

# Review of literature on Correlates of Adjustment and Life Satisfaction among Middle Aged Married Couples

Shweta Nema\*, Prof. Indu Bansal\*\*

\*Research Scholar Department of Home Science Banasthali University

\*\*Dean Faculty of Home Science Banasthali University

**Abstract-** Middle age is one of the most important and researched period of human life. This is time of transitions in terms of family responsibilities, physical health changes, social interests and hobbies, etc. During this time couples relationship and adjustment also sees ups and downs. Till now many researchers have conducted studies on mid life adjustments and life satisfaction of middle aged married couples. This literature review is an attempt to examine the correlates which play important role in mid aged married couples adjustment and life satisfaction.

**Index Terms-** Home, health, social, emotional Adjustment, middle aged couples.

## I. INTRODUCTION

Middle age is characterized by competence, maturity, responsibility and stability. Middle age is a phase of transition when life pattern are revised in several ways to adapt to the new lifestyle. People at this stage want to enjoy the success of job, satisfaction derived from the family and social life as well as look forward to the success of their children, aging parents, the use of leisure time and plan for old age. Middle age is also considered the time of transference of authority, freedom and decision taking power to younger generation. This is the phase when people face entirely new set of challenges, expectation and liabilities and make several compromises. There may be many other aspects of life where one has to adapt to the changes like parenthood crises, coping with the untimely death of the spouse, etc. The occurrences of physical changes lead to changes in behavior also.

Middle adulthood is difficult to define in generalities, since there are variations in attitudes and behaviors at this point. According to Collin's Dictionary, Middle age is usually considered to occur approximately between the age of 40 and 60. While prominent social scientist, Erik Erikson, sees it ending a little later and defines middle adulthood as between 40 and 65. Middle adulthood begins with a transition (40-45), followed by a life structure (45-50). This structure is re-evaluated (50-55) and ends in a culminating life structure (55-60).

People have made consistent choices in certain directions and they often don't feel much freedom to significantly change their lives. Life crises often make the decision for them about change. People who feel cynical, disappointed, and angry about their lives tend to feel less optimistic, in this age. By this time the marriage has endured many shifts: from the more romantic, idealistic, and/or sexual emphasis, through the more prosaic, child-rearing, team-mate era. These previous sequences might have culminated in a relationship that is seasoned, stable and more satisfactory or more conflictual, tenuous and alienated than at any other time. In the absence of children, the conjugal bond, whatever its nature, will gain prominence.

## II. MID-AGE ADJUSTMENTS

It is important to adjust naturally with the transitions that occur both physically and mentally. There are challenges which should be met and coped with successfully. At this age it is good to look at the world with new prospective and changed interests. Some may find this adjustment stage really difficult and hard to cope with. Following are some of these important changes and adjustments which are faced in middle age.

### A. Physical / Health changes and adjustments

Loss and graying of hair, joint pain, osteoarthritis, osteoporosis, sagging muscles, appearance of wrinkles etc. are common phenomenon. These changes are natural and add gravity to looks and soberness of personality. The body system functions start to deteriorate in many, the people at this age may feel weak, have gastro-intestinal problems, suffer from insomnia, feel fatigue quite frequently, may have aches and pains, dental caries. With better medical and nutritional benefits of progressive societies, people feel much more connected and youthful than in the past.

Changes occur in the physiological and reproductive functioning of individuals. Loss of sex drive and sexual attractiveness may lead to depression in some people. This stage of life may manifest mood swings, depression, self-criticism, carelessness towards business, hostility. Some people develop interest in cultural activities for example: attend concerts, lectures, religious programs, reading, writing, painting, social work etc.

