

**Summary
and
Conclusions**

CHAPTER-V

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Marriage is an important inevitable ingredient of our civilization. Marital quality is the essence of one's maintenance of marriage and how one resolves marital conflicts. Maintenance of marriage, use of appropriate conflict resolution styles and to have healthy married life is influenced by one's preparation for marriage. The cultural plurality and social multiplicity that India possesses, undoubtedly has reflected in her enormous human capital that has built up the nation and provide enough opportunities to Indian women for the acquisition of high order preparation for marriage, through rich and varied interpersonal interactions. Research indicates that there are individual differences among women in their marital quality. Such differences can be the outcome of many factors including the social and cultural group to which women belong, influence of city status; parental home environment - attachment between parents, family cohesiveness, parenting experiences, attitude towards marriage, marital apprehensions and fears, marital

knowledge, expectation from husbands and in-laws, courtship experiences, extent of media source utilization affects women's marital quality, that is, marital satisfaction and marital happiness. For leading a successful married life one should possess constructive conflict resolution strategies and have optimum use of maintenance behavior. This is also influenced by women's active or passive participation in family income contribution. Realizing the importance of above highlighted facts, the researcher was prompted to carry out a study to answer the following specific objectives :

1. To analyse the patterns of socio-cultural and familial support systems to marital preparedness.
2. To study the quality of marital life of working and non-working women belonging to metropolitan and non-metropolitan cities.
3. To study behavioral patterns adopted for maintaining marital and family happiness.
4. To study inter-relationship between preparedness, marital quality and maintenance behavior.

The study was undertaken in purposively selected metropolitan city, Delhi and non-metropolitan city, Hisar of Haryana state. Married working and non-working women, having married span of 1-5 years were selected, 50 each and various strata based on economic factors were represented appropriately. Thereby, the total sample was 300, of which 150 married working women and 150 married non-working women, where in, 50 each was represented from the three economic strata - low, middle and high. This sample

was selected equally from metropolitan city, Delhi and non-metropolitan city, Hisar. Sample was selected from various pockets of the cities by using a combination of multistage-cluster random sampling technique.

The variables of two types - independent and dependent were studied. The independent variables included socio-demographic variables like, age at marriage and present, caste, religion, cultural linkage, education, occupation, family income, family size, family type, marriage span and religiosity. Family background variables included parent's marital attachment, respondent-parent attachment (parenting experiences), family cohesiveness. Mental preparedness included attitude towards marriage, marital apprehensions and fears, marital knowledge, expectations from husband and in-laws, courtship experiences and extent of media source utilization.

The dependent variables taken were marital quality - marital satisfaction and marital happiness; commitment towards husband and in-laws and marriage maintenance dynamics such as, conflict areas, conflict resolution and maintenance behavior.

The data regarding socio-demographic variables was collected with the help of self-structured interview schedule, a self-structured questionnaire for parents' marital attachment, family cohesiveness, parenting experiences, attitude towards marriage, checklist was prepared for marital apprehensions and fears, a self-structured questionnaire for marital knowledge, expectations from husband and in-laws, courtship experiences, extent of media source

utilization. For marital satisfaction, Kansas Marital Satisfaction Scale (1986) was used; a self structured questionnaire was used for marital happiness, commitment towards husband and in-laws; checklist prepared for conflict areas; a self-structured questionnaire for conflict resolution styles and maintenance behavior. Frequencies and percentages were estimated and statistical techniques applied were ANOVA, Duncan's Multiple Range Test and correlation. The main findings emanated from this study are summarized as follows:

Profile of the respondents portray that nearly half of the respondents got married in the age range of 22-25 years and their husband's age at marriage was 25-28 years. Majority of the working respondents were semi-professionals and small business owners. Nearly half of the respondents' husband's were semi-professional. Average income per month of both respondents and their husband's was more for Delhi city than Hisar city.

