provides companionship and psychic aid buffers individuals against physical and emotional pathology.

- John F. Helliwell and Robert D. Putnam studied The social context of well-being

Large samples of data from the World Values Survey, the US Benchmark Survey and a comparable Canadian survey are used to estimate equations designed to explore the social context of subjective evaluations of well-being, of happiness, and of health. Social capital, as measured by the strength of family, neighbourhood, religious and community ties, is found to support both physical health and subjective well-being. Social capital is strongly linked to subjective well-being through many independent channels and in several different forms. Marriage and family, ties to friends and neighbours, workplace ties, civic engagement (both individually and collectively), trustworthiness and trust: all appear independently and robustly related to happiness and life satisfaction, both directly and through their impact on health.
Happiness versus sadness as a determinant of thought confidence in persuasion: A self-validation analysis.

By Brinol, Pablo; Petty, Richard E.; Barden, Jamie

The research introduces a new mechanism by which emotion can affect evaluation. On the basis of the self-validation hypothesis (R. E. Petty, P. Brinol, & Z. L. Tormala, see record 2002-12575-003), the authors predicted and found that emotion can influence evaluative judgments by affecting the confidence people have in their thoughts to a persuasive message. In each study, participants first read a strong or weak persuasive communication. After listing their thoughts about the message, participants were induced to feel happy or sad. Relative to sad participants, those put in a happy state reported more thought confidence. As a consequence, the effect of argument quality on attitudes was greater for happy than for sad participants. These self-validation effects generalized across different emotion inductions, different persuasion topics, and different measures of thought confidence. In one study, happy and sad conditions each differed from a neutral affect control. Most important, these metacognitive effects of emotion only occurred under high elaboration conditions. In contrast, individuals with relatively low motivation to think showed a main effect of emotion on attitudes.

The Interpersonal Effects of Anger and Happiness in Negotiations

By van Kleef, Gerben A.; De Dreu, Carsten K. W.; Manstead, Antony S. R.

Three experiments investigated the interpersonal effects of anger and happiness in negotiations. In the course of a computer-mediated negotiation, participants received information about the emotional state.
(anger, happiness, or none) of their opponent. Consistent with a strategic-choice perspective, Experiment 1 showed that participants conceded more to an angry opponent than to a happy one. Experiment 2 showed that this effect was caused by tracking—participants used the emotion information to infer the other's limit, and they adjusted their demands accordingly. However, this effect was absent when the other made large concessions. Experiment 3 examined the interplay between experienced and communicated emotion and showed that angry communications (unlike happy ones) induced fear and thereby mitigated the effect of the opponent's experienced emotion. These results suggest that negotiators are especially influenced by their opponent's emotions when they are motivated and able to consider them

-Reexamining adaptation and the set point model of happiness; Reactions to changes in marital status. By Lucas, Richard E.; Clark, Andrew E.; Georgellis, Yannis; Diener, Ed

According to adaptation theory, individuals react to events but quickly adapt back to baseline levels of subjective well-being. To test this idea, the authors used data from a 15-year longitudinal study of over 24,000 individuals to examine the effects of marital transitions on life satisfaction. On average, individuals reacted to events and then adapted back toward baseline levels. However, there were substantial individual differences in this tendency. Individuals who initially reacted strongly were still far from baseline years later, and many people exhibited trajectories that were in the opposite direction to that predicted by adaptation theory. Thus, marital transitions can be associated with long-lasting changes in satisfaction, but these changes can be overlooked when only average trends are examined
The possibility of national personality traits could explain national subjective well-being (SWB) is controversial, with many researchers arguing that traits are irrelevant to any national-level analysis. The weaknesses of this standpoint are reviewed, followed by a series of empirical investigations. Using Eysenck's 3-factor model (H. J. Eysenck & S. B. G. Eysenck, 1975) and P. T. Costa and R. M. McCrae's (1992b) 5-factor model, the authors found that Neuroticism and Extraversion correlated significantly with national SWB. Lie scale scores were also related strongly to national SWB. Neuroticism and Extraversion incrementally predicted SWB above gross national product per capita. The strength of these results indicated that personality can have stronger relationships at national levels of analysis than at the individual level. National personality traits appear to be unwisely neglected, having considerable but largely unconsidered explanatory power.