### *B. Intimacy and behavioral changes*

Marital satisfaction significantly relates to sexual satisfaction (Rahmani, Khoei, et al.2009). Individuals satisfied with their sexual relations tended to be satisfied and happy with their marriages, and better marital quality, in turn, helped reduce marital instability (Yeh, Lorenz, et al. 2006). Relationship satisfaction in men depended on health, physical intimacy and sexual functioning, while in women only sexual functioning predicts relationship satisfaction. Longer relationship duration predicted greater relationship happiness and sexual satisfaction for men (Heiman, Long et al. 2011). It is a period of acceptance of changes in virility in case of men and changes in fertility in case of women. A combination of anxiety and immaturity will lead the members of a couple to veer away from potentially conflict-laden subjects to more emotionally safe areas, so as to limit exchanges that cause arguments.

### *C. Changes in family relations and adjustment*

Marriage for certain families is synonymous with conflict. Chronic marital conflict at this stage may take the form of either hot arguments or silent distance. In the middle age period of life the spouses need to be closer in relationship with one another as compared to the early years of their married life. It is more difficult for women to cope up with the 'empty nest' period of their life. For some this may be a traumatic time when domestic responsibilities get minimized and one may find life monotonous. Boredom may be felt by many when there is no family oriented activity to perform. This is also time when menopausal symptoms set in; making it difficult to cope for some women.

At mid-age, children are now adults and parents are much older; needing more attention and extra assistance. These extended-care-giving demands, legally, financially and physically burden middle-age person. People at late middle adulthood stage also have to prepare for their own retirement.

### *D. Financial Adjustments*

Financial decisions arise against the backdrop of present family structure, current and perceived future needs, and competing demands placed on limited resources. Because of high demands on expenditure, balancing between the cost of living, paying for children's college education, developing resources like house, vehicles, arrange for marriage expenses of children and funding retirement, mid-adults feel like on a treadmill one can never get off.

### *E. Emotional Adjustment*

Emotional behaviors expressed by couples differ as a function of age, gender and marital satisfaction. The intensity of the middle-age intimacy crisis depends on the need-satisfaction of the relationship and the success achieved in the previous stages of intimacy. Older adults are biased toward the positive aspects of close relationships (Story, Nathan et. al 2007). Emotionally positive and responsive listening is one of the key to successful conflict resolution in marriage (Pasupathi, Monisha et. al.1999).

Carl Jung described the developmental task of the second half of life as the need to develop neglected inner resources and enrich the inner life which may result in the impoverishment of the inner life - the world of feelings, values and inner creativity. Failure to accept the changes may lead to serious traumatic situations like mental illness, use of drugs, addiction problems, alcoholism and at times suicide or homicide.

## III. LIFE SATISFACTION

Life Satisfaction is examined from the perspective of subjective well-being which refers to people's own evaluation of their lives. Apart from many challenges there are also significant benefits for the relationship in the middle age couples. Most of mid-adults now a day enjoy relatively good health and stabilized finances. This can be an opportunity for couples to pursue their own interests and to spend more time together and get more life satisfaction. Blanchflower and Oswald (2008) reported a significant quadratic effect of age on the happiness. Increased work demands, parenting adolescents, empty nesting, caring for aging parents, financial issues and retirement are just some of the concerns that increase stress during mid-life.

As far as middle age is concerned following parameters can be taken into account to explain the life satisfaction:

### *A. Mental*

A close marital relationship can be viewed as a significant interpersonal resource across the adult life span, representing potentially the most intimate type of emotional support throughout the adulthood years. Conjugal support is a multidimensional construct consisting of three factors: instrumental support, emotional support and confiding (Anderson & McCulloch 1993). Physical health of mid-adult couples is related with their nature of marital relationship (Bookwala 2005) over and above marital status.

### *B. Job*

Work satisfaction is at its peak in mid life years and the quality of work performance remains high, despite decline in some cognitive or physical skills. Patterns of work and work satisfaction do vary between men and women in middle adulthood. Men are more likely to improve their level of satisfaction in situations where change is possible. Women tend to withdraw or engage in complaining with co-workers. Still, women are better able to balance their dissatisfaction with areas of contentment.

