CHAPTER 1

INTRODUCTION

1.1 CONCEPTUAL FRAMEWORK OF MARITAL ADJUSTMENT

Life is a path usually travelled with a partner. It is full of communication, expectation, adjustment and identification. Every person identifies him/her in a role and according to this the journey of life begins. Marriage is one milestone of life, where one selects a partner, with a new role and new expectation. Thus, it is very simple to ask what is marriage? This is a question which must have been asked by many a curious mind. They must have been given many interpretations by different persons, religions, philosophers and may be by the various interpretations or definitions. The most commonly accepted concept of marriage is that it is a lifelong sacred commitment. It is one of the most important relationships between a man and a woman. It is the responsibility for peace, happiness and development of strong family relationship. It involves emotional and legal commitment that is quite important in any adult’s life. There is no doubt that the choice of marital partner is one of the most important decisions one makes in his/her life time. People marry for many reasons like, love, happiness companionship; and the desire to have children, physical attraction, even with a desire to escape from an unhappy situation. And if elaborated,
much can be spoken and written about marriage. Thus, many definitions originate from sources like reason for marriage etc, can be defined with different domains.

In Social context, marriage is declared as a sexual-union which begins with a public announcement with marriage procedures and some ideas of performance. It is assumed with more or less explicit ‘marriage-contract’ that spells out the reciprocal rights and obligation between the spouses and future children.

Psychologically, Indian married life may be explained in many ways. Enormous adjustment with spouses is an important factor in determining family environment. Interpersonal conflicts in married life can create a lot of stress among spouses and other family members. Prolonged stress also leads to psychological disturbance. It is observed that people have changed their attitude towards marriage. Family structure has also seemingly undergone substantial changes in recent times especially in the context of roles performed by husbands and wives. Might be that by putting additional pressure on the individual has perhaps made marital adjustment really an important domain in many environmental changes for socialist & psychologist to research in this field and find the impact of such changes on adjustment in married life (Joshi et al., 2009).
Where members or partners look after each other and receive mental health. It is a relationship where partners confide and discuss their problems with sympathetic approach (Vanfossen, 1981). He also suggested that women are better at listening than men; this may explain why men benefit more from marriage in terms of having lower rate of depression.

**DEFINITION OF MARRIAGE**

Glenn and Weaver (1979) defined that the “Marriage is found to be one of the strongest correlates of happiness and well being”.

Argyle and Furnham (1983) defined that “Marriage is the greatest source of social support for most people more than friends or including emotional and marital support and companionship”.

Marriage and other close relationships are a major cause of happiness and breakup of marriage. A major source of unhappiness for time being at least, after forever for at least one partner be done to strengthen the institution of marriage seems desirable.

Kennedy et al. (1990) defined for those who are married the spouse is involved in and instrumental to a wide range of other satisfaction including sex and leisure. Being in love is the greatest source of positive emotions. Marriage is good for health party because is results in better health behavior. Married people drink and smoke less, have better diet and do what the doctor orders.
There are at least two reasons why marriage might enhance happiness. The first one is prosaic marriage offer the role of spouse and parent which can provide additional source of self-esteem (Crosby, 1987). Secondly, married people are more likely to enjoy enduring supportive intimate relationship and are less likely to suffer loneliness. It was also seen that male partner after marriage is having less stress and anxiety (Coombs, 1991).

A good marriage gives each partner a dependable companion, love and friend. It is typically marked by equity and intimacy. When equity exists, when both partners freely give and receive and when they share decision-making their chances for sustained and satisfying companionate love are good (Gray-little & Barks, 1983; Van & Buunk, 1990).

Landis (1954) writes, “Marriage and family are not optional; they are necessary. They meet man’s deepest needs.” Marriage provides a person an opportunity for a secure and protected satisfaction of his need companionship, affections and sexual expression.

Smith (1973) says that a good marriage is the most rewarding experience, life can offer.

Coleman and Miller (1975) reiterate that a good marriage makes a person feel adequate, desired, approved and complete to a degree which is not possible in any other form of human relationship.
According to Rogers (1972), the concept of marriage is the basic of many marital adjustments. He mainly spoke about two broad concepts of marriage. For some, marriage is a romantic box, a tight fence, limiting freedom, roomy comfortable box, a magic box resolving the difficulties in their relationship. For some, it is an exciting exploration of new avenues. Each is given freedom and encouragement to develop full potential. If both parties perceive accurately and understand clearly their concept of marriage, things go smoothly and good understanding takes place.

Mazumdar (1996) defines marriage, “As a socially sanctioned union of male and female or as a secondary institution devised by society to sanction the union and mating of male and female for the purposes of establishing a household entering into relations, procreating and providing care for the offspring”.

Sarks and Krupat (1988) contend that a good marriage is working partnership based on love and mutual respect.

The past few decades have seen a quantum leap change in every sphere of our lives, be it social, religious or political. These changes have dominantly affected the family values and marital relationships. The modern and post-modern age has witnessed the decline of joint-families and rise of nuclear families. Women liberalization and feminism have brought about a radical change in the thinking pattern of
the modern women, living in a male-dominated society. Women education and rise of women from household world to the top notch positions of the nation has suddenly changed the equations. If not all, at least the urban and semi-urban people have started attaching importance to girl-education. Thus, the scenario is fast changing. Naturally, family values and marital relationships cannot remain unaffected from these changes around them.

MEANING OF ADJUSTMENT

Adjustment can be called synonymous to adaptation in the modern world. It is a balancing effort or an effort for summing. History shows us that those who adapt or adjust with the process of evolution, perished is able adjust in his/her surrounding. The same is true with us even today. Some might call adjustment as the work of vulnerable, but truly it is not. In utterly bitter words adjustment is an active process, in fact a proactive process to create a win-win situation. Adjustment is a noble quality which involves love, kindness, forgiveness and consideration for others; though it is equally true that on many occasions adjustment is out of fear, greed or mere survival. Our attitude towards adjustment determines whether it is an agreement or a compromise.

Adjustment is a lifelong and ongoing process. Mode of adjustments may differ according to the need of the hour. An adjustment best suited for one situation may not necessarily be suitable for another
situation. Apart from all life processes, adjustment can be called a very basic requirement for marital life, to do some adaptation without much regrets, worries or other defensive mechanism.

Psychologically, adjustment is an individual’s perception about himself and his potential for being an entirely functioning individual. The psychology of adjustment strongly puts forth that individuals are different from each other, so are their bearing methods, thinking pattern and rate of growth. In marital life, sexual relationship is an aspect of adjustment where a major part of our life is spent.

Areas of Adjustment

Broadly speaking, adjustment consists of personal as well as an environmental component. Adjustment has many dimensions and aspects. Various researches have put forward different theories. Bell (1958) has taken five areas or dimensions in his adjustment inventory viz. home, health, social, emotional and occupational.

In the book of adjustment and mental health, Arkoff (1968) has taken the family, school or college, vocation and marriage on the considerable areas of adjustment. In the research Joshi and Pandey (1964), called marriage is a very crucial area of adjustment. Thus, adjustment of a person depends on the personal characteristics and the environment of which he/she is a part. The interaction between the
personal and environmental factors forms a symbiotic relationship to bring about this harmony.

**Definitions of adjustment**

Drever (1952) defined “Adjustment means the modification to compensate for or meet special conditions”.

Shaffer (1961) defined, “Adjustment is the process by which a living organism maintains a balance between its needs and the circumstances that influence the satisfaction of their needs”.

Crow and Crow (1956), “An individual’s adjustment is adequate, wholesome or healthful to the intent that he has established harmonious relationship between himself and the conditions, situations and persons who comprise his physical and social environment”.

**CONCEPT OF MARITAL ADJUSTMENT**

In any marriage, the individuals coming from different background, when start living together; start adjusting just after ceremony of marriage is performed. This reveals that reality must be faced and fantasies must be erased. There is no longer any space left in life of fantasy or of make-believe; one must come out of the clouds of fantasy and puts one’s feet firmly on the earth to have a sun shower to live life beautifully with spouse. Responsibility must be assumed and new duties must be accepted with all expected and unexpected conditions between the partners in any marital process. Some personal
freedom must be relinquished, and many adjustments, unselfish adjustment, must be made. It can be believed that one’s happy married life can be determined by, *firstly*, ignoring faults in a limited way, because no one is perfect and *secondly*, by adjusting with the partner with the help of compromising tools.

Marital adjustment as a function is dependent on various factors like an ideal mate, fulfillment of needs, similarity of backgrounds, common interest value, role concepts and change in life partners. Marital adjustment, satisfaction with different facets in marital field, relationship, happiness a number of variable attest to the quality of a marriage. Such dimensions are frequently studied in the marriage and family field. The concepts of marital adjustment, success, satisfaction, stability, happiness, consensus, cohesion, adoption, integration and role strain are used in a psychological sense referring to the state of one of the marital partners, sometime they are used in social, psychological sense referring of the state of the group or system. All these concepts emphasize a dimension that contrasts with male adjustment dissatisfaction, instability and unhappiness. The adjustment of married partners is unlike any others human relationship, it may share many conditions of friendship groups, peer groups, work groups, differs, marriage, involving two senses in physical propinquity is public and binding in nature, being publicly sanctioned marriage becomes more
difficult to break being binding the members must act as a unit and co-
operation becomes essential for each of the spouse these forces
determine the level of adjustment, the nature of the interaction and the
degree of conflict.

Spanier (1976) explained, “Marital adjustment or dyadic
adjustment may be conceptualized as a process and the outcome is
determined by the amount of (1) troublesome dyadic difference, (2)
Interpersonal tensions and personal anxiety, (3) Dyadic satisfaction, (4)
Dyadic cohesion and (5) Consensus on matters of importance to dyadic
functioning”. He further explained that these aspects of adjustment are
applicable to both married and unmarried couples. Marital adjustment
can be explained with the help of psychodynamic and social learning
models.

However, marital relationship is the foundation of family life
because it involves the union between a man and a woman as husband
and wife. Marriage is a component part of the culture usually formulized
by the custom, law and occasionally solemnized by religion. The human
family has become one of the most widely discussed issues in recent
times.

It is the conception of marriage and the standards of adjustment
prevalent in a particular society at a particular time that can influence
the marital adjustment. It can also be considered as a state of
accommodation. An environment characterized by a tendency in spouses to resolve conflicts and by overall feeling of happiness and satisfaction with marriage and with one another is definitely a condition which reveals a strong marital adjustment (Kapur, 1974).

Interaction between married partners shows their satisfaction with marital life. Thus, marital satisfaction can be conceptualized as a relatively enduring state. It is a means by which psychological procreation, social, emotional and security needs are satisfied. The human family has become one of the most widely discussed issues in recent times. In the similarities, the level of marital satisfaction can be explained with the amount of interaction behaviour of the marriage partners.

Adjustment with the family probably initiates because it is a basic concept which is closely related to the stability of any marriage. It is believed that well adjusted marriages are expected to last for a longer time while poorly adjusted ones end with divorce. Simply as it seems the nation of marital adjustment is difficult to conceptualize and to measure through empirical research. Several scientists have proposed abandoning entirely the concept of marital adjustment and its etymological relatives. Contrariwise, in a study it was stated that there are several tests available for the measurement of marital adjustment
which is an important topic in the field of marriage study (Spanier, 1976).

Marital adjustment should be analyzed in the light of the variables or domain of life situation which can influence marriage directly or indirectly. Although these variables differ for every marriage because of culture, religions, personality factors, purpose of marriage or any other demographic condition. Generally, it is believed that in-laws, financial conditions, age intimacy, children, working condition, personality-traits, etc, influence the marital adjustment in positively or negatively. In this context, some variables can be discussed under following headings.

**Difficulties in Marital Adjustment**

Adjustment is very much an integral part of marriage. But to be honest, adjustment is not always easy. The ground reality of adjustment is quite different from whatever is spoken or written about it. Earlier, the roles of husband and wife were fixed but now-a-days there are no prescribed rules as sometimes both the partners are working. So, it sometimes creates difficulties as both of them start blaming each other for the unfulfilled hopes, expectations and responsibilities. Sometimes, when the couple doesn’t understand the real meaning or concept of marriage, it becomes difficult to co-operate.

Sometimes the couple has unrealistic hopes, demands and notions towards marriage. Sometimes one of the couple, especially the wife
undergoes an ‘identity crisis’ due to getting reduced to a housewife. The extreme difference between the backgrounds of both the partners causes difficulties. Hence, inclusive of all these reasons there are others reasons too, which contribute to the dissatisfaction and conflicts.

1. Casual approach towards marriage

With the availability of plethora of information regarding the sexual behavior, sexual adjustment is not difficult in present days. But other related skills such as bringing up children, adjusting with the in-laws and financial management are some major aspects that cause difficulties and challenges in marital adjustment.

2. Role determination of the partners in marriage

There is no such constitution which has ever prescribed the roles of husbands and wives. Hence the difficulties arise in marital adjustment.

3. Impractical perceptions of marriage

On many an occasion couples have no clear perception of marriage. Their impractical notions in terms of works, deprivations, financial expenditure or changes also create challenges in marital adjustment.
4. Adaptation with parents and In-law

Adjustment with the parents and in-laws in very essential for successful marriage. In its absence, may undesirable situations arise that are difficult to solve.

5. Fanciful concept of marriage

Certain partners have a very fanciful and romantic notion about marriage. But when their expectations are not met, a kind of chagrin is caused. When people face the challenges under the runs, all their fanciful ideas are shattered and scattered. And this calls for marital adjustment.

6. Identity crisis

Identity crisis is a great threat in marriage, and females are mostly subjected to it. Soon after the marriage, the surname changes, so do the address and status. They are in the first place, someone’s wife, daughter-in-law a housewife despite being a career person so the loss of an identity causes resent in them and takes the form of difficulty in marriage.
MODELS OF MARITAL ADJUSTMENT

1. Psychodynamic Model

Freud is the founder of psychodynamic model of marital adjustment. In this model the hypothetical concept of conscious, unconscious and subconscious state of mind have gets important place. According to this model people consciously and unconsciously select the partners who satisfy their needs. Dynamic repression of these narcissistic needs and their interjection and projection on to potential partners lead people to prefer spouses who substitute their needs. For example, one partner may be dominant and the other may be submissive (Mittleman, 1948).

It is also stated that the spouse should be the substitute of each other’s needs. This may also be explained on the basis of shared developmental failures. Throughout the marital life, partners have an unquestioning “contract” to satisfy each other’s needs. This model is actually based on Need-complementarity hypothesis which is important in spouse selection and marital satisfaction.

