

Аппендиге

APPENDIX-I

Please answer truthfully. Your responses would be kept secret and would be used only for research purpose. Your help and honesty will be highly appreciated. Researcher would be grateful to you for devoting your valuable time.

INTERVIEW SCHEDULE

Part A : General Information

Married span : _____ Years

Age difference among the couple : _____ Years

	Self	Spouse
Name (optional)		
Age		
Age at marriage		
Residence		
Caste		
Community		
Religion		
Education		
Occupation		
Income (Rs./month)		
Total family income from all sources (per month) : Rs. _____		
Family type : Joint/Nuclear		
Family size :		
Total number of family members : _____		
Mode of marriage		
• Self selected		
• Self selected cum arranged		
• Arranged by parents with your approval		
• Arranged by parents and accepted without questioning		
• Arranged by parents and forced on you		

Part B : Stress

Job timings _____

(Including the time taken to and from the work place)

Number of working days _____

Distance in kms/hrs to work place _____

Vehicle on which you commute _____

Do you think you have time available for yourself Yes/No

Do you have helping hand for yourself Yes/No

If yes, who and in what activities _____

If no, why _____

Appendix-II

RELIGIOSITY QUESTIONNAIRE

Faith in religion

Statement	Very much	Much	Average	Not much	Not at all
1. Do you believe in God.					
2. Religion is another name of weaknesses.					
3. Do you have faith in religion.					
4. Religion provides guiding path to lead daily life.					
5. I believe that nothing is in the hands of man, all is destiny.					
6. Too much faith in God will make a person inactive.					
7. Religion is only a practice of tradition in the family.					

Some people may follow the following practices. Please mark those, which describes you best.

How often do you devote yourself in religious activities :

- Daily
- 1-2 times in a week
- 3-4 times in a week
- Fortnightly
- Monthly

Appendix-III

PARENTAL MARITAL ATTACHMENT QUESTIONNAIRE

Statements	Strongly agree	Agree	Mixed	Disagree	Strongly disagree
My parents are an example of a couple that lived ever happily afterwards.					
1. My parents had differences in opinions.					
3. They boasted each other's social image.					
4. They appreciated and encouraged each other.					
5. My parents don't wait for each other at meal times.					
6. They had conflict on allocation of work.					
7. They criticized and blamed each other.					
8. Differences in parents opinion lasted for a long time.					
9. They share same bedroom.					
10. Parents are living together just to maintain social image or for children's sake.					
11. My parents stand by each other.					

*Appendix-IV***FAMILY COHESIVENESS QUESTIONNAIRE****In general what happened in your parent's family (before marriage)**

Statements	Very often	Often	Some times	Rarely	Never
1. Supporting and helping one another.					
2. One's problem is his own only.					
3. Sharing feelings, thoughts, experiences and personal belongings.					
4. Often competing with each other.					
5. Decisions always imposed.					
6. Disputes among family members lingered.					
7. Spending time in each other's company.					
8. Sacrificing for each other.					
9. Taking family responsibility voluntarily.					
10. Criticizing each other.					

Appendix-V

PARENTING EXPERIENCES QUESTIONNAIRE

Statements	Very often	Often	Some times	Rarely	Never
1. My parents' took special care of me.					
2. My parents' were very strict with me.					
3. My parents ignored my faults.					
4. They hardly approved my behavior.					
5. My parents were too busy in making their career that they had little time for me.					
6. My parents took decisions for me without consulting me.					
7. My parents used to encourage and praise me.					
8. They used to avoid me.					
9. My parents provided me with adequate freedom within certain boundaries/ limitations.					
10. I had occasions when I found myself alone at times of need or stress.					
11. I was heartily spoilt by my parents.					
12. They often scolded me without giving reason.					
13. They used to criticize me publicly when I did something wrong.					
14. My parents expected mature and independent behavior appropriate to my age.					
15. They fulfilled all my demands.					
16. My parents used to take interest in my various activities and guide me.					
17. They did not bother for my welfare.					
18. They always left me alone to decide about myself.					
19. My parents gave importance to free expression of impulses of desires.					
20. They did not show much concern about my achievements.					