Majority of respondents as well as their husband's belonged to general category caste. Inter-caste marriages were found in Delhi city only. More diversity in community linkages were evident among Delhi city respondents' and their husband's than among respondents as well as their husband's from Hisar. Also, inter-community marriages were found in Delhi city only. More diversity in religious faith were observed among respondents' and their husband's from Delhi city rather than respondents from Hisar city. Moreover, inter-religious marriages were found among respondents from Delhi only. As regards familial variables it was found that majority of the

respondents live in nuclear families and the size of the family was small in Delhi and slightly bigger in Hisar.

Results show that the respondents' as well as their husband's from Delhi city had higher time and work stress than respondents as well as their husband's from Hisar city. High income group respondents had least time and work stress as compared within the group. Respondents from low income group had highest time and work stress. Respondents who were earning had higher time and work stress than non-working respondents. However, working woman's husband's had comparatively less time and work stress than non-working respondents' husband's.

As regards religiosity, no difference was observed among city status and work status groups. While respondents from high income groups had similar religiosity as of respondents from either middle income group and low income group, however, respondents from middle and low income group varied significantly on religiosity scores, with respondents from middle income group who were found to be more religious.

Perceived reflection of attachment between parents', respondents from high income group perceived higher attachment between their parents irrespective of city or work status.

When perception of respondents' regarding family cohesiveness was observed, it appeared high in respondents from high income group and non-working group. Further, it was seen that Delhi respondents from non-working, high income group had

highest perceived family cohesiveness, whereas, respondents from Delhi in low income working group had least perceived family cohesiveness, when compared with other groups.

Regarding respondents' perception of their parenting experiences, it was observed that differences were evident among the three income groups of respondents, though, no difference existed between city status groups or work status groups. Respondents from low income group reported authoritarian parenting experiences; respondents from high income group experienced more permissiveness; while, respondents from middle income group had higher score on authoritative parenting experiences. Uninvolved parenting experiences of the respondents from the two cities as well as both work status groups and the three income groups showed no significant differences.

Respondents attitude towards marriage showed no variation between the two cities. However, respondents from high income group and non-working group had more positive attitude towards marriage than respondents from low income group and working group who had less positive attitude towards marriage, when compared to other groups.

As regards marital apprehensions and fears, respondents', did not show significant difference on the main effect variables city and work status, whereas, significant difference was evident for income groups. Respondents from low income group had higher marital apprehensions and fears than respondents from middle or

high income groups who had low marital apprehensions and fears. Interaction among these three variables showed that Hisar respondents from low income, working group had higher marital apprehensions and fears, while respondents from Hisar in middle income working group had lowest marital apprehensions and fears, in comparison to other groups.

Marital knowledge of the respondents from both the cities as well as work status groups was similar and above average on the obtainable score range. But, differences in the three income groups were apparent. Respondents from low income group had lower marital knowledge as compared to the other two income groups.

Marital expectation scores of respondents from both husband and in-laws was found towards higher end on the obtainable score range. Respondents' marital expectations from husband was not affected by city status but was significantly affected by income status and work status. Respondents from middle income group had significantly lower marital expectations from husband when compared with both lower and higher income groups. Respondents from non-working group had higher marital expectations from husband than respondents from working group. Delhi respondents from high income, non-working group had higher expectations from husband as compared to other groups. Respondents marital expectations from in-laws was similar in both the cities and work status groups. However, among income groups, respondents from low income group had higher expectations from in-laws as compared to both middle or high income groups.

Comparing the respondents on their courtship experiences, it is observed that significant differences emerged between the respondents from the two cities, three income groups and two work status groups. Delhi respondents from high income, non-working group had higher courtship experiences, while Hisar respondents from low income non-working group had least courtship experiences, when compared to other groups.

Respondents showed significant differences on extent of media source utilization pattern between the two cities and among the three income groups, whereas, no significant difference was observable among the two work status groups. Delhi respondents from high income non-working group had maximum media source utilization pattern among all the sub-groups.