The role of need complementarity in spouse selection is evidence in the literature of behavior genetics related to assortative mating (Buss, 1984; Mascie-Taylor & Vanderberg, 1988; Phillips et al., 1988) and in the literature of the studies concerning personality variables mainly related to personal environment interactions (Buss, 1984; Caspi &
Herbener, 1990). Behaviour geneticists have studied the similarity between spouses on a number of personality dimensions. They found not complementarity but similarity of needs influencing spousal selection. For instance, Buss (1984) found low positive correlations between spouses for most of the sixteen personality traits be examined. Similarly, Mascie-Taylor and Vandenberg (1988) and Phillips et al. (1988) found fairly consistent evidence for similarity of personality between spouses. Other examples are available (Phillips et al., 1988).

Now, it has been formally established that behaviour is a function of person and environment. The psychodynamic model accepts that marriage is an important environment within which people’s personality dispositions are manifested. The purpose of such studies was to ascertain the influence of personality variables upon spouse selection and marital adjustment. This person environment factor is not only this predictor of pupil self concept but it also influences adult personality development.

Buss (1984) studied spousal correspondence on eight dispositional categories from the Wiggins (1979) interpersonal circumflex and on 800 specific behavioural acts He further found that the moderate positive correlations between spouses for four of the eight depositional categories. At the level of specific acts, it was found that the substantial correlations within each of the eight categories. Caspi and Herbener
Marital Adjustment

(1990) found the substantial similarity amongst the spouses using the California Q Sort (Block, 1971).

The relationship between marital adjustment and need complementarity has been examined by a number of researchers (Cattel & Nesselroade, 1967; Heiss & Gordon, 1964; Murstein, 1961; Murstein & Beck, 1972; Winch, 1958). The study conducted by Meyer and Pepper (1977) used modified version of 12 scales from Jackson’s personality research (Jackson, 1967). They found no evidence of an association between marital adjustment and need complementarity. Paradoxically, they found similarity in spouses. Winch’s Type I and Type II complementarity hypotheses have also proved negative (Deyoung & Flescher, 1976). Several studies like (Cattel & Nesselroade, 1967; Heiss & Gordon, 1964; Murstein, 1961; Murstein & Beck, 1972) have reported the positive correlation between spouse similarity and marital success. Instead of spouse complementarity only few studies accept need complementarity hypothesis (Winch, 1958; Winch et al., 1954). Such studies were challenged on the theoretical as well as methodological grounds (Levinger, 1964 & Tharp, 1963). It was argued that personality variables are the poor indicator of needs. Bentler and Newcomb (1978) carried a longitudinal study on the need complementarity. They compared the personality similarities of the couples who were married four years before but took divorced later on
(with the group couples who were personality wise and still enjoying marital wedlock). Amongst the couples who remained married, no traits of complementarity exhibited significant degree of similarity was found in the group, while divorce couples were for the most part neither similar nor complementarity.

So, it has been established that similar hypothesis is accepted in many studies as compared to complementarity hypothesis. In addition to personality characteristics and other characteristics such as physical characteristics, cognitive abilities, age, education, religion, ethnic background, attitudes and opinion and socio-economic status (Jensen, 1978; Vandenberg, 1972).

The role of psychosexual development of each spouse has also been stressed by the psychodynamic model of marital adjustment. In this model importance was given to the attachment relationships in spouses respective families of origin and how “last aspects of their primary object relations” (Dicks, 1967) are manifest in current marital relationships.

The association between attachment styles and romantic orientation was studied by (Levy & Davis, 1988; Hendrick & Hendrick, 1989; Feeney & Nolder, 1990). They found that in general, securely attached persons endorse positive relationship, avoidant attachments are characteristically mistrusting and fearful, and anxious attachments are
typically dependent and otherwise needy. Parent child relationship also found to be meaningfully associated with adult romantic relationship attachment style.

One most important feature of the psychodynamic model of marital adjustment which is not a component of the model but which deals with the implicit mechanism through which interpersonal factor bears on the interpersonal marital situation. Individual levels of neuroticism are thought to influence directly the adjustment of the couple. This also justifies the individual rather than couples psychotherapy (Giovacchini, 1965).

The relationship between neuroticism and marital adjustment was examined by (Adams, 1946; Burgess & Wallin, 1953; Bentler & Newcomb, 1978; Kelly & Conley, 1987; Terman & Oden, 1947; Uhr, 1957; Vaillant, 1978). They found that the characteristics related to neuroticism such as impulsivity, emotional instability, irritability, psychopathology, fearfulness, poor social adjustment and similar constructs are associated with poor marital adjustment. The mechanisms through which these factors influence marital adjustment require further empirical and theoretical attention.

2. Social Learning Model

Social learning model of marriage has its roots in the social exchange theory Thibault and Kelleys (1959). During the last 25 years it
has added some cognitive, meditational and affective components besides its original behavioural interdependent models (Baucom & Epstein, 1990; O’Leary, 1987).

**a. Behavioural Features**

Birchler and Webb (1977) found that on the basis of day to day behaviour of spouses this model tries to distinguish between distressed and non-distressed married couples. It was found that distressed couples were involved in fewer recreational activities than the non-distressed couples (Birchler & Webb, 1977). Distressed couples spend less time together (Williams, 1979). He also reported that partner’s rated the time spent together more negatively on the basis of displeasing behaviour during their time together distressed and non-distressed couples can be differentiated. Distressed couples have sex one half to one third as often as non distressed couples (Barnett & Nietzel, 1979; Birchler & Webb, 1977).

Verbal behaviour has also been studied by Baucom and Adams (1987). In such studies, couples were asked to discuss an issue about which they disagreed in this discussion. It was found that the distressed couples made more negative statement (disagreements, criticisms) and fewer positive ones (Gottman, 1979). Distressed couples were also found confirmative, complaining and defensive with spouses than they are with other people (Ting-Toomey, 1983).
b. Cognitive Features

Cognitive features incorporated into the previous behaviour model of marriage (Arias & Beach, 1987). The cognitive correlates of marital satisfaction have been in the form of the certain attributions and appraisals about their spouses and marriage. Distressed couples are less likely to interpret objectively positive behaviour from their spouses as positive, underestimating the positiveness by as much as 50% (Gottman et al., 1976). They interpret the extent of their spouse’s statement more negatively than they were meant to be (Markman, 1981; Schacter & O’Leary, 1985). More than their non distressed counterparts, distressed spouses interpret the causes of positive partner behaviour as specific and uncontrollable, the cause of negative partner behaviour as global and pervasive (Fincham & O’Leary, 1983).

A large pool of research, pertaining to the attributions in marriage has been generated (Baucom et al., 1989; Fincham & Bradtnery, 1990; Holtzworth-Munroe & Jacobson, 1985; Holtzworth-Munroe & Baucom, 1987; Jacobson et al., 1985). Distressed spouses made attribution that cost their partners behaviour in a negative light. Some of the studies suggest that attributions predict changes in marital satisfaction and that attributions influence marital satisfaction rather than vice versa complementarity (Bradbury & Fincham, 1990).
c. Affective Feature

Social learning theorist has also shown their concern about the affective feature of marital adjustment. Two lines of investigation are discerned in this area of research.

1. Gottman, 1979; Gottman et al. (1977) studied the affect as well as content elements of spousal communication. It was discovered that the affective features of communication were more indicative of the current quality of the marriage than were content components (Halweg et al. 1985; Gottman, 1979; Gottman et al. 1977; Schaap, 1984).

2. The spouses judgment have to be highly valued characteristics of marriage (Broaderick, 1981), as well as the troublesome clinical failure in which significant behavioural change were not associated with changes in levels of caring. Leary et al. (1983) developed the positive feeling questionnaire, a measure that correlates highly with marital satisfaction.
The Major areas of Marital Adjustments

There are four broad areas of marital adjustment:

1. Adjustment with the counterpart
2. Sexual adjustment
3. Financial adjustment
4. Adjustment with in-laws.

I. Adjusting with the counterpart

Due to the rejection and neglect at one stage of life, many people learn not to show any emotion or affection for others with a fear of getting rejected again. A couple, which has such a partner who does not show any emotion or affection, will have difficulty establishing a warm and close relationship because each interprets the other’s behavior as an indication of being “uncaring”.

Two things play a vital role in the adjustment with a mate:

a. Willingness and ability to express affection
b. Willingness and ability to communicate

Another significant contributor to the mate adjustment is social insight, i.e. both the partners should feel that they enjoy togetherness and value each other’s presence.
Factors affecting adjustment with a counterpart

1. Accomplishments of needs

It apart that fails to realize or recognize the needs of the other partner, a feeling of negligence or ignorance rises. So, the partner must be alert about these needs from his early experiences. The other partner feels that his needs are being recognized and attended to; a sense of fulfillment arises in their relationship.

2. Like backgrounds

When husband and wife belong to the like backgrounds, the adjustment becomes easier. Yet, despite belonging to similar backgrounds, certain different attitudes or viewpoints might cause differences and hence the adjustment will be more difficult.

3. Commonness in interests

In the couple shows common interest, the adjustment gets very easy. Whereas couples showing varied interests, especially opposite interests, things get worse, situation still worsen when the couple show distaste and antipathy towards each other’s interest.

4. Like values

Couples hailing from background with like values are normally well adjusted and vice-versa, similar backgrounds are likely to produce similar values.
5. **Concept of roles**

In a marriage, the husband and wife have some unwritten definite roles, and each expects to play that role. When role expectations are not met, clashes and maladjustment may occur.

6. **Change in life-style**

Marital adjustment also incorporate changes in life-style. Marriage involves reorganizing the patterns of living, breaking up friendships and social activities and changes in professional needs, especially for the female partners. Usually these adjustments are accompanied by emotional conflicts.

II. **Sexual adjustments**

Sexual adjustment is one of the most difficult dimensions in marriage, normally the couples have a little or no preliminary experience related to this adjustment than to others. It may be not easily assessable and required some emotional difficulty.

For women, the sexual tensions are more than for men (Chilman, 1974). According to Rubin, “Socialization from infancy to inhibit and repress their sexuality, women can’t just switch to uninhibited enjoyment as the changing culture of their husbands dictate” (Rubin, 1976).
1. **Attitude towards sex**

   A person’s approach towards sex is determined by the sex-related information received from various sources during childhood and teenage. If the approach becomes unfavorable, it becomes hard to root out completely.

2. **Sexual desires**

   The desire for sex developed early in man and remains persistent as compared to woman. The sexual desire of women is periodic and fluctuating during menstrual cycle. These variants influence the couple’s interest and enjoyment of sex which calls for sexual adjustments.

3. **Attitude towards contraception**

   The approach of the couple towards contraceptives also affects the sexual relationship. If the husband and wife reach to a consensus on the use of contraceptives, there would be less emotional clashes and conflict.

III. **Financial Adjustments**

   Financial adjustment plays a very decisive role in marital adjustment. In modern day world, the female counterparts are getting financial freedom; financial freedom of woman has both positive and negative forces on marital adjustment. The financial situation of a counterpart may pose a threat to their marital adjustment in two important areas:-

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1. First and foremost, clashes may arise if the earning, working female counterpart expects her husband to share the household responsibilities. The male in the initial periods of marriage, it is a bit difficult for the family to afford labour souring appliances and the wife may expect her husband to render her a helping hand for running the home. It, again, may hurt the male ego, as man my perceive homemaking as a woman’s domain. If the female counterpart does not get any positive response from her male partner, the purpose of marital adjustment may be defeated.

2. Secondly, another challenge is posed by the desire of having more material positions. People think that having more and more material possession will uplift them socially and give them a social status. In such a case, if the husband alone in not able to fulfills these demands, the wife takes up a job to meet the demand. This causes friction in a family, as the husband thinks that people might think that he alone was not able to fulfill the needs of the family, (Mueller, 1977; Nord, 1977; Sloane, 1977)

IV. Adjustment with the In-laws

In the initial period of marriage, the in-laws try to command some control over their liver, especially if they are is some way or another dependent on them. Contrast wise, when the couples grow more
experienced and financially established, the interventions of the in-laws are likely to minimize. (Johnson, 1977; Renne, 1970).

**The causes affecting adjustment with the in-laws**

1. **Conventional pattern**

   The commonest conventional pattern of the typical mother-in-law is that she is very much meddlesome and touchy. This kind of prejudice may hamper the adjustment with the in-laws.

2. **Urge for freedom**

   The drive to live an independent life free from anybody’s interference also creates tension with the in-laws and parents.

3. **Environment of the family**

   Sometimes, a spouse acts under the influence of his/her family’s advices; it might cause a conflict in the couple. Similarly relatives come for an extended visit and meddle in the family matters; it might cause a sort of clash in the couple.

4. **Looking after the aging relatives**

   Taking care of an aging or elderly member is getting lost. The attitude of the young people towards the elderly people is not looking encouraging today. This generation thinks that it might cause disturbance in their joyous life.
5. Monetary support for in-laws

When a couple renders some sort of monetary support to their in-laws, in the long run it may cause some friction between them. It is because the counterpart, whose in-laws must be helped financially, may not like sacrificing to make this monetary support possible.

Factors influencing marital adjustment

With the changing time, the marriage has also seen a tremendous change. In earlier days the parents decided the life partners for their sons and daughters hence there were no cultural and sociological differences between both of them so both the counterparts adjusted quite easily. Here it’s worth mentioning that in earlier times the most part of adjustment was done by female counterpart only. The reason was that girls were taught to learn to accept their fates whether good or bad. But today we live in an ultra-modern society where people demand solid reasons for the things happening around them. Now women are not confined to the four walls and stereotyped housewives accepting everything as their fates. Now women are educated and playing very active roles in the society. Hence clashes are reality of today. But does it mean break-up or divorce? If in western countries, yes. There are instant marriage cells and very ironically instant divorce cells just besides them.
But in Indian scenario the marriage is a complex institution so is the divorce a complex procedure. Moreover, the Indian culture has always promoted monogamy hence it teaches to tolerate and adjust.

1. **Similarity of interests and attitude**

   It is quite obvious a fact that people of similar interest and attitudes feel at home with each other. It allows others to understand and develops a sense of respect and trust. The same thing applies here in marriage too. The couples housing like interest and attitudes, develop a sense of understanding for each other and they easily adjust with each other. Hence here the paradigm: ‘opposites attract’ does not apply. It allows you to enjoy each other’s company completely.

2. **Similarity of personal characteristics**

   No two human beings are same. There would be a world of difference between two persons. Yet, undoubtedly there would be similarities too. But in marriage it is not necessary that all the personal characteristics must be similar to be a happy marriage. There is no such rule that the husband must be older than the wife for a better adjustment. But there are evidences that temperamental factors must be similar for the best marital adjustment. Agreement is the fundamental personal characteristics for a latter settlement. Think of spendthrift husband and a stingy woman or vice-versa. Can they be happy? A husband, interested
in serious literature and few learned writers will prove to be a fore a gay and social wife.