Appendix-VI

ATTITUDE TOWARDS MARRIAGE QUESTIONNAIRE**Before marriage what notions/feelings you had about marriage**

Statements	Yes	No
1. It gives stability to society.		
2. Marriage is symbol of backwardness.		
3. Personal growth is not possible after marriage.		
4. It gives immense happiness.		
5. It puts lots of restrictions.		
6. You can achieve higher status through marriage.		
7. Without marriage, life will remain incomplete.		
8. There cannot be true love in marriage.		
9. Marriage puts extra burden on you.		
10. Marriage is an unavoidable evil.		
11. The only way to satisfy one's sexual need is through marriage.		
12. Society gives more respect to married person.		
13. Marriage is unnecessary headache.		
14. Marriage gives opportunity to express emotions of love and affection.		
15. Marriage satisfies various social emotional needs.		
16. It makes life disciplined.		
17. If a marriage does not work, the couple should get divorced.		

Appendix-VII**MARITAL APPREHENSION AND FEAR CHECKLIST**

Did you have apprehensions and fears about marital life, for example?

Statements	Yes	No
1. My marriage will not succeed.		
2. I will face number of problems after marriage.		
3. My in-laws will not accept me.		
4. I shall not be able to satisfy my spouse need.		
5. I shall not be able to fulfill my in-laws expectations.		
6. I may not be able to satisfy sexual needs of my husband.		
7. I may not submit myself completely to others wishes.		
8. I may not adjust to their unnecessary control aggression, restrictions, etc.		
9. I may not accept them if they show greediness.		
10. My spouse may not satisfy my sexual, economic, social and other needs.		

Appendix-VIII

MARITAL KNOWLEDGE QUESTIONNAIRE

Before marriage, were you prepared to :

Statements	Yes	No
<ol style="list-style-type: none"> 1. If need be, you will keep you head covered in front of your in-laws and touch the feet of elders in the in-laws family. 2. Not to argue with parents-in-laws. 3. Do all the household chores. 4. Not to put demands forward. 5. Be tolerant. 6. Accept restrictions on behavior. 7. Not to be stubborn and fussy. 8. Were you prepared to mould yourself according to the expectations of in-laws family regarding : <ol style="list-style-type: none"> a) Dress code b) Religious values c) Moral values and principles of life d) Social values e) Ethical values f) Any other(s) please specify 9. There will be restrictions on your friendship with : <ol style="list-style-type: none"> a) Boys b) Girls 10. You had knowledge of safe-sex practices or methods to avoid pregnancy. 11. You knew the best days in which probability to conceive increases. 12. Sex or physical relationship with partner are must in married life. 13. Dissatisfaction in sexual activity leads to conflict in married life. 		

Appendix-LX

EXPECTATIONS FROM HUSBAND QUESTIONNAIRE

Qualities you expected to be present in your spouse before marriage.

Statements	Very much	Much	Not much	Not at all
1. Good looking and handsome.				
2. Jovial and humorous.				
3. Wealthy				
4. Intelligent				
5. Confident				
6. Belong to higher socio-economic status				
7. Truthful				
8. Cooperative				
9. Emotionally even and stable				
10. Talkative				
11. Social				
12. Takes responsibility				
13. Faithful				
14. Calm and cool				
15. Optimistic outlook				
16. Careful about money				
17. Conventional in religion and morals				
18. Accepting me as I am				
19. Neat and tidy				
20. Protective				
21. Encouraging				
22. Sacrificing				
23. Dependable				
24. Courageous				

Appendix-X

EXPECTATION FROM IN-LAWS QUESTIONNAIRE

Qualities you expected in your in-laws family before marriage.

Statements	Very much	Much	Not much	Not at all
1. Wealthy				
2. Jovial and humorous				
3. Intelligent				
4. Belonging to higher socio economic status				
5. Honest				
6. Emotionally even and stable				
7. Cooperative				
8. Acknowledge and admire me				
9. Sacrificing				
10. Talkative				
11. Social				
12. Taking responsibility				
13. Trustworthy				
14. Calm and cool				
15. Optimistic outlook				
16. Careful about money				
17. Conventional in religion & morals				
18. High principles of life				
19. Loving				
20. Accepting and supporting				
21. Protecting				
22. Encouraging				

Appendix-XI

EXTENT OF MEDIA SOURCE UTILIZATION QUESTIONNAIRE

Marital preparedness through media

Statements	Very much	Much	Average	Not much	Not at all
1. Were you mentally prepared for marital life before marriage					
2. From where you got information regarding marital preparedness					
i) Magazines					
ii) Newspapers					
iii) Movies					
iv) Various programs on television					
v) Religious sermons and books					
vi) Romantic books					
vii) Other books					
3. How much of the following media has influenced your expectations and inspirations regarding marriage :					
i) Movies and television					
ii) Magazines and newspapers					
iii) Novels and other books					
iv) Religious sermons and books					

Appendix-XII

COURTSHIP EXPERIENCES QUESTIONNAIRE

Engagement

How long was your courtship (engagement) period _____

Did you meet your would-be husband during your engagement period _____

How much did you enjoy you courtship period –

Very much/Much/Average/Not much/Not at all

What were the major topics of discussions during those meetings _____

I tried to learn about the in-laws family's –

Customs/expectations/traditions/nature/
status/standard/living pattern

I tried to express my expectations from the in-laws – Yes/No

If yes, then what were these _____

I tried to learn about expectations/nature/customs/traditions/living pattern of my husband.