### *C. Social*

In the process of socialization, adults prepare for a transition in role; it also involves identifying the new norms and expectations associated with such new social role as in-laws and grandparents. Adults of this age have more concern for laws, traditions, and cultural values and restricted acceptance against too rapid cultural change.

### *D. Marital*

It is likely that middle-aged partners' identification of successful problem-solving strategies contribute to the sense that they have control over their relationship. Skilled diplomacy (an approach to solving problems that involves confrontation of the spouse about an issue, followed by a period during which the confronting spouse works to restore harmony), considered an effective skill for marital problem-solving and is practiced more often by wives than by husbands.

### *E. Family*

Middle age also is referred as the mid-life “squeeze,” or the “sandwich generation” as family relationships in the middle age extend in both directions: relationships with grown children and relationships with aging parents. The family role at this stage involves maximum amounts of assistance given in both directions in the generational chain, as well as maximum responsibility for maintaining affection bonds.

## IV. LITERATURE REVIEWS

The investigator reviewed available literature to know more of middle age realities, which have been presented below-

1. Crohan, Antonucci et al. (1989) White and Black women and men at midlife (ages 40–64) were studied. The samples were drawn from two national surveys and included 186 White women, 202 White men, 254 Black women, and 169 Black men. Results indicate that job satisfaction is positively related to life satisfaction for all four groups and to happiness for White women and Black men. Personal income is positively related to perceived control for Black women and White men, and to life satisfaction for White women. Occupational status is positively related to perceived control for White and Black women; role stress is negatively related to life satisfaction among White men, and to happiness among Black women.
2. Libman and Eva (1989) a study describing the behavioral, cognitive, and affective aspects of sexual expression in a sample of aging married couples (50–80 yrs) is presented to illustrate how some previous methodological difficulties might be addressed. Findings identify some of the realities of sexuality in aging individuals and illustrate the complexities in the definition and evaluation of sexual expression and experience.
3. Anderson and McCulloch (1993) the sample consisted of 298 older marital dyads who participated in the Aging Couples Study. Confirmatory factor analysis techniques were used to examine conjugal support in a series of nested measurement models at the couple and individual levels. Two research questions were addressed: (a) the viability of conjugal support as a couple's construct, and (b) the dimensionality of social support within the marital dyad. Results showed that conjugal support was a husband/wife, rather than a couple, construct. Findings also showed that conjugal support was a multidimensional construct consisting of three factors: instrumental support, emotional support, and confiding. Moreover, husbands and wives perceived the dimensions of conjugal support differently.
4. D'Zurilla, et al. (1998) the results suggest that social problem-solving ability increases from young adulthood (ages 17–20) to middle-age (ages 40–55) and then decreases in older age (ages 60–80). Specifically, compared to younger adults, middle-aged individuals scored higher on positive problem orientation and rational problem solving, and lower on negative problem orientation, impulsivity/carelessness style, and avoidance style. Compared to older adults, middle-aged individuals scored higher on positive problem orientation and rational problem solving. Some age differences were specific to one gender. Across age groups, gender differences were found on positive problem orientation and negative problem orientation. Within the young adult group, gender differences were also found on impulsivity/carelessness style.
5. Shek (1999) perceived health status in 378 Chinese married couples. Results showed that marital adjustment and marital satisfaction were concurrently related to midlife crisis symptoms, life satisfaction, and perceived health suggest that the relationships between marital quality and health measures are bidirectional in nature. While marital quality predicted changes in midlife crisis symptoms in husbands, but not in wives, marital quality predicted changes in perceived health status in wives, but not in husbands. Results also showed that mental health influenced the marital adjustment of the wives, but not the husbands, over time.
6. Pasupathi, Monisha et al. (1999) observed 79 younger and older, happily and unhappily married couples, discussing conflicts. They coded listening behaviors indicative of attention and comprehension (responsiveness) as well as those expressing emotions. It was expected that older married couples would display lower frequencies of responsive listening behaviors than middle-aged couples. Results provide conditional support for this hypothesis.