3. Family background

A person’s family background plays a very vital role in determining his/her happy marital life. If the person hails from a happy family background, he enjoys a happy marital life. Its vice-versa is also true, wife who finds her father repulsive and a husband, who finds his mother pressing, tends to be dissatisfied or less satisfied in marriage. Happiness in marriage is closely associated with the husbands’ resemblance with the wife’s father and the wife’s resemblance with the husband’s mother. A survey, conducted by a psychiatrist on 100 married men and 100 married women, tells the happily married husbands show considerable affection for their mother and wives for their fathers.

4. Similarity of educational and cultural background

Research shows that equal education is an important component of a happy marriage, higher education leads to a greater marital bliss. Higher education of the wife is a sign of superior intelligence, other differences, such as nationality and religions differences must be considerably less. According to a survey, on marriages in Germany in 1929, the number of divorce was more between the Protestants and Catholics and fees and non fees as compared to couples with similar backgrounds. Whereas, when the same survey was conducted in
America, it failed to give such results. It was perhaps that the people had
gone out of religious control. Sometimes, in spite of diverse background
they settle well, but the level of adjustment is affected.

5. Normal romantic interest and adequate sex drive

When discussing sex, a very important factor plays a dominant
role that is the society in which the person lives. Very religion and
society prescribes continence until marriage and sexual relations within
the marriage. Straying from this may cause conflict and disturb the
marriage. About maximum studies show that pre-marital virginity is
highly appreciable and lead towards the most happily married life. The
couples having similar sex-drives tend to remain happy and keep up
their attachment refreshed, whereas oversexed couples may end up with
frustration and at unhappy note.

6. Premarital medical examination and advice

In a survey it was found that happier women were found healthier
before and after marriage. Medical investigators say that medical and
psychological adjustments are mandatory for happy married life. Hence,
pre-marital medical examination helps a lot to get a clear picture. But
this must be supervised by an expert in this field and has latest
knowledge about it. Some of the pre-marital information falls into
psychological and sociological categories. There are some courses
conducted by some organizations in this field.
7. Normal pre-marital testing of mental compatibility of habits and temperament

When the would-be couples meet each other in order to learn whether one suits to other or not, it is called courtship. Courtship is very common in western countries and in India, in some upper classes. In traditional societies, it is not much encouraged. Here it is worth mentioning, that courtship does not include sexual compatibility, which is needed.

8. Stable environment

Property officiated marriage dose in state environment has a good chance of becoming successful and lasting. Where marriage contracted without religious ceremonies is likely to end up in divorce. Marriage done during warlike situation recession and natural hazard or other such unstable period may face some challenges.

Causes of failure in Marriage

According to Delissoovay (1973), failure in marriage is usually due to three causes:

1. Sexual maladjustment
2. Difference of opinion
3. Mental, physical and emotional abnormalities.
Criteria for successful marital adjustment

As such there are no set rules for a successful marital adjustment, yet Hurlock (2002) has described some parameters for successful marital adjustment, they are as follows:

1. Happiness of husband and wife

Happiness of both counterparts determines the present and future of marriage. If they are happy, the challenges seem to the reduced. They enjoy a mature, stable and good sexual relationship.

2. Good parent-child relationship

Good parent-child relationship is an important criterion for a successful marital adjustment. Good parent-child relationship results in happiness where as poor parent-child relationship brings friction.

3. Good adjustment of children

When children perform well in their social life i.e. schooling, peer relations and neighborhood, the parents feel proud of them and help create a positive environment at home.

4. Ability to deal satisfactorily with disagreements

Disagreements are inevitable in all the relationships at one point or the other. If one party initiates to make peace, the problem can be troubleshooted. Or else rest of the members has to understand the other point of view. If both the parties take initiative, then a win-win situation is created.
5. Togetherness

Being together in the initial or the formative period results strong bond for each other. They understand the importance of being united and complement each other.

6. Good financial adjustment

Money is the life-blood of any business, so is the case with the family to a great extent. A financially well-adjusted family may have fewer clashes in comparison with a financially maladjusted family.

7. Good in-laws adjustment

The families wherein the couples do not get well along with the in-laws are prone to conflicts. But wherein the couples adjust well with the in-laws is less likely to have conflicting relationships.

Dual career couples

The present study is about the dual career couples. In present day scenario, the conventional model of male counterpart and female counterpart with separate roles of breadwinner and homemaker is losing its meaning and significance. The latest term for the dual career couples is two career couples which have been characterized by Hall and Hall (1979) as the two people one male and one female who share a life style that includes (1) cohabitation (2) separate work roles for both partners and a love relationship that supports and facilitates both. By virtue of
this definition the two career couple combines what Freud called life’s most important adult function, loving and working.

In the dual career family, each partner has his or her own work hole which is separate from the partner. In addition to separate work roles, two career couples are also defined by their life-style. Such couples pursue a life style built around sharing work and family roles; they achieve status through the combined work roles of both the partners. It is a life-style that requires a support structure in the home and a relationship between the couple that facilities the ability of both the partners to pursue career. Such couples have a sustained relationship groomed in the two career life-style.

The concept of dual career couples has its origin due to the stratification of the middle class into the lower middle class and upper middle class. Consumerism and globalization may be called some other contributing factors.

Women education and liberalization their social ambitions are some more contributory reasons. Dual career have now, become both a personal goal and an economic necessity for many couples, as a desire to live a better life, to have modern means and to avail better amenities and educational facilities frothier children. Shifting to metros, urban and rule urban areas is also one of the prominent reasons as the cost of living
Marital Adjustment

in these area is considerably very high and only one partner’s income would not suffice to meet the needs.

**Marital adjustment in dual career couples**

Two careers are an economic necessity for many couples. For some other couples, it is a psychological need, a need to help in personal growth. Managing two careers is a serious business and source of constant stress because new life-style are emerging.

When we are talking two-career couple we should be careful about the term career in a board sense including work-related attitude and experiences over the span of a person’s life. Thus, what is important is how much time both spouses spend in their own work roles at any given point of time, not what the particular roles or how much commitment or income they generate.

In the dual career family, each partner has or her own work role which is separate forms the partners. In edition to separate work roles, two career couples are also defined by their life-style. Such couples pursue a life-style built around sharing work and family roles: they achieve status though the combined work role of both partners. It is a life-style that requires a support structure in the home and a relationship between the couple that facilitates ability of both partners to pursue career. Such couples have a sustained relationship groomed in the two-career life-style.
The term couple has also been describe as the two people (one male one female) who share a life-style that includes.

(1) Cohabitation (2) Separate work role s for both partners, (3) A love relationship that supports and facilitate both. By virtual of this definition, the two career couples combines what Freud called life’s most important adult functions: loving and working.

**Type of working Couples**

Types of working couples can be described on the basis of their orientation to career and family. Two understand career couples, one must see behind their lifestyle two-career identities and multiple roles. The structure of career and home roles and identities has important implications for how one versus oneself and one’s relationship with a working partner. A career involves more than just holding a series of jobs: it is a subjective set of feelings one develops over time about him/herself as a productive working person. One’s career is a part of his/her identity. The term career has been defined by Douglas Hall (1980), ‘the individually perceived sequence of attitudes and behaviours associated with work related experience and activities over the span of a person’s life”.

In order to increase or maintain a sense of self-esteem, one can develop competence and proper work related attitude. It may be a part of his or her identity. Thus a career may be the sub-identity of a person.
When the expectations others have for us are congruent with our perception, we experience role adjustment. A high degree of adjustment means there is little conflict between what others expect and what we perceive for ourselves Hall and Hall (1980) observes “The more we value the fit between the role expectation and our sub identity in that role, the more satisfied we are”. That role and our sub identity in it takes on greater importance relative to our other roles and sub identities, we because increasingly become more involved in that role. Thus the more involved we become in a career role, the more our identity is defined in terms of career, and the larger the ‘career sub-identity’ is. Similarly, as the person becomes more involved in home roles, the larger the spouse or parent sub-identity becomes.

A careful examination of the two-career family role structure reveals that the addition of a second career role does not necessarily eliminate the other roles; actually it puts them in a different perspective. The women’s career role no longer overlaps with her parent and spouse role as her role of homemakers. But, those role may still be there, because both the wife and husband are now bread earner, only husband can no longer meet parent and spouse obligations, Hall and Hall (1980) observes a working wife may mean new expectation are placed on her. Thus, when both partners’ pursue careers, the roles of parent, partner and homemakers have to be eliminated, redefined or redistributed. In the
two-career family, there is no longer full-time parent, spouse and homemaker at home. Both partners are engaged outside the home. Thus, both are bread earners, both are spouses.

If a partner is more involved in his or her career, it is likely that the role conflict will increase. The more a person invests in and identifies with his /her career role, the less time and energy there is to invest in the role of parent, partner or keeper of the house. On the basis of the ego involvement in career versus non-career roles, Hall and Hall (1980) identifies four types of dual career couples:

<table>
<thead>
<tr>
<th>Type</th>
<th>Work Involvement</th>
<th>Home Involvement</th>
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<tbody>
<tr>
<td>I</td>
<td>Accommodators</td>
<td>I Spouse A high, spouse B low or Spouse B high, spouse A low</td>
</tr>
<tr>
<td></td>
<td></td>
<td>I Spouse B high, spouse A low (less conflict) or Spouse A high, spouse B low</td>
</tr>
<tr>
<td>II</td>
<td>Adversaries</td>
<td>II Both high</td>
</tr>
<tr>
<td></td>
<td></td>
<td>II Both low (but high value for well ordered home)</td>
</tr>
<tr>
<td>III</td>
<td>Allies</td>
<td>III a Both low</td>
</tr>
<tr>
<td></td>
<td></td>
<td>III b Both high</td>
</tr>
<tr>
<td></td>
<td></td>
<td>III Both high</td>
</tr>
<tr>
<td></td>
<td></td>
<td>III Both low (with low value for a well ordered home) (low stress)</td>
</tr>
<tr>
<td>IV</td>
<td>Acrobats</td>
<td>IV Both high</td>
</tr>
<tr>
<td></td>
<td></td>
<td>IV Both high (more conflict)</td>
</tr>
</tbody>
</table>

Type I: Accommodators

Accommodators are the dual career couples whose one partner is high in career involvement, and low in home involvement. The second partner is high in home involvement but low in career involvement. Thus, the degree of involvement of each partner compliments the other. The role structure is not defined by sex, but by the relative degree of ego involvement in work versus home and family role. If both the partners are truly involved in their respective role and both value work and family then conflicts are minimized. The complimentary pattern of ego involvement facilitates the ordering of priorities and enables each to devote him/her self to achieve satisfaction without under expense to the other’s career or identity.

Type II: Adversaries

In this type, the primary of each partner is defined by his/her career. They are more competitive, they are highly involved in their career and low involvement in home, family or partner support roles. Even then they want a well-ordered home and well-managed family. Because of such desires the load of stress is highest in such types of couples.

Type III: Allies

There are two types of allied couples. One type of allies (Allies ‘a’) who give more importance to their home, partner and partner roles.
Neither of them identifies with career at the expense of family, and both derive their primary identity and satisfaction from their family and their relationship. In such situation conflict is minimized. Allies ‘b’ are the couples who are highly involved in their careers but do not identify with home and family roles. Such couples are able to minimize conflict by minimizing the importance of domestic roles.

**Type IV: Acrobats**

Acrobats are likely to be most stressful couples because both partners are highly involved in all of their roles. Their ego involves people and achieves fulfillment and satisfaction in all of their roles. Their identities are not defined primarily by a single role. They experience a lot of conflict between career demand and other important decisions. Partners are equally concerned with home and family. Both want to have and eat the cake. Thus, Acrobats are also likely to experience another kind of conflict within themselves: the conflict of trying to meet all the demands-having a successful career, being a good parent, having a well-ordered home, providing real and emotional support for the spouse, and still finding time for the relationship.

**Stress among two-career couples**

The most common source of stress of two-career couples is excessive pressure or role overload. The couples with children
experience more work lode. In most of the cases the demands on the partners exceeds the time and energy to do it, then consequently they live with constant pressure and the amnity of the being able to do it all. The stress due to work overload may be due to many roles simultaneous or may be due to too many demands at once from even a few roles.

Another common example of over load comes from what is called simultaneous happening for Adversaries who are both highly work involved and highly income involved people. If both partners are bringing home job stress, the entire relationship may simply consist of coping with pressure. This is typical among young couples who are just launching careers. Thus, overload can result form just the interaction of two people intensely involved in their own career pursuits that alone may be sufficient to stretch the relationship beyond tolerance limit.

Conflict

The next common source of stress among couples is conflict-the inability to reconcile demands or to meet ideals and goals. There are several different types of conflict-career couples seem to experience as stressful.

The first is the conflict each partner may experience between his/her roles. Another types of conflict is not between the role demands of one partner, but between the role of partners. A common problem is when both partners have to be out of town at the same time or if one of
the children becomes ill on a day when they both have to work. Meshing the career mobility of the two partners is common and probably causes as much conflict for professional people as anything else. Some couples are never able to schedule vacations together. Other find that their work hours keep them for long time. A difference in priorities causes conflict and stress. Third type of conflict is what one or both partners experience as unmet expectation. It is the conflict between what we think we ought to be and what we are. For many people the stress is caused by the feeling of not living up to a standard, the passion sets up for him/her self. It is often intermingling with a sense of guilt and failure in once career as a parent, as a partner.

**Change**

The third source of stress-change is not inherent to the two-career lifestyle. The parents may have to adapt to transaction in either or both partners career as well as to transitions occurring in their personal or family life.

If the transition involves either a chance in the number of role responsibilities or in the responsibilities themselves, this will upset the status quo and require adaptation. Major transition in career is frequent occasions for stress. A partner, who is promoted often takes additional responsibilities at work, may work longer hours, travel more frequently,
or have other business obligation. All of these may require a shift in role responsibilities at home or a need change the exiting support network.

Family and life change also invoke managing change. Many couples are able to manage their careers, but face their first major problem of adaptation with the birth of baby. Like a career, children are always in transition. Their need change, and support structure that enable parents to work and raise them is continually change.

A third life role cycling that couples often experience is in their relationship with parents. Often parents are aging and experiencing debilitating illness, at the same time in life when one’s own career involves added responsibilities and children are presenting more demands, often the change is unexpected (Rapoport and Rapoport, 1971 a, b.).

Stress in different type of couples

1. Acrobats

It is very likely that the greatest stress would be felt by acrobats. Because they are actively involved in work roles as well as home roles. Such couples experience more role demands than the other three couple types, with resulting high level overload. Although in such case role conflict may not be excessive because each of the parents defines the roles collaboratively, and then accept the legitimacy of the home and work demands, that is why role conflict is also low such cases. As the
demands of parent, spouse and careerist is inherently incompatible, the problem may be simple insufficient time or role overload.