I tried to express my expectations/nature/customs/traditions/living pattern to my husband.

Appendix-XIII

KANSAS MARITAL SATISFACTION SCALE

Express your marital satisfaction

Statements	Very dissatisfied	Some what dissatisfied	Mixed	Some what satisfied	Very satisfied
1. How satisfied are you with your marriage.					
2. How satisfied are you with your partner as a spouse.					
3. How satisfied are you with your relationship with your spouse.					

Appendix-XIV

MARITAL HAPPINESS QUESTIONNAIRE

Express your happiness in marriage

Statements	Strongly agree	Agree	Mixed	Disagree	Strongly disagree
1. I feel that my marriage is one of my biggest asset that I could get.					
2. Most of the time I regret that my career has been blocked because of the marriage.					
3. It is difficult to think of myself without him.					
4. Life would have been meaningless without marriage.					
5. A marriage is a sacred bond between two people, which should not be broken.					
6. We confide in each other about everything.					
7. There are too many deep-seated differences that will eventually explode and ruin our relationship.					
8. My husband often brings gifts for me on various occasions.					
9. We are genuinely fond of each other.					
10. We manage arguments and disagreements very well.					
11. We feel relaxed in each other's company.					
12. I feel that I am not properly understood.					
13. We try to meet the sexual and physical needs of each other.					
14. Lot of restrictions in marital life creates hurdles in personal development.					
15. I discuss each and every thing with my husband first.					

Statements	Strongly agree	Agree	Mixed	Disagree	Strongly disagree
16. Whatever money (job, parent's house) I get I give it to my husband.					
17. We often quarrel.					
18. My husband has all the qualities essential in a good husband.					
19. My husband criticizes me before others.					
20. My husband shares recreational hours with me.					
21. I don't accept my husband's bad qualities and dislikes easily.					
22. My husband has given me freedom in spending money.					
23. My husband often compares me with others.					
24. My husband admires and appreciates me.					

Appendix-XV

COMMITMENT TOWARDS HUSBAND QUESTIONNAIRE

Statements	Very much	Much	Average	Not much	Not at all
1. I think it is wholly my responsibility to take care of all the personal needs of my husband (timely food, clothes-washed and ironed, medicines, etc.)					
2. I try my best to satisfy the sexual needs of my husband.					
3. To respect my husband is the top priority of my life.					
4. I have full faith in my husband I accept without doubt, whatever he does or say.					
5. I really love him.					
6. To boost up the social image of my husband, I will not spare any effort.					
7. I will never go against the expectations of my husband.					

Appendix-XVI**COMMITMENT TOWARDS IN-LAWS QUESTIONNAIRE**

Statements	Very much	Much	Mixed	Not much	Not at all
1. I think it is wholly my responsibility to take care of all the personal needs of my in-laws (timely food, clothes-washed and ironed, medicines, etc.).					
2. To give respect to my in-law's is important to me.					
3. I really love them.					
4. To boost up the social image of my in-laws family, is my primary concern.					
5. I will never go against the expectations of my in-laws.					
6. I trust my in-laws completely and would accept their version on anything without doubt.					

Appendix-XVII

CONFLICT CHECKLIST

We have disagreements regarding

Statements	Yes	No
1. Allocation of household chores.		
2. Care and upbringing of children.		
3. Respect of parents.		
4. Social status.		
5. Living standard.		
6. Woman's freedom.		
7. Religious and moral values.		
8. Delay in preparing meals.		
9. Untidy home.		
10. Un-cared clothes (buttons, ironing and washing etc.		
11. Over expenditure or improper budgeting.		
12. Pocket money.		
13. Suspicious nature of spouse.		
14. Possessiveness.		
15. Relations with other women.		
16. Interest in other women.		
17. Interference by the relatives (in-laws).		
18. Inadequate salary.		
19. Childlessness.		
20. Gender of child born.		
21. Criticizing (nagging) in front of others.		
22. Home made untidy.		
23. If any other, specify.		