7. Skowron E. A. (2000) One hundred and eighteen couples living in a large metropolitan Area were solicited to participate in the study. The mean age of Women participants was 46.72 years and for men, 48.56 years. This American study based on couples' levels of differentiation explained substantial variance in marital adjustment 74% of variance in husband marital adjustment scores and 61% of variance in wife marital adjustment scores were accounted for by couple differentiation of self-scores. Greater husband emotional cutoff uniquely accounted for husband and wife marital discord. Contrary to family systems theory, actual couples were no more similar on differentiation than were randomly matched couples. Finally, greater complementarities among couples along the specific dimensions of emotional cutoff and emotional reactivity predicted greater marital distress.
8. Kashiwagi, Hirayama (2003) the purpose of this study was to investigate recent changes in marital norm and reality in middle-aged couples, and how marital reality, as perceived by oneself, was associated with their demographic variables, as well as their marital satisfaction. Participated 277 pairs of middle-aged, nuclear-family couples. Main findings were as follows. First, factor analysis of marital reality variables extracted three factors: love each other, respect for the husband's life style, and respect for wife's life style. Second, concerning the wife's education and income, 'respect for the wife's life style' was highest among highly educated double income couples. Third, 'love each other' was the most important predictor of marital satisfaction for both husbands and wives. Finally, 'respect for the husband's the life style' was associated with husband's satisfaction, while that for the wife's was not with wife's marital satisfaction.
9. Bookwala (2005) in US based study on 729 respondents suggested that marital quality indices accounted for a significant amount of explained variance in physical health. Most notably, higher levels of negative spousal behaviors uniquely contributed to physical health, predicting more physical symptoms, chronic health problems, and physical disability, and poorer perceived health. The occurrence of negative spousal behaviors was consistently associated with poorer physical health.
10. Myers and Madathil (2005) administered Marital satisfaction and wellness questionnaire on forty-five individuals (22 couples and 1 widowed person) living in arranged marriages in India. The data were compared with existing data on individuals in the United States living in marriages of choice. Differences were found in importance of marital characteristics, but no differences in satisfaction were found. Differences were also found in 9 of 19 wellness scales between the two groups.
11. White and Myers (2006) women (N = 224) between 35 and 65 years old participated in a study that examined the relationship among chronological age, subjective age, wellness, and life satisfaction. Women whose subjective age was less than or equal to their chronological age reported greater wellness; total wellness was a significant predictor of life satisfaction.
12. Yeh, Lorenz et al. (2006) based their study on 283 married American couples, to examine the causal sequences among three constructs for husbands and wives separately. Results of cross-lagged models, for both husbands and wives, provided support for the causal sequences that proceed from sexual satisfaction to marital quality, from sexual satisfaction to marital instability, and from marital quality to marital instability. Initially higher levels of sexual satisfaction resulted in an increase in marital quality, which in turn led to a decrease in marital instability over time. Effects of sexual satisfaction on marital instability appear to have been mediated through marital quality.
13. Schmitt, Kliegel and Shapiro (2007) in a research based on 588 married women and men in middle and old age in Germany examined age and gender differences in the role of socio-economic status, personality, and marital interaction as predictors of marital satisfaction. Results showed that i) socio-economic factors and personality played a minor role in predicting marital satisfaction, and ii) a high quality of dyadic interaction was particularly important for the marital satisfaction of women.
14. Lavalekar (2007) the research aims at exploring and comparing the marital satisfaction and emotional intelligence of people between age 25-65. A fairly representative data of 316 respondents was collected from Maharashtra, India. The analysis indicates a significant gender difference on certain areas of emotional intelligence, namely, openness to criticism, self management and empathy. A significant gender difference is also noted on two areas of marital satisfaction, namely, sexual relations and sharing household responsibilities, which can be traced to the socio-cultural influences. This has helped in understanding the relationship of gender with core traits of one's emotionality, which influence the marital relationship.
15. Henry, Nancy et al. (2007) examined age differences in positive (e.g., warm) and negative (e.g., hostile) characteristics of marital interactions between middle-aged and older couples and their association with marital satisfaction by age. Spouses' perception of partners' positive and negative behavior during marital interaction was assessed in general following disagreement and collaborative tasks. Older individuals reported higher marital satisfaction and perceived their spouse's behavior as less negative in general and more positive across all contexts than middle-aged individuals. Perceptions of