2. **Adversaries**

   The next highest stress load is felt by adversaries. since both partners are highly career-involved, they are subject to high career demands, possible work overload, frequently work related changes, low predictability of these changes. In such couple role conflict is high, as each tends to make unwelcome demand on the other to meet home-role responsibility. Children add more conflict.

3. **Allies**

   The next highest levels of experience stress are that of type III (Allies). Since, they share the same work and home orientation and are highly involved in only one area; they understand each other and make fewer demands on each other than do adversaries. Thus, they feel less role overload. Allies who are both low on career involvement experience more predictability in their lives, being probably in less demanding jobs, although their control might suffer if, as a result of being less career-involved, they are in lower level, lower power job positions. High career-involvement/low home-involvement allies (if they were in higher level positions) might have just the opposite pattern: highest control, with lower predictability. Since the value attached to one major role (home or work) is low, this reduces the levels of experienced stress.
4. **Accommodators**

The most comfortable type of two career is type one “accommodators”. They have compatible complementary career and family orientations. Their role demands mesh nicely, with each other person doing and valuing activities which the other does not want. In such cases role conflict and overloads are low. In such situation work related changes may come from the career-involved partners, but the home-involved partner feel little resentment in accommodating to the other’s career needs because each partner attends careful to the role area which he/she valued most, predictability and control are fairly high so consequently felt stress is low.

**Sex and marital adjustment**

Everybody is aware of the relationship between marriage and sex. The gift of sexuality is mysterious and enticing a celebratory expression we share with another special person. Sex is natural and normal. Where there is no sex, there is no marriage. It makes marriage different from other enduring human relationships. Both are inextricable tied to each other. The thread of sexuality is woven densely into the fabric of human existence. It is a very sensitive barometer for assessing marital relationship. Sex in on way is the entirety of marriage, yet it definitely is the very integral component. Any disturbance in this aspect can be a threat to marriage.
Sexual satisfaction plays a major role in marital relations. It is generally assumed that the longer during of marriage the greater the frequency of sexual satisfaction. The satisfaction and dissatisfaction that leads to marital happiness also depends upon the sexual behavior of husband and wife. Ables and Brandsma (1977) are of the view that is and important link between marital ant sexual problems.

The couple that lead healthy sex life also lead happy married life where as dissatisfactory sexual relations can end up in dissatisfaction in marital disharmony. Ruch (1988) cited that male sexual performance was more responsible for marital problems.

Sex plays central and a profoundly important role in marriage (Wolf & Jerri 1992). Sound and happy marriage just do not happen by change. The characteristics forming happy married life include things like the persons in marriage being caring giving emotional and also a will and determination to make their marriage last. These are very important facets in their marital and sex life.
1.2 **FRUSTRATION TOLERANCE**

Frustration is a negative state of mind which occurs when a person fails to attain the desired goal owing to various reasons. Barriers may be external such as wars, droughts, earthquakes, storms and fire etc. Economic fluctuations can also thwart the achievement of desired goals and may create frustrations. The source of frustration may be internal also, resulting from his own incapability and inadequacy. Inability to achieve one’s goal may also lead to self-devaluation and inferiority.

Sometimes the source of frustration may be external and sometimes internal. External factors may be *force major*, economic, social or national, whereas the internal source may be someone’s own inability or incompetence. Frustration, in other words, can be understood as the absence of satisfaction, a feeling of restlessness and disturbance. It is a demotivating agent and negative catalyst which either slows down or even stops someone’s drive to achieve his/her goals. It may also said that “frustration is blocking of or interference with the satisfaction of an aroused need” (Symonds, 1946). Maslow and Mittleman (1946) states that frustration involves threat to the personality that is lowering of self-esteem and an injury to the feeling of security. In modern day world, frustration is a reality. Its size and intensity may vary from person to person, but a majority of the population is under the influence of frustration.
The high degree of frustration creates a state of chaos which is not at all good for a healthy personality. Delay in gratification is not bad, however experience with delay helps to build up “Frustration Resistance” or ego strength – desirable consequence for personality health (Jourard, 1946) Frustration may be explained from three point of views, which are – situation, state and reaction (Maier, 1949)

No achievement can be done without a struggle and stipulated time. When this struggle is prolonged, it causes psychological tension. It may lead to disorganization of behaviour. We may call this level of tension which produces irrational disorganized conduct or frustration (Jourard, 1966). And when a person tries to overcome this irrational disorganized conduct it is termed as “Frustration Tolerance”.

The term frustration tolerance refers to the amount of stress or pressure one can tolerate. It is the person’s capacity to show persistence in efforts despite unfavourable environment or recurrent failure. Thus it is necessary to tolerate the frustration resulting from such events as failure in emanation, loss of status etc. to maintain the integrity of the personality.

When a person becomes very frustrated, the frustration can interfere in the performance of the task, education and, our main concern, marital responsibilities. Those with high tolerance are not easily frustrated as those with low or zero tolerance. Frustration
tolerance can be measured with the Picture-frustration study by Resenzweig (1988). The individuals who show lower capacity of frustration tolerance have difficulties in coping with the unfavourable circumstances. Frustration tolerance has a direct relationship with a person’s ability of adjustments or adaptations. The low frustration tolerance also leads to indulgence in antisocial behaviour or in other mal-adaptive behavior. Most neurotics and psychotics show deficiencies in their capacity to tolerate frustration.

Here in the present study the term dual career couples have been used instead of ‘two career couples’. Now-a-days the tradition family models of husband and wife with separate role of bread earner and homemaker is the losing its meaning and significance. Because certain new concept of cohabitation, for example live in relationship, marriage etc. are emerging.

So, the researchers working in this area of study thought about a fresh look over the definition and terminology. Hall and Hall (1980) used the ‘two career couples’ instead of dual career couples. The latest term for the dual career couple is two career couples which have been characterized by Hall (1980) as the two people who share a lifestyle that includes (1) cohabitation (2) separate work role for both parents and a love relationship that supports and facilitates both. By virtual of this
definition the two careers couple combines what Freud called life’s most important adult function loving and working.

The term frustration tolerance refers to the amount of stress one can tolerate before his integrated functioning is seriously impaired. Thus frustration tolerance refers to the capacity of the individual to show persistence in efforts despite repeated failures and antagonistic environment. Thus it is necessary to tolerate the frustration resulting from such event as failure in examination, loss of status etc. to maintain integration of the personality.

The person who continues his efforts may be said to have more frustration tolerance than the one who discontinues his efforts or indulges in any reactionary mode of behaviour. According to Rosenweig, (1944), “frustration tolerance is an individual’s capacity to withstand frustration without failure of psychological adjustment i.e. without resorting to inadequate mode of behaviour”.

In ability to tolerate frustration lead to mental break-down, maladjustment and problems in inter-personal relationship. Frustration is supposed to be an antecedent condition of aggression. The person who is characterized by greater ability to tolerate frustration tends to be less aggressive than those who have lower capacity to tolerate frustration.

The individual who show lower capacity of frustration tolerance have difficulties in reading abilities. The low frustration tolerance also
leads to indulgence in antisocial behaviour or in order maladaptive behaviour. Most neurotics and psychotics show deficiencies in their capacity to tolerate frustration.

**Variables affecting frustration tolerance**

A large number of independent variables related to frustration tolerance have been studied. These variables can be divided into the following categories-

1. **Organismic variables**

   The persons who are gay, cheerful, healthy social have a greater degree of frustration tolerance. Age (Feiring & Lewis 1979a, Roa & Ramalingaswami, 1974) and sex (Feiring & Lewis 1979, Rosenweig 1969a, 1969b) and personality (Ickes, Espiti & Glorig, 1979, Stolorow & Harrison, 1975) of the individual also affect frustration tolerance.

2. **Environmental variables**

   If the environment is not suitable and interferes in the achievement of desired goals, it will create frustration, (Wohlwill, Nasar, Dijoy & Foruzani, 1976). Intensity duration, predictability and control of stressors also affect frustration tolerance (Cohen & Weinstein 1981). Frustration tolerance increases with the predictability and perceived control of the stressor, (Glass & Singer, 1973).
3. **Task characteristics**

   If the task is simple it will not create frustration. Frustration tolerance decreases as the levels of task difficulty increases. (Andreanska, 1974; Cohen & Spacapan, 1978; Kucek, 1976).

4. **Cultural variables**

   Frustration tolerance varies from culture to culture, (Reek, MC Cary & Weatherly, 1969). Mothers’ role is an important factor responsible for the development of the ability to tolerate frustration (Tsubouchi & Jenkins, 1969).

5. **Others variables**

   Success in any task increases the ability to tolerate frustration (Dyck, Stove & Lawrence, 1973). Reinforcement also affects frustration tolerance. When a person is rewarded for showing tolerance to frustration, his capacity/persistence to tolerate frustration increases (Nelson, 1969).
1.3 **FAMILY TYPES**

**The Meaning of the Family**

The word “family” has been taken over from the Roman word, “famulus”, meaning a servant. In Roman law, the word denoted the group of producers and salves and other servants as well as members connected by common descent or marriage. Family is the smallest and the most important group of human society. Generally, this group called family consists of a couple (husband - wife) and one or more children.

According to Burgess and Locke (1977) defined, “family is a group of person united by the ties of marriage, blood or adoption; consisting of a single household, interacting and inter-communicating with each other in their respective social roles of husbands and wife, mother and father, son and daughter, brother and sister creating a common culture”.

Nimkoff (1999) defined, “family is a more or less durable association of husband and wife with or without children, or of a man or woman alone with children”.

Davis (1989) defined, “family is a group of persons whose relations to one another are based upon consanguinity and who are, therefore, kin or another”.
Anderson and Parker (1985) defined, “family is a socially recognized unit of people related to each other by kinship, marital and legal ties”.

**Nature of Family**

1. **Universality**: Family is the most universal group. It is the first institution in the history of men. It has existed in every age and in every society and is found in all parts of the world. No culture or society has ever existed without some form of family organization. Each one of us is a member of some or the other family.

2. **Emotional basis**: The family is a fundamental unit of human society. It is based on our impulses of mating, procreation, and parental care. It is a close-knit group which fortifies these emotions.

3. **Limited size**: The size of a family is necessarily limited for it is defined by biological conditions which it cannot transcend. Other groups may be smaller than a family but they are not so because of biological conditions.

4. **Formative influence**: The family exercises the most profound influence over its member. It moulds the character of individuals. Its influence in infancy determines the personality structure of the individual.
5. **Nuclear position:** The family is the nucleus of all other social groups. The distinctive characteristics of marriage, parental obligation and sibling relations make family the primary institutional cell of a society. The whole social structure is built of family units.

6. **Responsibility of the members:** In the family the child learns the meaning of social responsibility and the necessity for cooperation.

7. **Social regulation:** The family is peculiarly guarded by social customs and legal regulation. It is not easy to violate them. Family is the group in which the consenting parties may freely enter but which they cannot easily leave or dissolve.
1.4 EMOTIONAL INTELLIGENCE

The word “Emotion” has been derived from the Latin word ‘Emovere’ where means ‘out’ and movere means ‘move’ literally it means the spirit that moves us. An emotion is a mental and physiological state associated with a diverse variety of feeling, thoughts and behaviour. They are subjective experiences of an individual point of views and play an important role in life. The emotions like happiness, fear and anger having great impact in human life.

The management of emotions has given rise the term “Emotional Intelligence”. It can be understood as the feeling side of intelligence. It is one of the recent and major developments in the area of intelligence. The inclusion of emotion and intelligence as a positive ability under the caption of Emotional Intelligence (EI) was proposed by Salovey and Mayer (1990). It was described as a person’s ability to understand his or her own emotions and the emotions of others and to act appropriately based on this understanding.

According to Mayer and Salovey (1990), “Emotional intelligence is the ability to monitor one’s own and others feelings and emotions to discriminate among them and to use information to guide one’s thinking and action”. They have updated their definition (1997) as, “the ability to perceive accurately, appraise and express emotions, generate feelings that
facilitate thoughts and an ability to regulate emotions to promote
growth”.

Emotional Intelligence involves the capacity to carryout reasoning
in regard to emotions and the capacity of emotions to enhance reasoning.
According to Mayer et al. (2000), it involves the capacity or ability to
reason with and about emotions. Goleman (1995) popularized this term
with his book Emotional Intelligence: why it can matter more than IQ.

Bradberry et al. (2005) states that emotional intelligence (EI), often
measured as an Emotional Intelligence Quotient (EQ), describes a
concept that involves the ability, capacity, skill, a self-perceived ability,
to identify, assess, and manage the emotions of one’s self, of others, and
of group.

Bar-On (2006) developed one of the first measures of emotional
intelligence that used the term emotional quotient. He states that the most
distant roots of emotional intelligence can be traced to Darwin’s early
work on the importance of emotional expression for survival and second
adaptation. Some researchers suggest that emotional intelligence can be
learned and strengthened, while other claim it is an inborn characteristic.

Goleman (1995, 1998) identified the five ‘domains’ of emotional
intelligence as:

1. **Self awareness**- Everyone ought to recognise their own feelings.

Some persons are highly aware of their own emotions and their
thoughts about them, but others seem to be almost totally oblivious to these. Some individuals are not aware of their own feelings, they cannot make intelligent choices, such persons are often low in expressiveness-they don’t show their feelings clearly through facial expressions, body language, or other cues most of use to recognise other’s feelings. This can adverse effects on their interpersonal relationships, because other people find it hard to know how they re feeling or reacting. For these reasons, this first component of emotional intelligence seems to be quite important.

2. **Self regulation**- Individuals is already aware of the fact that they often try to manage their emotions-to regulate their nature, intensity and expression. Doing so is very important both for their own mental health and from the point of view of interacting effectively with others. For instance, persons who simply cannot control their temper, will avoided by many people.

3. **Self motivation**- It include aspects of emotional intelligence, such as being able to motivate oneself to work long and hand on a task, remaining enthusiastic and optimistic about the final outcome, and being able to delay gratification-to put off receiving small rewards now in order to get larger ones later on. Being high in such skills can indeed contribute to success in many different contexts.
4. **Empathy-** This is the ability to “read” others accurately or recognizes the mood others are in and what emotions they are experiencing. This skill is valuable in many practical settings. For instance, if person can accurately gauge another person’s current mood, he or she can tell whether it’s the right time to ask her or him for a favour. Similarly, persons who are skilled at generating strong emotions in others are often highly successful in life.