Appendix-XVIII

CONFLICT RESOLUTION STYLES QUESTIONNAIRE**How do you resolve conflict, problems and disagreements**

Statements	Mostly	Often	Some times	Rarely	Never
1. Argue and quarrel.					
2. Sit down and discuss calmly to reach mutually acceptable decisions.					
3. Accept the view points of spouse without any argument.					
4. Focus on the problem at hand.					
5. Remains silent for a long period of time.					
6. Insult and abuse each other.					
7. On major issues or disputes intervention of family members or friends is required.					
8. Finding alternatives that are acceptable to each other.					
9. Never present my side of the issue.					
10. Immediately agree with each others opinion.					
11. Hit, beat and throw things.					
12. Avoid argument on any issue.					
13. Take some time and then discuss problems constructively.					
14. Differences among us linger on.					
15. Accept the husband behavior as one's destiny.					

Appendix-XIX

MAINTENANCE BEHAVIOR QUESTIONNAIRE**Techniques used by you to enhance marital relationship**

Statements	Mostly	Often	Some times	Rarely	Never
1. I discuss my problems and difficulties with my husband.					
2. I present him gifts and give compliments.					
3. I do not engage in heated discussions with him.					
4. I pay visits to my husband's relatives and friends.					
5. I prepare delicious meals for my husband.					
6. I admire and appreciate my husband.					
7. I give him freedom to spend time wherever he likes.					
8. I perform my household responsibilities well.					
9. I try to understand him and his problems.					
10. I try to accept, adjust and cooperate with my in-laws.					
11. I can't sleep without him.					
12. I am courteous and polite while talking to him.					
13. I act cheerful and positive when with him.					
14. I try to be romantic and fun loving with him.					
15. He discusses his problems and difficulties with me.					
16. He presents me gifts and gives me compliments.					
17. He does not engage in heated discussions with me.					

Statements	Mostly	Often	Some times	Rarely	Never
18. He pays visit to my relatives and friends.					
19. He admires and appreciates me.					
20. He takes me out for meals.					
21. He gives me freedom to spend time wherever I like.					
22. He does his household duties well.					
23. He tries to understand my problems and me.					
24. He tries to accept, adjust and cooperate with my family.					
25. He can't sleep without me.					
26. He is courteous and polite while talking to me.					
27. He acts cheerful and positive when with me.					
28. He tries to be romantic and fun loving with me.					
29. We both go out on recreational trips.					
30. We take meals together.					

ABSTRACT

Title of Thesis	:	Preparedness, marital quality and maintenance behavior of working and non-working women
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Admission No.	:	98HS17D
Title of Degree	:	Doctor of Philosophy
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Year of Award of degree	:	2002
Major subject	:	Child Development
Total Number of pages in thesis	:	260 + xxviii + XXIII
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The present study involved measuring marital preparedness, marital quality and maintenance dynamics used by working and non-working women of low, middle and high income groups living in metropolitan, Delhi and non-metropolitan, Hisar cities. The investigation was carried on 150 married working and 150 married non-working women, where in, 50 each representing the three economic stratas. A combination of multi-stage cluster random sampling technique was used.

The findings portrayed negligible differences in marital quality of respondents from both the cities as well as working and non-working groups. Significant differences were observed among income groups with respondents from low income group having less marital satisfaction and happiness, whereas, respondents from middle and high income groups had higher marital satisfaction, while respondents from middle income group had highest marital happiness.

Non-significant differences were observed among the respondents of the two cities on most of the marital preparedness variables. They differed on courtship experiences, media source utilization and marital preparedness with mean scores favouring Delhi respondents. Between work status groups, significant differences were observed for various variables, such as, courtship experiences and marital preparedness with means in favour of non-working respondents. Regarding income groups, variations were evident on all the variables. Respondents from middle and high income groups had higher marital preparedness as compared to respondents from low income group.

Comparing on maintenance dynamics, no significant difference was observed for respondents from the two cities as well as work status groups, but to some extent non-working respondents used higher maintenance behavior. Respondents from middle income group showed higher use of maintenance dynamics than lower income group.

Positive correlation exists between marital preparedness and marital quality, conflict resolution styles, and maintenance behavior; marital quality and conflict resolution styles, and maintenance behavior.

Case studies revealed the importance of parental home environment, marital knowledge, courtship experiences and marital preparedness for healthy solution of conflicts, use of maintenance behavior and happy married life.

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