partners' negative behavior in general and of both positive and negative behavior in the disagreement task were more closely associated with marital satisfaction for older spouses than for middle-aged spouses.

16. Story, Nathan et al. (2007) this American study based on 270 middle-aged (40-50 years old) and older (60-70 years old) couples who discussed a marital disagreement and completed an errand task. The results are consistent with theories of emotion regulation, such as socio emotional selectivity theory, that suggest that older adults are biased toward the positive aspects of close relationships.
17. Shiota and Levenson (2007) the present study examined the relationship between similarity in Big Five personality factors and initial levels and 12-year trajectories of marital satisfaction in long-term couples, who were in their 40s and 60s at the beginning of the study. Across the entire sample, greater overall personality similarity predicted more negative slopes in marital satisfaction trajectories. In addition, spousal similarity on Conscientiousness and Extraversion more strongly predicted negative marital satisfaction outcomes among the midlife sample than among the older sample. Results are discussed in terms of the different life tasks faced by young, midlife, and older adults, and the implications of these tasks for the "ingredients" of marital satisfaction.
18. Blanchflower and Oswald (2008) presented data on 500,000 randomly sampled Americans and West Europeans, controlling for cohort effects. Holding other factors such as demographic variables and income constant, it showed that a typical individual's happiness reaches its minimum -- on both sides of the Atlantic and for both males and females -- in middle age. Second, evidence provided for the existence of a similar U-shape through the life-course in East European, Latin American and Asian nations. Third, a U-shape in age is found in separate well-being regression equations in 72 developed and developing nations. Fourth, using measures that are closer to psychiatric scores, it documented a comparable well-being curve across the life cycle.
19. Rahmani, Khoei et al. (2009) Sample was used 292 married men, and women aged 19-58 yr from selected hospitals in Tehran while visiting their hospitalized relatives. Marital satisfaction significantly relates to sexual satisfaction ( $P= 0/00$ ). There was also a significant relation between sexual satisfaction and the following variables: age difference of couples ( $P= 0.04$ ), length of marital life ( $P= 0.05$ ), and a drug abused participant ( $P= 0.007$ ). Of these variables, only the age difference of couples significantly relates to marital satisfaction (0.00). Findings suggest that sexual satisfaction plays a seminal role in marital satisfaction of Iranians.
20. Seider, Hirschberger et al. (2009) examined the California study on middle-aged and older couples (N\_154) engaged in a 15-min conflict conversation during which physiology and emotional behavior were continuously monitored. Verbatim transcripts of the conversations were coded into 2 lexical categories: (a) we-ness (we-words), pronouns that focus on the couple; (b) separateness (me/you-words), pronouns that focus on the individual spouses. Analyses revealed that greater we-ness was associated with a number of desirable qualities of the interaction (lower cardiovascular arousal, more positive and less negative emotional behavior), whereas greater separateness was associated with a less desirable profile (more negative emotional behavior, lower marital satisfaction). In terms of age differences, older couples used more we-ness words than did middle-aged couples. Further, the associations between separateness and marital satisfaction were strongest for older wives. These findings indicate that the emotional aspects of marital quality are expressed in the natural language of couples engaged in conversation.
21. Karahan (2009) administered to 122 Turkish couples who volunteered to participate. The 40 couples with the worst test scores were randomized into study and control groups. No differences in the test scores were determined between the two groups before the start of the program ( $P > 0.05$ ). After attending the program, the test scores of the study group were better in total than those of the control group ( $P < 0.001$ ). Benefits are retained at 3 and 6 months following ( $P = 1$ ).
22. Hansen et al. (2009) study explores and distinguishes links between parental status (childless persons, parents with residential children, and empty nest parents) and a range of psychological well-being outcomes in midlife and old age (N=5189). Separate outcomes into cognitive (life satisfaction and self-esteem) and affective (positive and negative affect, depression, loneliness) components. Parental status has a net effect on cognitive well-being among women, as childless women report significantly lower life satisfaction and self-esteem than both mothers with residential children and empty nest mothers. Among men, parental status is unrelated to any of the well-being aspects. Parental status effects are not modified by age, marital status, and education. The results demonstrate the importance of investigating the effect of parental status and other objective circumstances on a range of psychological well-being outcomes. Furthermore, the results reviewed and presented indicate somewhat more positive effects of parenthood in the Nordic countries than in the U.S., highlighting the role of social policies in shaping the impact of parental status on well-being.