5. **Social skills-** Some people seem to have skill for getting along with others. Most people who meet these people like then, and as a result they have many friends and often enjoy high levels of success in their life. In contrast, others seem to make a mess of virtually all their personal relationships. Such differences are another reflection of differences in emotional intelligence or, as some researchers would phrase it, differences in interpersonal intelligence, such skills as being to coordinate the efforts of several people and to negotiate solutions to complex interpersonal problems, being good at giving others feedback that doesn’t make them angry or resentful.

By developing emotional intelligence in these areas and the five EQ domains, individual can become more productive and successful and help others to be more productive and successful too. The process and outcomes of emotional intelligence development also contain many elements known to reduce stress for individuals, by decreasing conflict,
improving relationships and understanding, and increasing stability, continuity and harmony.

**Model of Emotional Intelligence**

There are three main models of emotional intelligence:

1. **Ability model**- This model was proposed by Mayer and Salovey (1997). The model proposes that emotional intelligence includes four types of abilities: perceiving emotions, using emotions, understanding emotions, managing emotions.


   Bar-On defined that emotional intelligence is an array of non-cognitive capabilities and skills that influence one’s ability to succeed in coping with environmental demands and pressures. He includes five major skills: Interpersonal skills, Intrapersonal skills, Adaptability skills, Stress management skills, General mood.

3. **Trait EI model**- Petrides and Furnham (2000) proposed a conceptual distinction between the ability mode and a trait based model of emotional intelligence. Trait emotional intelligence is “a constellation of emotion-related self-perception located at the lower level of personality”. It should be investigated within a personality
framework. The conceptualization of emotional intelligence as a personality traits leads to a construct that lies outside the taxonomy of human cognitive ability.
1.6 RATIONALE OF THE STUDY

In the light of the review of literature pertaining to the marital adjustment of working woman it becomes obvious that the variables of Frustration Tolerance, Family Types and Emotional Intelligence have not yet been studied in relation, to marital adjustment of working ladies particularly under Indian cultural set up, so it was decided to examine that whether or not these factors can generate variance upon marital adjustment of Indian working women. An attempt has been made in the present research work to examine the influence of frustration tolerance, family types and emotional intelligence independently or interaction with each other upon the marital adjustment of female partners of dual career couples under the caption:

“Marital Adjustment of Female Partners of Dual Career Couples as a function of Frustration Tolerance, Family Types and Emotional Intelligence”.
1.5 REVIEW OF LITERATURE

A good marriage is the most rewarding experience life can offer. It makes a person feel adequate, desired, approved and complete to a degree which is not possible in any other form of human relationships (Coleman and Miller 1975). A number of studies have been undertaken to determine the factors associated with marital adjustment. The gist of these studies is quoted here under different sub-headings:

**Emotional Intelligence and Marital Adjustment**

Afsaneh et al. (2011) investigated the accuracy of emotional intelligence and forgiveness in predicting the degree of satisfaction in marital communications of married couples. A total of 200 married couples were randomly selected for investigation. Multivariable regression and correlation coefficients were used to measure the accuracy. The results shown that the correlation coefficient calculated between emotional intelligence and satisfaction in marital communications was 0.405, which was significant at 0.01 level. The correlation coefficient calculated between emotional intelligence and forgiveness did not reach a level of significance. The correlation coefficient calculated between satisfaction in marital communications and forgiveness was 0.71 for original families and 0.243 for nuclear families, which were significant at 0.05 level. An analysis of multivariable
regression of female and male data showed a significant coefficient between predictions and evidence variables. The correlation coefficients calculated between satisfaction in marital communications and forgiveness was 0.71 and 0.243 for the original and nuclear families, respectively. The predictive accuracy of emotional intelligence is 0.505 for males and 0.253 for females.

Batool and Khalid (2010) examined the role of emotional intelligence in the prediction of marital quality in Pakistani scenario. Total 85 couples (N = 170) was collected. Their age ranged from 21 to 40 years and the duration of marriage ranged from three to 10 years. Scale of Emotional Intelligence (Batool & Khalid, 2009a), Marital Adjustment Questionnaire (Kousar & Khalid, 2003), and Conflict Resolution Questionnaire (Kousar & Khalid, 2003; McClellan, 1993) were used. Result was significant positive relationship between emotional intelligence and indicators of marital quality, i.e., marital adjustment and conflict resolution. Emotional intelligence explained 48% variance in marital adjustment and 56% variance in conflict resolution. Only interpersonal skill, empathy, optimism, and impulse control appeared as salient predictors of marital quality. Initial analyses ruled out the role of demographic variables (e.g., age, monthly income, family system, duration of marriage, and type of marriage) in marital quality.
Bricker (2005) explored the relation between emotional intelligence and marital satisfaction. It was found that the overall emotional intelligence is significantly correlated with marital satisfaction. It was also reported that interpersonal skill needed to resolve conflict and foster intimacy between partners have shown to be important in determining successful marital outcome.

Dildar et al. (2012) investigated the relationship between emotional intelligence (EI) and marital adjustment of couples. Cross sectional survey design was used to collect data. The sample of the following research consist of 60 couples, age range was 25-45 selected by using purposive sampling technique from the district of Gujrat. Shutte Emotional Intelligence Scale (SHIS) was used to assess the level of emotional intelligence whereas Revised Dyadic Adjustment Scale (RDAS) was used to examine the marital adjustment in the perspective of Consensus, Satisfaction and Cohesion. The result indicated that emotional intelligence is positively correlated with marital adjustment. Results revealed that the age and gender has no affect on the marital adjustment. It was further aimed at identifying the role of gender, income and marriage duration on marital adjustment. Overall, emotional intelligence and marital adjustment is linked with each other.

Joshi et al. (2009) examined the relationship between emotional intelligence and marital adjustment over and above personality
dimensions and social desirability. The sample comprised of 60 married couples. The results showed that the cohesion and overall marital adjustment were related to all the sub-scales and overall emotional intelligence. Consensus and satisfaction subscales of marital adjustment were also related to overall and subscales of emotional intelligence except utilizing emotion subscale. The results also indicated that overall emotional intelligence’s correlation with overall marital adjustment remained significant after controlling for social desirability, extraversion, agreeableness, and conscientiousness. Perception of emotion’s correlation with overall marital adjustment, consensus remained significant after controlling for extraversion and openness. Managing self emotion’s correlation with overall marital adjustment, satisfaction, and cohesion remained significant after controlling for social desirability, extraversion, agreeableness, conscientiousness, and neuroticism. The other correlations did not remain statistically significant after controlling social desirability and significant personality dimensions.

Khalid (2012) examined the role of emotional intelligence in the prediction of marital quality in Pakistani scenario. The sample of the following research consist 85 couples \((N = 170)\) was collected and age ranged from 21 to 40 years and the duration of marriage ranged from three to 10 years. All Ss were required to fill out 3 forms: Emotional
Intelligence (Batool & Khalid, 2009a), Marital Adjustment Questionnaire (Kousar & Khalid, 2003), and Conflict Resolution Questionnaire (Kousar & Khalid, 2003; McClellan, 1993) were used. The results indicated the revealed significant positive relationship between emotional intelligence and indicators of marital quality, i.e., marital adjustment and conflict resolution. Emotional intelligence explained 48% variance in marital adjustment and 56% variance in conflict resolution. Only interpersonal skill, empathy, optimism, and impulse control (dimensions of emotional intelligence) appeared as salient predictors of marital quality. Initial analyses ruled out the role of demographic variables (e.g., age, monthly income, family system, duration of marriage, and type of marriage) in marital quality. Health is an important factor for marital adjustment, although there are less number of research work pertaining to marital adjustment. Researchers have investigated health, illness and disease of a marital partner in relation to their marital adjustment.

Lavalekar (2007) aimed at exploring and comparing and comparing the marital satisfaction and emotional intelligence of people between age group of 25-65 years. Marital Satisfaction Scale (MSS) and Exploring Emotional Abilities (EEA) were used to see the marital satisfaction and emotional intelligence respectively. The data of 316 respondents was collected from Maharashtra, India. The analysis indicated that there was significant gender difference on certain areas of
emotional intelligence, viz., openness to criticism, self management and empathy. A significant gender difference was also noted on two areas of marital satisfaction, namely, sexual relations and sharing household responsibilities, which can be traced to the socio-cultural influences.

Lavalekar et al. (2010) aimed at finding out the relationship between marital satisfaction and emotional intelligence. Two tools were used namely Marital Satisfaction Scale (MSS) and Exploring Emotional Abilities (EEA). The data of 316 respondents (age 25 to 65 years) was collected. The analysis indicated that there was a significant positive relationship between emotional intelligence and marital satisfaction. The comparison of people high and low on emotional intelligence with respect to their marital satisfaction supports the finding.

Mohsenian et al. (2008) investigated the relationship between differentiation of self and emotional intelligence. The sample of the following research consists of 61 individuals referring to judicial centres and 61 individuals who tend to continue their marriage. Both groups completed differentiation of self Inventory and Emotional intelligence scale. The results indicated that there were significant differences between experimental and control groups with respect to emotional intelligence.
Ortese and Tor-Anyiin (2008) examined the effects of Emotional Intelligence on marital adjustment of couples. To fulfil the research purpose, a sample of 286 couples was taken into consideration. The data was collected by using Emotional Intelligence – Marital Adjustment Inventory (EIAI) that measures Emotional Intelligence components. The findings revealed that emotion management has significant effect on marital adjustment of couples. It was further seen that emotional sensitivity skills were found to have significant effects on marital adjustment of couples. Social relationship skills had significant effect on marital adjustment of couples.

Pandey and Anand (2010) examined the relationship of emotional intelligence with marital adjustment and health of spouses. The sample of the following research consists of 32 married couples. The data was collected by using self of self-report questionnaires consisting measures of emotional intelligence, marital adjustment, health and well-being. Pearson’s coefficients correlation was used to measure the accuracy. The results shown that the marital adjustment was correlated positively with the measures of general health and well-being. It was also observed that high EI of a spouse was positively associated with one’s own marital adjustment, as well as that of their partner. The implications of the findings in understanding marital adjustment and spousal health have
been discussed. Emotional intelligence, subjective well-being, life satisfaction, marital adjustment.

Schutte et al. (2001) examined in the 7 studies, link between emotional intelligence and interpersonal relations. In Studies 1 and 2, the participants with higher scores for emotional intelligence had higher scores for empathic perspective taking and self-monitoring in social situations. In Study 3, the participants with higher scores for emotional intelligence had higher scores for social skills. In Study 4, the participants with higher scores for emotional intelligence displayed more cooperative responses toward partners. In Study 5, the participants with higher scores for emotional intelligence had higher scores for close and affectionate relationships. In Study 6, the participants’ scores for marital satisfaction were higher when they rated their marital partners higher for emotional intelligence. In Study 7, the participants anticipated greater satisfaction in relationships with partners described as having emotional intelligence.

Zeidner and Kloda (2012) investigated the relationship between ability-based EI and adaptive marital relationships and satisfaction employing a standard dyadic design involving 100 young heterosexual couples. Participants were assessed on the MSCEIT along with measures of conflict resolution partners and perceived marital satisfaction. A series of path analyses provided support for actor effect-but not partner effects-
in the association of EI, assessed as ability, and marital variables. Overall, the data provide only partial support for the common claim and some prior research suggesting that EI plays a pivotal role in marital relationship.

**Health and Marital Adjustment**

Avci and Kumcagız (2009) investigated the breast-cancer women with mastectomy surgery was conducted to assess husband partner compatibility and level of loneliness during the post-surgery period. The sample of the following research consist 48 women with mastectomy and 44 husbands were included in the study. The dyadic adjustment scale and UCLA loneliness scale were used for collecting data. Descriptive statistics, correlations, Mann Whitney U and Krusk Walallis tests were used for data analysis. The results indicated that background of husbands influenced marital adjustment, this being better with a high school or further diploma. Husbands who described their marriage as bad after the surgery had higher marital adjustment. It was also found between loneliness status of participant women and their marital adjustment and women with mastectomy and their husbands described their marital relations before the surgery as good but as bad after the surgery.

King and Elkin (2000) investigated that depressing patient's level of marital adjustment at termination and the extent of marital
improvement over the course of treatment. The research significantly predicted the treatment outcome at follow-up in terms of both depressive symptoms and social functioning. However, patient's marital adjustment at pretreatment, starting marital improvement as treatment goal by patient or therapist, treatment modality and gender did not predict treatment outcome.

Lavery and Clark (1999) found that the majority of patients reported that their marital relationships had remained the same or had improved since their diagnosis although a few men reported negative changes, of those couples who had been sexually active prior to diagnosis, all reported negative changes arising from the patients impotence brought about by their treatment for prostrate cancer.

Rahman and Asaduzzaman (2008) examined the study was correlate between mental health and marital adjustment of middle class employed married women and housewives. The sample of the following research consists of middle class women. The data was collected by using dyadic adjustment scale of Spancer and General Health Questionnaire of Goldberg. The result indicated that the mental health of the employed married women was significantly higher. Moreover, marital adjustment of employment women was significantly higher than house-wives.
Shields et al. (2000) found that secure attachment in wives was associated with higher marital satisfaction for husbands and wives and greater perceived health for wives with no significant interaction effect. The association of husband’s attachment style was moderated by the presence of cancer. The secure attachment of husband in old cancer couples was associated with poorer adjustment for wives; higher depressive symptoms and lower perceived health for wives.

Whisman and Delinsky (2001), Croake and Kelly (2002), Chiu-Yueh et al. (2009) were other notable contributors in establishing relationship between illness, health and diseases with marital adjustment.

**Cultural diversity and Marital Adjustment**

Culture play a significant in human life and human behaviour is dependent upon culture. In the past researchers explored cultural influences on marital adjustment. The important studies conducted in the past in this regard are presented.

Demir et al. (1999) reported that in Turkish couples, loneliness was significantly and negatively correlated with marital adjustment. For the demographic correlates, significant results were as follows: self-selected marriages resulted in lower loneliness scores than the arranged type of marriage and marital adjustment increased parallel to an increase in the degree of acquaintance before marriage.
Fisiloglu (2001) found that consanguineous marriage group had significantly lower marital adjustment and had more conflict with extend family than the non-consanguineous marriage group of Turkey.

Kwon et al. (2003) examined the inter-relationships among economic pressure, emotional distress, marital conflict and marital satisfaction for 236 Korean couples. The results also implied cultural differences in the process of family stress. Korean husbands’ emotional distress did not affect marital conflict or marital satisfaction, suggesting that Korean husbands may differ their wives in their reaction to emotion distress from economic pressure.

Tom et al. (2005), Daniel (2007), Zheng Zhou et al. (2009) are other notable researchers who investigated the relationship between culture and marital adjustment.

**Personality and Marital Adjustment**

Personality plays very important role in marital adjustment. Some investigators investigated the relationship of personality and marital adjustment which are presented below.