Which are the stimuli in facial displays of anger and happiness? Configurational bases of emotion recognition. By Aronoff, Joel; Woike, Barbara A.; Hyman, Lester M.

Two studies examined the hypothesis that geometric patterns in the facial expressions of anger and happiness provide information that permits observers to recognize the meaning of threat and warmth. A 1st study sought to isolate the configural properties by examining whether large-scale body movements encode affect-related meanings in similar ways. Results indicated that diagonal and angular body patterns convey threat,
whereas round body patterns convey warmth. In a 2nd study, a set of 3 experiments using models of simple geometric patterns revealed that acute angles with downward pointing vertices conveyed the meaning of threat and that roundedness conveyed the meaning of warmth. Human facial features exhibit these same geometric properties in displays of anger and happiness.

-Toward a motivational model of couple happiness. By Blais, Marc R.; Sabourin, Stéphane; Boucher, Colette; Vallerand, Robert J.

The present study had 2 major objectives. The 1st was to investigate the validity of a motivational model of couple happiness based on self-determination theory. The 2nd objective was to test the postulated simplex structure and the generalizability of the 6 forms of motivation proposed by this theory. Both members of 63 couples individually completed the Couple Motivation Questionnaire as well as measures of perceived couples' adaptive behaviors and of dyadic happiness. Results revealed that the proposed model of couple happiness was supported through significant path analyses explaining 61% and 55% of the variance of men's and women's relationship happiness, respectively. Empirical support was also provided for the postulated simplex structure. Results highlight the importance of autonomy-driven processes as opposed to controlling and motivated processes in the development and maintenance of the quality of couples' relationships.

- Happiness in Single- and Dual-earner Families: The Effects of Marital Happiness job Satisfaction, and Life Cycle by Mary Holland
Using NORC GSS data for 1978, 1980, 1982, and 1983 combined, the authors investigate the causes of happiness and unhappiness among housewives, husbands of housewives, working wives, and husbands of working wives. Using log-linear techniques, they find that the best-fitting model for happiness differs for each group; specifically, marital happiness and job satisfaction interact to produce global happiness in dual-earner homes but not in single-earner. Stage of the life cycle plays an important role in determining happiness for men but not for women. Similarities in the causes of happiness also are found: for all four groups, marital happiness is the most important determinant of overall happiness, and (from a separate analysis) job satisfaction is the most important determinant of unhappiness.

Social network, functional competence and well being of the elderly by Prakash IJ

Subjective well-being in later years is influenced by a host of factors, prominent among them being the ability to maintain functional competence and availability of a social support network. The complex relationship between these variables was the focus of this present study. A sample of 316 subject (Mean age 68 years), both male and femmale from rural and urban areas of Bangalore, was assessed using an interview schedule, Social Network Scale, Activities of Daily Living Checklist and PGC Morale scale. Extensity of, and satisfaction with the support system varied depending on the sex of the subject and urban-rural background. Competence in everyday living, and well-being were related to social
network. Findings are discussed in detail with reference to factors that affect social network in old age and the impact of such changes on quality of life of the older persons

3. Studies of Stress

-Life stress and mental health- A study of age and sex differences by R. Harini Kumari & Indira Jai Prakash

Researches and social scientists have shown that accumulation of life events can act as stressors and affect mental health. An attempt was made in this study to investigate the impact of life stress on mental health in a normal sample of 255 male and female subjects, using Saxena et al’s Life event list and general Health Questionnaire (G.H.Q.) Age and sex differences with regard to life stress and psychological distress were also studied. Results show an increase in life events with age both in male and female subjects ($F=46.02$) significant negative $r$ was obtained between life event scores and G.H.Q. scores indicating lesser psychological distress with greater life events. However different age and sex groups did differ in the number of “possible seses”

- Madhurima Pradhan & Neelima Misra studied Life stress and Burnout among couples in medical profession.

The study attempted to examine gender differences in life stress, burnout in couples engaged in medical profession. A sample of 20 medical practitioner couples was incidentally selected. Result showed significant gender differences in feeling of lack of personal accomplishment, both with regard to frequency and intensity, but non-significant difference in
feeling of emotional exhaustion and depersonalization. Significant gender differences were also found with regard to the intensity of life stress.