Composite marital preparedness of respondents from metropolitan city was higher than non-metropolitan city. Respondents from high income group had higher marital preparedness followed by respondents from middle income group and, then, low income group, respectively. Respondents from non-working group had higher marital preparedness than respondents from working group.

Marital quality was assessed by marital satisfaction and marital happiness of respondents. It was found that for both cities and work status groups no significant differences among respondents were observed for marital satisfaction and marital happiness. However, significant differences were seen among the respondents from the

three income groups. Respondents from middle income group had higher marital satisfaction and marital happiness, therefore, marital quality.

Similar pattern was observed for respondents' commitment towards both husband and in-laws. Respondents from low income group had significantly lower commitment towards both husband and in-laws when compared with respondents from either middle or high income groups. Respondents from non-working group had higher commitment towards both husband and in-laws as compared to working group respondents.

Regarding conflict, respondents from both the cities and work status groups showed no significant difference. Respondents from high income group had similar conflict expression as respondents from both middle or low income group, whereas, respondents from middle income and low income groups had significant differences.

As regards components of conflict resolution styles, non-significant mean differences existed for all the five conflict resolution styles, that is, positive problem solving, compromise, compliance, avoidance and aggressiveness, for the main effects of city status and work status. However, significant mean differences existed for positive problem solving, as regards, city status as it was found more among respondents from Delhi city. Regarding income groups, respondents from low income group had significantly lower use of positive problem solving, compromise, compliance, avoidance and higher use of aggressiveness. While respondents from middle income

group had higher use of all the five conflict resolution styles. Respondents from Hisar city of middle income, working group used compliance, conflict resolution style significantly higher when compared with other groups. Hisar respondents from middle income, non-working groups had least use of compliance.

With regard to maintenance behavior, non-significant differences were found for city status on respondent's maintenance behavior, husband's maintenance behavior, joint maintenance behavior and composite maintenance behavior. Whereas, for income groups significant differences were present in the groups. Maintenance of marriage by respondents from middle income group, their husband's and their joint and composite maintenance behavior was higher, however, respondents from low income group had least maintenance behavior. Work status of respondents had no significant effect on their own maintenance behavior as well as on joint maintenance behavior. However, significant mean differences were evident between respondents from working and non-working groups regarding their perception of husband's maintenance of marriage as well as composite maintenance score with respondents from non-working groups having higher perceived husband's maintenance of marriage and, also, their composite maintenance score.

Correlation was also computed to examine the relationship between various variables. Significant positive relationship was found among attachment between parents, family cohesiveness, authoritative parenting experiences, attitude towards marriage,

marital knowledge, courtship experiences, extent of media source utilization pattern, composite marital preparedness and marital satisfaction, and marital happiness. While significant, negative relationship existed between authoritarian parenting experiences, permissive parenting experiences, uninvolved parenting experiences, marital apprehensions and fears and marital satisfaction, and marital happiness.

Also, correlation was computed to find out the relationship between marital preparedness components and various types of conflict resolution styles. Attachment between parents, family cohesiveness, authoritative parenting experiences, attitude towards marriage and marital knowledge had significantly high to substantial positive relationship with positive problem solving, compromise, compliance, avoidance and aggressiveness. Significant negative relationship was seen between authoritarian parenting experiences, permissive parenting experiences, uninvolved parenting experiences, marital apprehensions and fears, marital expectations from husband and in-laws and various conflict resolution styles.

Courtship experiences were positively related with positive problem solving, while negatively related to aggressiveness. Significant media influence was observed only for positive problem solving. Composite marital preparedness of respondents was positively correlated with all conflict resolution styles except for aggressiveness, which has significant inverse relationship with composite marital preparedness.