Amao-Kehinde (1999) found that there was a positive association between marital communication and marital adjustment. The result shows that effective communication enables married persons to show love, care concern and acceptance of each other.
Donnellan et al. (2004) investigated the relations between the Big Five dimension of personality and the marital relationships. Four major finding emerged from these analysis. First, self reports of neuroticism were positively correlated with negative interactions and negatively correlated with global evaluations of the marriage. Second, self - reports of agreeableness were negatively correlated with negative interactions and generally positively correlated with global evaluations of the marriage. Third, self-reports of openness were negatively correlated with observer reports of negative interactions. Fourth self-reports of openness by wives were positively correlated with global reports of sexual satisfaction. These findings suggested that agreeableness and openness deserve increased attention as significant correlated of close relationships. Discussion emphasizes the importance of inter personal factors for understanding marital relationships.

Ebenuwa-Okoh (2008) examined the extent to which emotional expression, communication flow, financial management and work involvement predict marital adjustment among married persons. It was found that emotional expression, financial management, communication flow, works involvement are significant correlates and predictors of marital adjustment.

Gordon et al. (1999) examined the contribution of communication pattern towards marital adjustment. They found that the correlation of
communication with marital adjustment was higher with more relationship-focused standards than for women with less-relationship-focused standards, this interaction did not occur for men.

Kinnunen et al. (2003) examined the role of the Big Five personality dimensions as possible moderating factors between two types of work-family conflict; work interference with family (WIF); and family interference with work (FIW); and their relationship to well-being in the domains of work and family generally as well. The results showed that emotional stability moderated the relationships between WIF and job exhaustion and between WIF and depression. In addition, agreeableness moderated the relationship between FIW and marital satisfaction. Consequently emotionally stable fathers were protected from negative effects of WIF on well-being at work (job exhaustion) and on general well-being (depression). In the same way, agreeable fathers were protected from negative effects of FIW marital satisfaction. Besides these moderating effects, both WIF and FIW and emotional stability and agreeableness had main effects on well-being.

Nemechek and Olson (1999) studied marital adjustment in relation to five-factor personality similarity. They found that spousal similarity on the domains of conscientiousness, agreeableness, neuroticism and several personality factors was related to marital adjustment. With the exception
of conscientiousness, the traits on which similarity was related to adjustment differed for husband and wives.

R.Michael (2003) in his paper addressed four important issues regarding the study of behaviour as separate from other important psychological responses-the definition of behaviour, the importance of studying behaviour, the strengths and weaknesses of core methods through which behaviour is studies and the degree to which behaviour actually has been studies in personality psychology over the past 15 years (along with information about the use of specific methods of studying behaviour). Analysis of publication trends indicates that behaviour is not studied to the degree it merits; furthermore, it indicates that when behaviour is studied, it is usually studied at a very generalized level relying on relatively weak methods. The current paper is offered as a starting point for focused.

Sacco and Phares (2001) investigated the role of partner appraisal in marital adjustment. They also examined whether people are more maritally satisfied when the valence of their partner’s view of them is congruent with the valence of their self-view. Thus findings were in consistent with self-verification theory and consistent with a self-esteem enhancement model.
Schneewind and Gerhard (2002), Kinnunen et al. (2003), Donnellan et al. (2004), Silke et al. (2007) also investigated the effect of personality on marital adjustment.

Silke et al. (2007) conducted a study with an aim to quantify the demographic and personality traits of tattooed and pierced individuals and to compare them with a control group of individuals without body modifications. These comparisons are based on questionnaire completed by 359 individuals that investigate the details of body modification, and which incorporate five personality scales. They describe several sex differences in ornament style and location. They found no relevant differences between modified and non-modified individuals in relations to demographic variables. This indicates that some of the traditional attitudes towards tattoos and piercing appear to be outdated. However, they found striking difference in personality traits which suggest that body-modified individuals are greater sensation seekers and follow a more unrestricted mating strategy than their non-modified contemporaries. They discussed these differences in light of potential signalling function of tattoos and piercing in the mating context.

Verhaak et al. (2005) tested the predictive value of a comprehensive model with personality characteristics, stressor related cognitions, coping and social support in a sample of 187 non pregnant women. The results indicated the importance of neuroticism as a
vulnerability factor in emotional response to a severe stressor. They also underlined the importance of helplessness and marital dissatisfaction as additional risk factors and acceptance and perceived social supports as additional protective factors, in the development of anxiety and depression after a failed fertility treatment. From clinical point of view, these results suggested fertility related cognitions and social support should receive attention when counselling women undergoing IVF or ICSI treatment.

Whisman et al. (2006) examined the association between marital discord and multiple measures of well-being (depression, anxiety, life satisfaction and self-esteem) in a population-based sample. The findings suggested that the marital discord is an important correlate of multiple measures of well-being in older individuals and that this association is not confounded by the Big Five personality traits.

Yvonne et al. (2008) conducted a study in a background of Quality of life (QoL) which has become increasingly important as an outcome measure in community-based psychiatry. QoL refers to an individual’s sense of well-being and satisfaction with his current life conditions. It is measured both through objective social indicators and life domain-specific subjective indicators. People with a personality disorder (PD) or a major mental disorder (MMD) tend to show poor social adjustment, but their relative subjective QoL is not known. The aim of the study was to
compare the QoL of male outpatients in treatment for PD or MMD overall and by means of specific social and subjective indicators. Methods A sample of 135 men under treatment for PD in Dutch forensic outpatient facilities were compared with 79 men with MMD using the extended Dutch version of the Lancashire Quality of Life Profile (LQoLP). Results Almost all of the objective indicators of QoL were significantly poorer among men with MMD than those with PD, but the groups did not differ on domain-specific subjective ratings of QoL. Indeed, global subjective QoL was lower in the PD than in the MMD outpatients for whom almost half of the variance in subjective QoL rating was related to their everyday activities and their objective sense of safety. Conclusions and implications for practice further study of QoL among PD patients would be warranted to test the extent to which subjective dissatisfaction is intrinsic to PD and to explore the possibility of improving it with targeted treatments.

**Family and Marital Adjustment**

Amy and Vernon-Feagans (2008) examined how child gender and coparenting processes influence associations between family stress and toddler’s social adjustment. The participants, 104 dual-earner couples and their 2-year-old children, were videotaped in their home during a free play activity. Mothers and fathers completed questionnaires about stress
in their roles as partners, workers, and parents and their child’s social-emotional adjustment. Consistent with previous research, higher levels of family stress were associated with poorer adjustment for children. Family harmony, represented by warmth and cooperation, was significantly associated with fewer internalizing problems for children even when family stress was considered. Conversely, co parental banter or playful humour between parents moderated the nature of the association between family stress and children’s adjustment. Banter between parents was especially protective for girls suggesting that, even in families with toddler aged children, gender plays an important role in family-level coparenting processes. Future research needs to consider more fully the impact that child characteristics, such as gender, have on the interplay between the family context and children’s development.

Anderson and White (1986) examined the nuclear families from stepfamilies, and functional from dysfunctional stepfamilies. The sample of the following research consist sixty-three family triads (mother, father, child) were studied using five instruments: Family Concept Test, Locke-Wallace Marital Inventory, Family Relations Test, Family Interaction Task, and background questionnaire. The results indicated that functional stepfamilies are similar to functional nuclear families in that both exhibit good marital adjustment, strong, positive bonds between biological parent and child, disinclination to exclude family members, and ability to make
mutually compromised family decisions. The key differences were less intense interpersonal involvement between the stepfather and child and a stronger tendency toward the existence of parent-child coalitions in stepfamilies. Similarities between dysfunctional stepfamilies and dysfunctional nuclear families include stronger parent-child coalitions compared to their functional counterparts and lack of mutual decision-making skills that fulfill the choices of individual members. Unexpectedly, marital adjustment was better in dysfunctional stepfamilies than in dysfunctional nuclear families. Relationship patterns were similar in functional stepfamilies and in dysfunctional stepfamilies except that they were more extreme in the dysfunctional stepfamilies.

Buchler and General (2002) examined the associations among marital conflict, ineffective parenting and children’s and adolescent’s maladjustment. The weighted sample for this study includes 2, 541 married parents with a target child aged 2-18 yrs living in the household. Data indicated that parents who use of harsh discipline and low parental involvement helped to explain the connection between marital conflict and children’s maladjustment in children aged 2-11 yrs. Parent-child conflict was measured only in families with a target teenager and also was a significant mediator. Although ineffective parenting explained part of the association between marital conflict and children’s maladjustment, independent effects of marital conflict remained in families with target
children aged 2-11 yrs (but not for families with a teenager). With a few exceptions, this pattern of findings was consistent for mother and father’s reports, for daughters and sons, for families with various ethnic backgrounds and for families living in and out of poverty.

Burley (1995) found that potential mediators of the proposed negative relationship between world-family conflict and marital adjustment; spousal social support and equity in spousal home division of labour played an important, but small, mediated role in the negative relationship work-family conflict and marital adjustment for men women. Gender exhibited no overall indirect effect on marital adjustment.

Eiden et al. (1995) investigated maternal working models of attachment, marital adjustment and the parent-child relationship. It was observed that maternal working models were related to quality of mother-child interactions and child security and there was a significant relation between marital adjustment and child security. Maternal working models and marital adjustment were also associated interactively with child behaviour and child security. Among children of insecure mothers, child security scores were higher when mothers reported high marital adjustment. No relation between child security scores and mother's marital adjustment was found among children of secure mothers. The results suggested that the maternal working models influence parenting and child adjustment well beyond infancy.
Gani, and Ara, (2010) examined the causes, consequences and correlates of work-family conflicts among dual-career women. The study examines if the working women were able to combine their work and family, and identifies the constraints they faced and the family and organizational support they received in this process. The study also examines the strategies that working women adopt to contain the stresses of contradictory and competing dual role demands. The results suggest that many factors contribute to make role conflict of working women a reality. The sources of conflict are dependent on the availability of various support systems within and outside the family as well as the organization where she works.

Graham et al. (2000) studied the relationship between parental status, social support and marital adjustment. They found that potential moderating effect of social support on the relation between parental status and marital adjustment. Further it was seen that the women with children reported lower social support and were more vulnerable to love marital adjustment than were other group of women. Level of social support was not a moderator for men. It was also found that affective support had moderating effects, but no such effects were evident for instrumental support.

Graham and Conoley (2006) investigated the role that marital attributions play in the relationship between the occurrence of stressful
life events and marital quality. The results supported that the moderational model which indicates that the marital quality of couples who make relationship-enhancing attributions about their spouses’ negative behaviours is less related to stress than those who make distress-maintaining attributions. Couples successful adaptation to stress may be dependent on their ability to use their marital attributions as a coping resource. While the types of marital attributions a couple may have the potential to make their marriage more vulnerable to the effects of stress, they also have the potential to serve a protective role.

Jyoti and Prabha (2012) investigated the marital adjustment of working and non-working women. The sample of the following research consist fifty working and fifty non-working women in the age range of 20–40 years. All Ss were required to fill out the Marital Adjustment Questionnaire prepared by Pramod Kumar and Kanchana Rohtagi was used. The result indicated that non-working women were better at marital adjustment. It was also found that marital adjustment was better in the later years of marriage as compared with the early years. Women from nuclear families were found to have better marital adjustment than women from joint families.

Kusum and Kirtida (1979) found that the marital adjustment (MA) and family adjustment (FA). A total of 2 groups were selected: 25 pairs of mother-in-law and daughter-in-law from joint families and 25 pairs from
nuclear families. All Ss were required to fill out 2 forms: S. Y. Mehta's (1969) Marital Adjustment Scale and a family adjustment inventory prepared for this study. The correlation between marital adjustment and family adjustment of the daughter-in-law in the joint and nuclear families was significant.

Narayan and Bhardwaj (2005) investigate the studied was designed to study social support, job involvement and life satisfaction in urban dual career nuclear families in India. Data were collected from 50 couples in Delhi who belonged to nuclear families, worked at least 40 hours a week and had at least one elementary school going child. Data were collected using standardized questionnaires. The results indicated that husbands and wives agreed with their perceived spouse and family social support. Their levels of life satisfaction were also related. It was found, contrary to our belief, that job involvement was not gender specific and both husbands and wives could be equally involved in their work. This indicates that there is a change in the urban nuclear family support system and the traditional role expectations are undergoing a transition.

Panish. & Stricker (2001) investigated the separate effects of parental marital disharmony and family intactness on the adult sibling relationship. These findings highlight the important implications for understanding an individuals perception of marital discord and are
discussed in relation to family intactness. Self-esteem and sibling conflict and warmth between siblings in adulthood.

Prasanthi and Devi (2008) investigated the relationship between perceptions of family environment on marital life satisfaction levels in the married couple. To fulfil the research purpose, a sample of 240 couples of Chittoor district of Andhra Pradesh. The data was collected by using family environmental scale and marital adjustment scale. The result revealed that family environment were positively correlated with marital satisfaction levels had high levels of emotional intelligence.

Richmand and Stocker (2003) examined marital conflict whether siblings experience marital conflict differently and whether such differences, if present, were associated with differences in their adjustment. Results highlight the importance of studying siblings’ unique experiences of marital conflict to better understand its impact on children’s adjustment.

Sharma et al. (1990) studied marital adjustment of housewives in relation to their family types. Marital Adjustment Questionnaire was administered to housewives belonging to 60 nuclear and 60 joint families. Subjects from nuclear families scored significantly higher than did subjects from joint families. The type of family influenced marital adjustment and the interaction among the type of family and duration of marriage was significant.
Sullivan and Baucom. (2005) examined the construct Relationship-Schematic Processing (RSP) in married couples, which is defined as the degree to which individuals process information in terms of their romantic relationship. The findings indicated that wives engaged in more frequent and higher quality Relationship-Schematic Processing than husbands did. Husbands reported greater relationship satisfaction when wives engaged in more frequent and higher quality Relationship-Schematic Processing; wives reported greater satisfaction when husbands engaged in higher quality relationship processing.

Richmand and Stocker (2003) examined marital conflict whether siblings experience marital conflict differently and whether such differences, if present, were associated with differences in their adjustment. Results highlight the importance of studying siblings’ unique experiences of marital conflict to better understand its impact on children’s adjustment.

**Demographic Variables and its effect on Marital Adjustment**

Hashmi et al. (2006) examined the relationship between marital adjustment, stress and depression. Sample of the study consisted of 150 working and non-working married women. Their age ranged between 18 to 50 years. Dyadic Adjustment Scale (2000), Beck Depression Inventory
Marital Adjustment

(1996) and Stress Scale (1991) were used. Results indicated highly significant relationship between marital adjustment, depression and stress. It also shows that working married women have to face more problems in their married life as compared to non-working married women.