-Influences on the Life Satisfaction of Never-Married Men and Women by Janet Cockrum And Priscilla White*

Social-psychological factors influencing the life-satisfaction of never-married men and women were examined. Predictor variables included self-esteem, aspects of social support, and social and emotional loneliness. Regression analyses revealed that emotional loneliness and availability of attachment relationships were influential for the life satisfaction of women. The model for predicting men's life satisfaction included self-esteem and availability of social integration. These results are discussed both in terms of related research and implications for practitioners.

-Intelligence and scholastic achievement as determinants of stress and adjustment in adolescent male female students by Gaur CB; Murthy A; Nathawat SS

The study was carried out to examine the influence of intelligence and scholastic achievement on stress and adjustment in male and female adolescent students. A sample of 240 school going teenagers was selected. Of these 135 were boys and 105 were girls. They were administered Raven's, SPM, Adjustment and Stress Questionnaire. Results disclosed that boys were found to have lesser stress as against to girls. Furthermore adolescents high on intelligence and achievement had also disclosed significantly lesser stress but high level of adjustment than
low intelligent and low achievers. Interaction of gender and intelligence as well as intelligence and achievement did influence either stress or adjustment in an expected manner.

-Stress, Positive Emotion, and Coping by Susan Folkman and Judith Tedlie Moskowitz of Center for AIDS Prevention Studies, University of California-San Francisco, San Francisco, California

There is growing interest in positive aspects of the stress process, including positive outcomes of stress and antecedents that dispose individuals to appraise stressful situations more as a challenge than as a threat. Less attention has been given to the adaptational significance of positive emotions during stress or to the coping processes that sustain positive emotions. We review evidence for the occurrence of positive emotions under conditions of stress, discuss the functional role that positive emotions play under such conditions, and present three types of coping that are associated with positive emotion during chronic stress. These findings point to new research questions about the role of positive emotions during stress and the nature of the coping processes that generate these positive emotions.

-Family Stress and Adjustment to Divorce by Leone Poindexter Plummer And Alberta Kochhattem

It was hypothesized that information about families of origin and procreation would contribute to the explanation of divorce adjustment. Family stress theory formed the basis of the study. Twenty-seven males and 63 females who had filed for divorce from their first spouse during the 18 months prior to the study and who were neither remarried nor
cohabiting at the time of the study participated in this survey. Social network size, income change, a pile-up of family stressors, and perceived severity of the divorce explained 67% of the variance in divorce adjustment for men; while perceived severity of the divorce alone accounted for 20% of the variance in divorce adjustment for women. The implications of these results for the development of divorce adjustment programs and for future research are discussed.

-The Stress of Multiple Roles: The Case for Role Strain Among Married College Women by Mary Jane S. Van Meter And Samuel J. Agronow
Stress-related variables were analyzed as possible predictors of role strain among a sample of married college women. The exploratory study was conducted among married women students in an urban university's home economics-related department. Findings are suggestive of potentially stressful concerns to women students which advisors and counselors may wish to pursue both in counseling sessions and additional research studies.

-Marital Relationships Following the Korean Economic Crisis: Applying the Family Stress Model by Hee-Kyung Kwon and Martha A. Ruktkr
University of Minnesota Mi-S<k Ler The Catholic University of Korea Skonju Koh and Sun Wha Ok Seoul National University.

In response to the recent economic crisis in Korea and its negative effects on families, the current study examined the interrelationships among economic pressure, emotional distress, marital conflict, and marital satisfaction for 236 Korean couples.
The family stress model (Conger & Elder, 1994; Conger, Rueter, Conger, 2000; Conger, Rueter, & Elder, 1999) was tested using structural equation modeling. The results generally supported the theoretical model, showing that economic pressure negatively affects marital satisfaction via emotional distress and marital conflict. The results also implied cultural differences in the process of family stress, Korean husbands' emotional distress did not affect marital conflict or marital

- Social Stress: Theory And Research by Aneshensel of Department of Community Health Sciences, School of Public Health, University of California, Los Angeles, California

This chapter differentiates the stressful consequences of social organization from the stressful antecedents of psychological disorder. The pivotal distinction concerns whether the occurrence of stressors is viewed as socially determined, or as independent of social placement. Recent research is evaluated concerning both the social distribution of stress and social variation in response to Stress. Two particularly productive areas of inquiry are also reviewed: self-efficacy as a mediator between social position and stress; and the intersection of macro- and micro-stress processes in economic and occupational spheres, with emphasis upon gender stratification. This review concludes that the occurrence of systemic stressors is not necessarily an indication of a social system run amok but may reflect instead the system functioning precisely as it is supposed to function.
Married and Unmarried Cohabitation: The Case of Sweden, With Some Comparisons by Jan Trost of Uppsala University.