Correlations between socio-cultural and familial support variables and maintenance behavior reflected significant positive high to substantial correlation between perceived attachment between parents, perceived family cohesiveness, authoritative parenting experiences, attitude towards marriage, marital knowledge, courtship experiences, and composite marital preparedness, respondents' maintenance behavior, husband's maintenance behavior, joint maintenance behavior and composite maintenance behavior for marriage, respectively. Media influence was found positive and significantly correlated only to perceived husband's maintenance of marriage. Negative, significant relationship existed between authoritarian parenting experiences, permissive parenting experiences, uninvolved parenting experiences, marital apprehensions and fears, marital expectations from husband and in-laws, and respondents' maintenance behavior, husband's maintenance behavior, joint maintenance behavior and composite maintenance behavior.

Marital quality was found related to conflict resolution styles. High to substantial positive relationship existed between marital satisfaction, marital happiness and conflict resolution styles - positive problem solving, compromise, compliance, avoidance and aggressiveness.

Marital quality was also found correlated to maintenance behavior. Positive high correlation existed between marital satisfaction, marital happiness and wife's, husband's, joint and composite maintenance behavior.

Case studies revealed importance of marital preparedness for higher marital quality and maintenance of marriage.

Conclusion

Study concludes that higher marital quality was associated with higher positive marital preparedness which, further, led to high maintenance of marriage and, also higher dependence on various conflict resolution styles. City status showed not much variations on respondents marital quality, its preparedness and maintenance of marriage. While, income and work status were found influential for the respondents preparation for marriage, marital quality and its maintenance. Impact of respondents' income status was depicted in almost every variable of the present study.

Suggestions for fostering high marital quality

A programme for late adolescents and early adulthood age group boys and girls should be run, through this the importance and need of marital preparedness be explained, marital knowledge be given, marital apprehensions and fears be reduced, attitude towards marriage be made positive, skills to maintain marriage be imparted and training regarding adjustment techniques be given.

The young age mates should be taught to lower their expectations, understanding of the other sex be developed, communication and expression of their feelings should be sound and they should have positive attitude to problem solving.

Workshops for in-laws should also be started in this regard.

Good literature regarding the same should be developed and provided to the youngsters.

Parents should discuss the role model and outcomes of various mass media programs with their children. Also, they should discuss the negative effect of pre-marital and extra marital relations.

Youngsters from an early age should be taught basic human values of our culture and moral social values of our heritage be maintained.

A course or subject in family life education may be started in school and colleges as compulsory course or subject to educate and enlighten students regarding various values in family life.

There is dire need of commitment to each other and its importance in marriage cannot be denied.

Importance and adherence to marriage institution in our culture is high but at the same time there is rapid increase in the divorce rate in the Indian society. In metropolitan cities, evidences of marriage counsellor are common but now marriage counsellors are mushrooming up in small cities also. Marriage counsellors while helping couples to sustain marriage and deal with their problems, they should take into consideration not only economic, sexual and social reasons for conflicts but also couples' preparation for marriage, parents' marital attachment, their attachment with parents, family cohesiveness, marital expectations, influence of mass media and courtship experiences of the couple. Thereby, then suggest constructive maintenance dynamics to the couple.

Suggestions for further research

The present study has all those limitations which a time bound study conducted by a student with limited resources can have. However, with the experience of this study, further attempts can be made in following directions to fully understand the whole gamout of marital preparedness, marital quality and maintenance dynamics.

1. A comparative study between rural and urban women from different economic stratas needs to be undertaken.
2. Standardization of tools on marital quality, maintenance dynamics and marital preparedness is required.
3. Cross-cultural studies should be undertaken in this field for understanding of existence of cultural differences, if any.
4. Longitudinal studies to elucidate the effect of parenting style, attachment between parents and family cohesiveness on marital quality and maintenance dynamics should be undertaken.
5. For having more authentic results, the study should be done on larger sample size to increase the reliability of the results.
6. For marital success some other variables may also be explored like personality characteristics, moral roots and values.
7. The effect of mental set as developed by adverse happenings in one's ecological milieu, that is, the neighbourhood, close kins, extended families, peer group or reported and projected in the mass media may also be explored for its influence on marital quaitiy.
8. Further, studies are required to elicit information and cover wider area on marital quality.