McClain (2001) found that females who got married in late years were obeyed and their inner feelings were recognised and enhancing their status. So, these women participants experienced great amount of contentment, happiness and satisfaction, and consequently higher well-being as compared to women participants who got married in early years of life.

Niaz (2001) found that older girls have less trouble than younger ones in terms of adjusting themselves after marriage. Those who marry very early have to complete their striving for emotional independence after marriage while those who marry later are more likely to have already achieved considerable degree of maturity and independence.

Ritu et al. (2006) assessed marital adjustment among couples with respect to educational level and employment status of women partner. The findings revealed that sexual dimension of marital adjustment among husbands and wives was unaffected by wives’ education level and employment status. On the contrary, it was observed that wives employed and educated up to Level I or Level II and their husbands were significantly more socially adjusting than wives non-employed and
educated upto Level III and their husbands respectively. Husbands showed no variation on the emotional dimension of marital adjustment with wives’ educational level and employment status, whereas, wives were seen to be more emotionally dependent on their husbands when they were educated upto Level III or were non-employed.

Schumacher et al. (2005) examined the marital Adjustment, verbal Aggression, and physical aggression constructs as risk factors for physical aggression during the first 2 years of marriage. The sample of the following research consists in 634 couples recruited as they applied for marriage licenses. A path analysis was used to assess the aggression and physical aggression. The result suggest that prior verbal aggression and physical aggression by both partners are important longitudinal predictors of physical aggression but do not support the role of marital adjustment as a unique predictor of subsequent physical aggression. Contrary to prior research, results also failed to support physical aggression as a unique predictor of marital adjustment.

Singh et al. (2010) revealed that the females who got married at later years of life had enjoyed considerable degree of maturity, emotional independence and better mutual understanding with their spouse and their family matters.

Srivastav et al. (1988) studied the effect of certain demographic characteristics such as age differences, duration of marriage, education,
occupation, socio-economic status and number of children on marital adjustment. The analysis indicated that age difference between husband and wife is highly contributed towards marital adjustment. It was also found that the differences in educational level of the spouses were more evident in the maladjusted couples.

Tahera (1998) reported that lack of maturity, mutual understanding and increased marital problems were common among females who go for early years of marriage.

Zoengpari and Singh (2005) investigate the influence of ‘age’ ‘degree of urbanization’ and ‘sex’ variables on marital adjustment in Mizo society. The data was collected by using marital adjustment scale. ANOVA manifested significant independent effects of all the three main variables. None of the interaction variance resulted in non-significant F-ratio. Post ANOVA multiple comparisons revealed that lower-middle age group of Ss showed significantly lowest level of marital adjustment than upper-middle, lower and the higher age groups of Ss. The latter three groups did not show any pattern of statically significant difference urbanization and sex variables revealed that rural Ss than urban, and males than females showed significantly better marital adjustments.

**Dual Career Couples and Marital Adjustment**
Aminjafari et al. (2012) studied that the marital adjustment in employers' dual career families of Isfahan state universities in 2010. The random sampling technique was used and identified 600 couples. World Health Organization Quality Of Life and Revised Dyadic Adjustment Scale (RDAS) were used to collect the data and their validity and reliability were suitably approved in previous researches. Dependent T-Test and stepwise Regression analysis showed there is a significant difference between marital adjustment in dual career families and earner career (P=0.002). Among 25 factors of quality of life, just 8 factor such as sexual activity, pain and unhappiness, work capacity, social support, physical environment, positive feeling are significantly predict marital adjustment scores.

Chaudhari and Patel (2009) found that marital adjustment among female of urban and rural mehsana. The purposive random sampling technique was used in selecting 360 in which 180 from urban and 180 from villages of Mehsana. Standardized marital adjustment scale was used for collecting data. Interview schedule method was used for personal meeting with respondents. The data was analyzed by ‘t’ test. The result found that there will be non significant relationship between marital adjustment & place of residence of respondent and also found that there will no association between marital adjustment and working status of the respondent”
Frisco and Williams (2003) examined the relationship between perceived fairness of housework completion, marital happiness and divorce. They used a nationally representative sample of individuals (younger than age 55) involved in dual-earner marriages. The results indicated that the perceived inequity in the division of household labour is negatively associated with both husbands and wives who reported marital happiness but is positively associated with the odds of divorce among wives only. There was little evidence indicating that marital happiness mediates this relationship. The authors propose that unfair perceptions of the division of household labour not only decrease women’s marital quality but also lead to role strain making them more likely to end unsatisfying marriages.

Gupta and Shukla (2006) examined the predictors of job satisfaction, marital quality and mental health among dual career couples across various work-family relationships. The sample of the following research consists of 100 dual career couples (H-100, W-100). Several stepwise multiple regressions were run for each of the five subgroups of respondents as well as for the total sample. The revealed that the different predictors of job satisfaction, marital quality and mental health across five types of work-family relationship.

Hardesty and Betz (1980) investigate the predictors of levels of marital adjustment in dual-career couples. The sample of the following
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research consist both husbands and wives in 42 dual-career couples completed Greenhaus. The Career Salience scale, the Attitudes toward Women scale, the Dyadic Adjustment scale, and a demographic information questionnaire were used for collecting data. The results indicated that the dual-career couples studied reported relatively high levels of marital adjustment, relatively profeminist attitudes toward women, and moderate levels of career salience; family interests were ranked as more important than were career interests and also found that the higher levels of marital adjustment in both husbands and wives were found in couples in which the wife was more highly educated and which had relatively high combined incomes.

Neeta and Joshi (2009) examined the marital adjustment and life satisfaction among dual career couples across life cycle stages. Data were collected from 100 husbands and 100 wives of dual career families who were classified in four categories on the basis of their life cycle stage. Marital adjustment inventory questionnaire were used for collecting data and marital adjustment of the dual career couples while life satisfaction was measured using life satisfaction scale. The results of the present study have revealed no significant differences was found in gender.

Pandey (1996) found that working wives have anxiety, fatigue, guilt, extraversion and arousal which can cause adverse influences on the marital and social adjustment.
Patra and Damodar (2009) examined the factors influencing happiness and satisfaction in the single and dual career families. Data were collected from 240 single- and 240 dual-career spouses at Kolkata and Kharagpur. The results suggested that the level of educational attainment, family income and joint living do not influence happiness and satisfaction. Irrespective of family type, the higher the level of multitasking attitude and marital adjustment, the higher are the level of happiness and satisfaction. More time spent on household work, freedom of both the partners and liberated belief on gender roles retards happiness and satisfaction.

Schoen et al. (2006) investigated the direction of the relationship between marital happiness and wives’ full time employment by using the National Survey of Families and Household. It was found that the contrary of frequently invoked social and economic theories wives’ full-time employment is associated with greater marital stability. Nonetheless changes in wives’ employment have no significant effect on how marital quality changes with time.

Shukla (1988) observed that in comparison to the single career couples, more of the dual career couples expected that the husband and the wife should be about equally responsible for the provider and the housekeeper roles and evaluated the wives more favourably in the provider role and the husbands in the housekeeper roles. It is interesting,
though, that in both the groups, wives derived greater happiness in their marriages when they were satisfied with the housekeeper role and evaluated their husbands favourably in the provider role. Husbands, on the other hand, attached greater importance to satisfaction with and a favourable evaluation of themselves in the provider role and their spouses in the kinship roles. Thus, the working woman ends up playing a multiplicity of roles.

**Wives Employment and Marital Adjustment**

Locksley (1980) assessed the effect of wives’ employment on marital adjustment and companionship. National survey data were used to separately assess the effect of wives’ employment and their degree of interest in their work activity on 14 comparatively reliable indicators of marital adjustment and companionship, for both men and women respondents. It was reported that there was not a single evidence which shows any effect of wives’ employment or degree of interest in their work...
activity on marital adjustment and companionship, whether determine on
the basis of husbands’ or wives’ responses.

Piotrkowski and Crits-Christoph (1981) investigated the relationship
between multiple characteristics of women's jobs and their family
adjustment in a sample of 99 women in dual-earner families. It was found
that the six work-related variables were considered simultaneously as
predictors of family adjustment: intrinsic job gratification, satisfaction
with job security, job-related mood, time spent at work, occupational
prestige and salary. The results were consistent with the hypothesis that
women's paid work lives influence their family adjustment. Women's
experiences of their work were significantly related to two of three
measures of family adjustment. It was also seen that the salary was
negatively associated with satisfaction with family relations for women in
low-status occupations only. Time spent at work and occupational
prestige showed no significant associations with reported adjustment. Of
the three indicators of family adjustment, marital satisfaction appeared to
be relatively immune from work influences. It can be hypothesized that
the marital relationship may be less sensitive to women's paid work than
are other aspects of their family relations.
**Culture and Marital Adjustment**

Culture play a very important role in our life, direction of behaviour depend upon culture. There are many studies which are pertaining to marital adjustment.

Abela et al. (2005) investigated the level of marital satisfaction among Maltese couples and how they manage conflict between them. One particular interest in conducting this study has been that of exploring how cultural beliefs shape marital relationships and to what extent Maltese clinicians can rely on the Anglo-American literature in their clinical work with married couples. The study addresses the importance of taking into account the cultural context when working with couples. The implications for practice of the various belief embedded in the culture are highlighted.

Dainel (2007) examined the two occasions separated by one year, Chinese adolescents (N=2,758) responded to instruments measuring their perceived parental psychological control and psychological well-being, including hopelessness, mastery, life satisfaction, and self-esteem. Pearson correlation analyses revealed that perceived parental psychological control was concurrently related to adolescent psychological well-being at Time 1 and Time 2. Multiple regression analyses demonstrated that the relationships between perceived parental
psychological control and adolescent psychological well-being over time were bidirectional in nature. Regarding the differential contribution of paternal and maternal psychological control to adolescent psychological well-being over time, paternal psychological control at Time 1 predicted changes in adolescent life satisfaction at Time 2, particularly for adolescent girls. On the other hand, maternal psychological control at Time 1 predicted changes in adolescent self-esteem at Time 2. Relative to those conditions in which one or none of the adolescents’ parents was perceived to display high psychological control at Time 1, the psychological well-being of adolescents at Time 2 was poorer under the condition in which both parents were perceived to display high levels of psychological control at Time 1. The clinical implications of these findings and directions for future research are discussed.

Kitamura et al. (1995) studied on dyadic consensus, satisfaction, flexibility, home-loving and interest sharing. Better marital adjustment in Japanese women were correlated with higher standard of living, lower neuroticism and a more caring father, whereas in men it was correlated with lower psychoticism and a more caring mother.

Lavee and Katz (2002) assessed the relation between division of household labour, perceived fairness and marital quality by comparing 3 ethnic-religious groups in Israel that reflect traditional, transitional and egalitarian ideologies. The sample consisted of 450 Moslem Arabs, 214
Christian Arabs and 460 Jews. Findings are discussed on 2 overlapping levels - conceptual-theoretical and socio cultural -with implications for understanding families in cultural transition.

Qadir et al. (2005) found that contrary to cultural beliefs regarding marriage, most women expressed the need to be satisfied within marriage. The fear of hurting or annoying their parents prevented many women from openly expressing their opinion in the choice of husband or unhappiness in their marriage. Pakistani women tend to see marriage as a social and familial obligation requiring them to be prepared to adjust as the man seldom does. The construct of marital satisfaction is a viable concept for study and research in Pakistan, and there is need for further research in this area.

Zheng et al. (2009) Asian Americans are commonly perceived as the diligent and high-achieving model minority. This positive stereotype has negative consequences for this ethnic minority group because it trivializes their social and mental health problems. This image of success has made many overlook the true nature of the struggles many Asian American families have to face in the United States. Scientific literature suggests that Asian American children experience major adjustment problems in school including loneliness, isolation, withdrawal, rejection, anxiety, low self-esteem, and interpersonal distress. Cultural barriers exist between the Asian and the dominant society and influence Asian Americans’
cognitive appraisal and coping choices when personal and emotional problems arise. These barriers also prevent clinicians from identifying and subsequently providing effective mental health services for Asian American children and their families. In this article, the authors examine the Asian cultural conceptions of mental health and various cultural barriers in an attempt to promote cultural understanding and competence among clinicians working with Asian American children and their families. Recommendations for clinical practice and future research directions are provided.

**Marital Satisfaction**

Blum et al. (1999) reported that administered Marital satisfaction and Pleasantness -Arousability Dominance Temperament scales to 166 married couples (aged 20-35 years). Ss with more pleasant and more dominant temperaments and those who had mates with more pleasant temperaments were happier in their marriage. Findings imply that better adjusted persons, and those with better adjusted mates, were more satisfied in marriage. Unpleasant and submissive (depressed) wives were highly dissatisfied in marriage. Although intermate temperament similarity on pleasantness and dominance (but not arousability) correlated positively with marital satisfaction, similarity was a weaker and somewhat misleading predictor of satisfaction in comparison to findings
when individual temperament scores were treated as separate variables. Also, weak results show individual's selected mates with temperaments similar to their own. The marital satisfaction scale, devised for this study is appended.

Campbell et al. (1998) examined the relationship among parental alcoholism, family-of-origin functioning, and current marital satisfaction. 79 mental health clients (52 women and 27 men, aged 18-66 years) from 3 outpatient counseling centres served as participants. Results indicated that family-of-origin functioning was positively related to marital satisfaction. In addition, individuals with alcoholic parents reported lower family-of-origin functioning. An interaction between gender and parental alcoholism was found for marital adjustment.

Chalandra et al. (2008) examined the correlates of marital satisfaction using data from a national probability sample of African Americans (N=962) and Black Caribbean’s (N=560). Findings reveal differences between African Americans and Black Caribbean women reported overall higher levels of marital satisfaction than African American women. The findings amply demonstrate the significance of ethnic diversity within the Black population in the United States. Difficulties with finances (budgeting, credit issues, and debt management) are one of the key issues that generate conflict in marriages; stress generated as a result of financial problems can lower
marital satisfaction. Because these issues are salient for couples at any given time in the family life cycle, counselling at critical points in the marriage (birth of children, launching of children from home, and retirement) may be helpful.

Cody et al. (2007) tested the longitudinal relationship between marital satisfaction and depression among 99 Brazilian women. Using structural equation modelling, results indicated that marital satisfaction was a strong predictor of depression 2 years later. Marital satisfaction was also related to co-occurring depression. These results provide evidence that the marital Discord Model of Depression is an appropriate theoretical model for the conceptualization of marital discord and depression with Latina women and suggest the potential utility of using couples therapy for treating depression among this population.