There are many implicit and explicit definitions of terms like "unmarried cohabita' turn." The author uses a phenomenological definition, which means that unmarried cohabitation is used for the phenomenon of living together under marriage-like conditions but without a marriage. It is shown that there has been an enormous increase in the number of unmarried cohabiting couples in Sweden and Denmark and a decrease in the marriage rate. Data presented show that Sweden and Denmark seem to be some years before many other countries. Is unmarried cohabitation a deviant behavior? This question is discussed and the answer is given that in Sweden it is not. Arguments are given for the idea that an increase in the number of unmarried cohabiting couples might result in more "happier" marriages.

- Integrating Family Resilience and Family Stress Theory by Joan M. Patterson of University of Minnesota.

The construct, family resilience, has been defined and applied very differently by those who are primarily clinical practitioners and those who are primarily researchers in the family field. In this article, the family resilience perspective is integrated with conceptual definitions from family stress theory using the Family Adjustment and Adaptation Response (FAAR) Model in an effort to clarify distinctions between family resiliency as capacity and family resilience as a process. The family resilience process is discussed in terms of (a) the meaning of significant risk exposure (vs. the normal challenges of family life) and (b) the importance of making conceptual and operational distinctions.
between family system outcomes and family protective processes. Recommendations for future family resilience research are discussed.

- Explaining Differences in Mental Health Between Married and Cohabiting Individuals by Kristen Marcussen of Kent State University

Research on the relationship between cohabitation and mental health tends to ignore social psychological factors that help explain mental health differences between the married and the unmarried, including coping resources and perceived relationship quality. In this paper I draw on social psychological theory and research to clarify differences in depression and alcohol use between married and cohabiting individuals. Using data from the National Survey of Families and Households, I examine the independent and combined influences of socioeconomic status, coping resources, and relationship quality to account for marital status differences in distress. I find that marital status differences in coping resources and relationship quality help explain the gap in depression, but not in alcohol use, between married and cohabiting individuals. I also find that social selection is not responsible for marital status differences in distress. The implications of these findings for future research on cohabitors' mental health are discussed.

- The Epidemiology Of Social Stress by R. Jay Turner, Blair Wheaton & Donald A. Lloyd of University of Toronto.

We examine the social distribution of exposure to stress to test the hypothesis that differences in stress exposure are one factor in socio demographic variations in mental health. We make a more comprehensive effort to estimate stress exposure than has been typical,
and present data that challenge the prevailing view that differences in exposure to stress are of only minimal significance for understanding variations in mental health. We report several findings, principal among which are; Differences in exposure to stress account for substantially more variability in depressive symptoms and major depressive disorder than previous reports have suggested; the distributions of stress exposure across sex, age, marital status, and occupational status precisely correspond to the distributions of depressive symptoms and major depressive disorder across the same factors; and differences in exposure to stress alone account for between 23 and 50 percent of observed differences in mental health by sex, marital status, and occupation. These findings contrast with the prevailing view that differences in vulnerability to stress across social statuses account for social status variations in mental health.

-The Life Stress Paradigm and Psychological Distress by Walter M. Ensel of Slate University of New York at Albany & Nan Lin of Duke University

The paper focuses on two forces (stressors and resources) in the life stress process as they affect psychological distress. Utilizing three waves of panel data from a representative community sample in upstate New York, six causal models of the life stress process are tested with indicators of two types of stressors (social and physiological) and two types of resources (social and psychological). Both deterring and coping models are tested. Analysis shows that: (1) stressors and resources in the social environment have a direct impact on depressive symptoms, (2) social resources mediate the effects of social stressors on psychological
distress, and (3) psychological resources indirectly affect distress by enhancing social resources. The critical role played by the social environment in the life stress process involving psychological distress is substantiated. The implications of these and other findings are discussed.

- Marriage Systems and Pathogen Stress in Human Societies by Bobbi S. Low of School of Natural Rtiourci and Ei-otulton and Human Behavior Program, University of Michigan. Ann Arbor, Michigan 48109-1115

These results suggest that major pathogens may have been, during human evolutionary history, an important selective force, shifting the polygyny threshold, and resulting in greater polygyny, and polygyny of specific types, in areas of high stress. The relationship appears to be of a threshold sort (at high levels of pathogen stress monogamy, polyandry, and mild polygyny are absent) rather than a linear relationship. We need within-society data for appropriate pathogens regarding relationship between individual pathogen load and probability of getting a mate, possible interactions between pathogen stress and resource accumulation in sexual selection, and impact of pathogen load on fertility.

- Stress Transmission: The Effects of Husbands' Job Stressors on the Emotional Health of Their Wives by Karen Rook and David Dooley University of California, Irvine Ralph Catalano, University of California, Berkeley.

Stress researchers traditionally have focused on stressful life events that people experience personally, ignoring the potentially disruptive effects of stressful events, experienced by family members and friends. This
study examines the effects of husbands' job stressors on the emotional health of their wives. The hypotheses were tested with interview data from 1,383 married women living in a metropolitan area and with panel data from a small subset (n = 92) of women who were reinterviewed after three months. Husbands' stressors were associated with significantly elevated symptom levels in their wives. Wives' elevated distress was not linked to increased vulnerability to other stressors or to parenting and work demands in the wake of their spouses' job misfortunes. Nor did husbands' job difficulties reduce their ability to provide advice and guidance to their wives. Access to social support did not moderate the impact of husbands' job stressors, but marital tension did, with women in deteriorating marriages reporting fewer symptoms in response to their husbands' stressors. Implications for theory and for a dyadic approach to the study of stress are considered.

- Social Structure, Stress, And Mental Health: Competing Conceptual And Analytic Models by Carol S. Aneshensel of University of California, Carolyn M. Rum of University of California & Peter A. Lachenbruch of University of California. Los Angeles

A sociological model for the menial health consequences of social organization is distinguished from a socio medical model for the social etiology of particular disorders. Both models use stress to explain associations between social placement and disorder. These models are not interexchangeable, despite apparent similarities; but researchers frequently apply the socio medical mode! To sociological questions. Discrepancies between models are illustrated with survey data collected

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from a community sample of adults. We demonstrate that gender differences in the impact of stress are disorder-specific and do not indicate general differences between women and men in susceptibility to stress.

- Gender, Work, And Stress: The Potential Impact Of Role-Identity Salience And Commitment by Mary Glenn Wiley* University Of Illinois at Chicago

In a period when most women and men combine work and family roles, the relationship between these roles and stress is of particular importance. Using an identity theory perspective, this study focuses primarily on gender differences in the sources and levels of stress associated with these roles. An identity-based perspective provides a more parsimonious way to address this issue than the frequently employed gender-specific models. Based on differences in the meaning and salience of and commitment to work and family role identities, this study predicts gender differences in identity-linked sources of stress, and relates these to the results of prior stress research. Despite reliance on general norms to infer the salience and commitment of men and women to their work and family roles, an identity perspective demonstrates considerable promise.

- Quality of Family Life, Social Support, and Stress by Joe f. Pittman and Sally a. Lloyd University of Utah

This study examines the relative contributions of stress, social support, and family resources to the quality of family life in three domains—marital quality, parental satisfaction, and life satisfaction. Telephone

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interviews were conducted with a random sample of 810 adults. Hierarchical multiple regression was used to examine the impact of demographic factors, support and resource variables, and stress factors upon the quality of family life. Results indicate that both sets of variables made significant and unique contributions to the explanation of the quality of family life, but that stressors had, by far, the larger effect in each model. Among the stressors, consistent negative effects were found for stress in one's home life and for financial stress. Among the family resources examined, only the availability of privacy at home produced a consistent positive effect across models. Social supports appeared to play a larger role in the prediction of life satisfaction than in the other two models.