Davila et al. (2003) examined within-subject association between depressive symptoms and marital quality over time, to address gender differences in the magnitude and direction of these association, and to determine whether neuroticism moderates the strength of these associations. A total of 164 newly wed couples provided 8 weeks of data after 4 years of marriage. Hierarchial linear modeling confirmed the existence of bidirectional within-subject associations between marital satisfaction and depressive symptoms. Gender differences were rarely significant. Although neuroticism strengthened the effect of marital
distress on symptoms as predicted, it weakened the effect of symptoms on marital distress among husbands. The theoretical and practical implications of these findings are discussed.

Fowers et al. (1996) examined the relationship between the four premarital types identified by Fowers and Olson (1992) and relationship outcome over a 3-year period with 393 couples. Result found that conflicted couples being the most likely to separate or divorce. Vitalized couples had the highest levels of satisfaction, followed by Harmonious, Traditional, and Conflicted couples. Traditional couples were less likely to have divorced than Harmonious couples, even though Harmonious couples had higher premarital relationship satisfaction scores.

Gill et al. (1999) reported that the concurrent and longitudinal association between spousal communication and marital satisfaction were investigated using 2 systems of observation (rating and coding) and 2 statistical methods. A coding system and a rating system were used to assess the amount of positive, negative and avoidant behaviour exhibited by 30 couples (Mean age 30.74 yrs.) engaged in a 15 min. discussion about a marital problem. Changed scores as well as regression methods were used to calculate correlations between communication behaviour and 1 year change in Marital Adjustment Test (MAT) scores. Positive behaviour was by both spouses predicted an increase in wives
satisfaction. None of the variables consistently predicted changes in husbands satisfaction.

Jose and Alfons (2007) examined the effects of age, education, number of children, employment status, and length of marriage on marital satisfaction for seven hundred and eighty-seven married adults from the Flanders region in Belgium. The results indicated that age, number of children, and length of marriage were significantly positively correlated with sexual adjustment (MMQ-S) and educational attainment with general-life adjustment (MMQ-GL) problems.

Kristin et al. (2012) investigated the marital and life satisfaction among gifted adults. The sample of the following research consists of 5-year period in order to examine the stability of the findings over time. The results indicated that marital satisfaction was significantly related to life satisfaction at both episodes of data collection. There is no gender differences were found in marital or life satisfaction at either data collection period.

Milevsky (2004) Results indicated that individuals from non-divorced families were closer to their siblings, communicated more with their siblings and received greater levels of support from their siblings compared with individuals from divorced families. Additionally, perceived parental marital satisfaction was found to be a significant predictor of total sibling communication, closeness, and support. Finally,
perceived parental marital satisfaction was found to mediate the relationship between parental divorce and total sibling support and between parental divorce and total sibling closeness.

Ming et al. (2009) examined trajectories of marital satisfaction among couples with adolescent children and evaluated how changes in parent’s conflict over raising adolescent children were associated with changes in marital satisfaction over 4 years. Using a prospective, longitudinal research design and controlling for family socioeconomic status, dyadic growth curve analysis from a sample of 431 couples with adolescent children indicated that marital satisfaction decreased over time for parents with adolescent children and that the trajectories for mothers and fathers were substantially linked. More importantly, the study demonstrated that increases or decreases in parents’ marital conflict over raising adolescent children were associated with corresponding decreases or increases in marital satisfaction for both mothers and fathers.

Perrone et al. (2006) examined marital satisfaction from the perspective of a well spouse who is responsible for care giving a spouse with Multiple Sclerosis (MS). Results indicated that love and communication were significantly positively related to marital satisfaction. Satisfaction with physical intimacy was not significantly
related to marital satisfaction with this sample of caregiver spouses. Implications for counsellors were discussed.

Schumm et al. (1998) reported that marriage was good for men and bad for women. Subsequent researches noted that wives, on average, reported lower marital satisfaction than husbands. Within-couple analysis indicated that wives were less satisfied with their marriages than husbands and that, when substantial within-couple differences occurred with respect to marital satisfaction, the wife was usually the less satisfied spouse. Results provide at least small support for feminist assertions about the relatively adverse nature of marriage for women in the US.

Sokolski. and Hendrik (1999) investigated that interpersonal and environmental factors all influence marital satisfaction. In this study, 160 married couples were assessed on a variety of relationship measures. Correlates of satisfaction included intrapersonal variables such as commitment and love, interpersonal variables such as self-disclosure and environmental variables such as the absence of stress. In hierarchial regression analyses, intrapersonal, interpersonal variables accounted for a substantial percentage of the variance with prediction of satisfaction found to be similar for wives and husbands. Qualitative responses from couples were consistent with the quantitative data. Implications for couples therapy are discussed.
Sweatman (1999) reported a population of missionaries experiencing the stress of cross-cultural adjustment in their 1st assignment abroad was used to examine the relationship of marriage satisfaction and psychological symptoms. The study consisted of a mail survey in which 67 married missionaries completed self-reported surveys of marital satisfaction, depression and anxiety. A significant relationship between general marital satisfaction and depression was found. The quality of marriage appears to either exacerbate the stress leading to increased depression or to buffer the stress, leading to decreased depression. The study adds to larger body of research indicating that social support system are stress buffering. Post-hoc analysis revealed that there exists an even stronger significant relationship between marital satisfaction about leisure time together and depression.

Weger and Metts (2005) examined the link between communication and self-verification in marriage. A theoretical model that explains the relationships among disconfirming communication, perceptions of self-confirmation and marital satisfaction is proposed and tested. Results also indicated that the influence of demand/withdrawal on marital satisfaction is completely medicated by self-verification for husbands and partially mediated by self-verification for wives.

Whisman et al. (2002) evaluated the association between partner-schemas and marital satisfaction, taking into account the possible
confound of depression. This study introduced an information-processing measure of partner-schemas, based on the incidental recall task. 43 married couples (mean age 41 years for both husbands and wives) separately completed the Incidental Recall Task, the quality of Marriage Index, and the Beck Depression Inventory-second edition. Results indicate that the newly introduced measures of partner-schemas was correlated with marital satisfaction and that these correlations remained significant when controlling for symptoms of depression. These findings suggest that the incidental recall task may be a useful measure of partner-schemas.

Wills et al. (1974) examined the determinants of global ratings of marital satisfaction, the role of reciprocity in marital interaction, and the influence of external experiences on the marital relationship. To fulfil the research purpose, a sample of seven non distressed married couples made daily observations of their spouse's pleasurable and displeasurable behavior for 14 consecutive days and also made daily ratings of the enjoyability of their outside experiences and of their satisfaction with the relationship. Multiple regression analysis, with satisfaction ratings as the criterion variable were used for data analysis. Correlational results suggested that the immediate tendency to reciprocate displeasurable behaviors was stronger than that for pleasurable behaviours. The influence of external experiences was negligible.
Psychological Well-being and Marital Adjustment

Antonucci et al. (2001) examined associations between well-being and positive and negative aspects of social relationships among 128 married older adults (aged 60-91 yrs) with a best friend. Results indicated that women were more depressed than men if they did not have a friend in whom to confide but women who did have a friend in whom to confide reported lower levels of depressive symptomatology, closer to levels reported by men. Men’s depressive symptomatology was not related to having a friend confidant. Similarly, women who did not have a same-sex best friend in whom to confide were less satisfied with life than women who did have a friend confidant and men in general. Having a best friend who gets on their nerves was negatively related to men’s life satisfaction and positively related to women’s. Results are considered in terms of the practical implications for supportive relationships to help older people meet the challenges of aging.

Cudina and Obradovic (2001) examined the impact of parental marriage stability on children’s emotional well-being in Croatia- a society substantially different from the US and other English speaking countries.
in many respects. It is different in terms of economic wealth and development in terms of traditional culture or value systems and in its pace of social change. 770 married couples and their children younger than 18 yrs participated in the study. MANCOVA and ANCOVA statistical analysis show that parental marriage stability child’s gender and child’s birth order had a significant effect on the child’s well-being, but the interaction were not significant.

Flora and Segrin (2001) examined evidence indicating that how people think and talk about the events in the development of their close relationships can be markers of current and possibly future relational quality. In particular, the authors highlight finding from a series of studies on dating and marital relationships recently conducted in their laboratory. These findings show that people’s explanations for how and why their relationship developed as it did are reflective of their satisfaction and commitment to that relationship as well as of their own psychological well-being.

Rogers and DeBoer (2001) investigated the effects of increases in married women’s actual income and in their proportion of total family income on marital happiness, psychological well-being and the likelihood of divorce. The authors found that increases income significantly increase their marital women’s absolute income generally have non significant effects for married men. However, married men’s well-being in
significantly lower when married women’s proportional contributions to the total family income are increased. The likelihood of divorce is not significantly affected by increases in married women’s income. Increases in married women’s income may indirectly lower the risk of divorce by increasing women’s marital happiness.

Sandrine et al. (2007) investigated the effectiveness of a marital distress prevention program for couples with low marital satisfaction with regard to a possible improvement of physical and psychological well-being. Fifty-nine couples, composing the intervention group, participated in a prevention program lasting 18 hours and focusing on the enhancement of coping resources (Couples coping enhancement Training). These couples were matched with 59 couples receiving no intervention (comparison group). The results reveal 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 1 year. On the other hand, no significant effects could be observed on physical well-being.

Testa and Leonard (2001) examined the impact of husband-to-wife physical aggression on changes in wives personal and marital well-being in a representative sample of newlywed couples. The sample consisted of 543 couples who completed baseline and first anniversary assessments. Results suggest that among a community sample, experiences of husband
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to - wife physical aggression have negative consequences for both women’s psychological well-being and marital functioning.

**Work and Marital Adjustment**

Byan et al. (2001) compared a sample of spouses of workaholics and spouses of non-workaholics on ratings of marital estrangement, positive feelings toward husband and locus of control. These findings were the first empirical results to corroborate clinical and case study reports. Clinical implications of these findings are also presented.

Byane et al. (2006) examined husband’s perception of marital disaffection and the relationship to their wives workaholic tendencies. The results suggest that workholism is positively related to marital disaffection (P<.01). The most important workaholism domains for predicting marital disaffection were over-controlling behaviour (r=.36) and impaired communication (r=.38). The results underscore the need for greater clinical awareness of marital problems associated with workaholic tendency.

Jamabo and Ordu (2012) examined the marital adjustment of working class and non-working class women in Port Harcourt metropolis in Rivers State, Nigeria. The survey research design was used for the study. The sample consisted of three hundred (300) subjects selected through multi-stage random sampling. Data was collected using the
Marital Adjustment Questionnaire that was constructed by the researchers. t-tests were used for data analysis. The results showed that both working class and non-working class women exhibit no clear difference in their marital adjustment. The educational attainment of women does not affect their marital adjustment. Women who are of low income status exhibit the same degree of marital adjustment as those of high income status.

Michelle et al. (2003) used a nationally representatives sample of individuals (younger than age 55) involved in dual-earner marriages to examine the relationship between perceived fairness of housework completion, marital happiness, and divorce. Results indicate that perceived inequity in the division of household labour is negatively associated with both husbands and wives reported marital happiness but is positively associated with the odds of divorce among wives only. Little evidence indicates that marital happiness mediates this relationship. The authors propose that unfair perceptions of the division of household labor not only decrease women’s marital quality but also lead to role strain makes them more likely to end unsatisfying marriages.

**Indian Studies on Marital Adjustment**

Goel and Narang (2012) examined the marital adjustment, mental health and frustration reactions males and females of middle age from
Delhi, India. The sample comprised of 150 males and 150 females (n=300) which are bank employees, doctors and lecturers, within the age range of 40-55 years from Delhi, India. It was found that Females showed high level of recreational adjustment as compared to males but males were having better group oriented attitude than females.

Gupta (1992) conducted a study on forty six married couples, administering Sinha's self disclosure inventory and Kumar and Rohatgi Marital Adjustment Questionnaire. The data were computerised for product-moment correlation and Duncan's range test. The main findings are - (i) A negative relationship between self-disclosure and marital adjustment is indicated, (ii) Both husbands and wives disclose the most to each other and least to neighbour and (iii) Both husbands wives disclose the most in the area of interests and feelings and the least in the area of sex.

Lavanya and Karunanidhi (1997) investigated that the influence of self-esteem and locus of control on marital adjustment among couples. Purposive sampling technique was adopted. The sample consisted of two hundred couples from the city of Chennai. The Multidimensional self esteem Inventory, Rotter's Internal-External Locus of Control, and Marital Adjustment Questionnaire were used to measure the variables. Statistical analysis of the data involved ‘t’ test and multiple regression and the results indicated that there were significant differences on the body
appearance dimensions of self-esteem for husbands. Further, the locus of control and self-esteem are not predictors of marital adjustment in this study.

Maitra and Schensul (2002) described findings from a study on spousal communication and sexual decision making among women (aged 20-40 yrs old) and men (age 20-50 yrs old) from a low-income community in Mumbai (India). The study explored the link between contextual, individual and socio-economic factors, sexual behaviours and communication to highlight sexual health consequences for women and men. It utilized a combination of qualitative and quantitative methods including a community profile survey, focus group discussions, repeated in-depth interviews, pile sorting and the sequencing of sexual behaviours. Family structure and duration of marriage were found to influence the quality of marital sexual relationship. Early experience of violence and coercive sex limited women’s participation in and enjoyment of sex. Respondents revealed a normative sequence of pre-coital sexual behaviours; those reporting sexual violence invariably violated this sequence. Women’s experiences of sexual violence revealed lower perceived equity compared with men. Respondents reporting an absence of sexual violence revealed increased satisfaction in sex and highlighted positive aspects of the marital relationship.
Marital Adjustment, Sex, Stress and Depression

Bernard and Donna (1987) examined the relationship between sex-role orientation and marital adjustment was investigated. Total 112 married couples, husbands and wives separately completed the Bem Sex-Role Inventory and the Dyadic Adjustment Scale. The analysis indicated that in general both androgynous and sex-typed individuals and their spouses were significantly higher in marital adjustment than were undifferentiated individuals and their spouses. In addition, spousal sex-role types were found to be related and couples in which both partners were classified as undifferentiated reported the lowest levels of marital adjustment while androgynous couples and sex-typed couples reported greater levels of marital adjustment.

Hashmi et al. (2006) examined the relationship between marital adjustment, stress and depression. The sample of the following study consisted of 150 working and non-working married women (working married women = 75, non-working married women = 75). Their age ranged between 18 to 50 years. Urdu Translation of Dyadic Adjustment Scale (2000), Beck Depression Inventory (1996) and Stress Scale (1991) were used for data collection. The results indicated that highly significant relationship between marital adjustment, depression and stress. The findings of the results also show that working married women have to face more problems in their married life as compared to non-working
married women. The results further show that highly educated working and non-working married women can perform well in their married life and they are free from depression as compared to educated working and non-working married women.