23. Brockmann (2009) Overall, 6,568 men and 7,038 women, or 146,977 person-years, are included in our analysis. The mean age is 45 years, 8,645 respondents are between 30 to 60 years old. (Un)happiness in midlife is more strongly determined by gender-specific occasional influences and individual characteristics. Both define objective and subjective returns of professional and personal life investments. These social investment decisions date back to early adulthood and bear a high risk of failure during midlife. Unforeseen consequences and long-term private and professional commitments make it costly to adjust, but at the same time new investments may pay off in a pro-longed future. This dilemma turns many middle-aged people into “frustrated achievers”.
24. Alder (2010) conducted study to determine whether there is a relationship between marital satisfaction and the independent variables of age, education level and courtship length. Respondents (N = 60) were required to complete surveys online regarding their experiences in their marriages. Results indicated that there was not a statistically significant relationship between marital satisfaction, age, education level and courtship length. However, there was a negative correlation between post-engagement courtship and dyadic adjustment, indicating that, as length of engagement increases, marital adjustment decreases.
25. Huber, Navarro et al. (2010) participants included 239 couples, who were between the ages of 45 and 65. The results showed significant positive relationships existed between the criterion variables (rebuilding the marriage relationship and maintaining kin ties with older and younger generations) and the predictor variables (adaptive appraisal, compensating experiences, and social support), thus providing support for the position that in the face of the developmental challenges encountered relative to midlife marriage, higher levels of the primary protective factors contributing to family resilience are related to greater levels of mastery of the developmental tasks associated with midlife marital satisfaction.
26. Windsor and Butterworth (2010) age group differences in self-reported supportive, aversive, ambivalent, and indifferent partner relations were examined in a large sample of midlife (aged 40-44 at baseline, n = 1,719) and older (aged 60-64 at baseline, n = 1,675) married and partnered adults assessed on two occasions 4 years apart. Older adults, particularly older men, were more likely to rate their relationship as supportive and less likely to rate their relationship as aversive relative to midlife adults. Midlife adults were more likely to provide ambivalent or indifferent assessments (as opposed to supportive assessments) of their relationship relative to older adults. Results are discussed in the context of possible developmental changes in interpersonal and intimate relations occurring in middle and older adulthood.
27. Seider and Herschel (2011) this study examined middle-aged (N = 82) and older (N = 74) couples, in California, engaged in a 15-minute conflict conversation to determine how discrete emotion sequences between spouses were related to marital satisfaction. It further examined whether age and gender moderated the relationships between discrete emotion sequences and marital satisfaction. The study focused on discrete emotion sequences initiated by three antecedent emotions (anger, contempt and sadness) previously associated with distressed marriages. Results revealed significant associations between discrete emotion sequences and marital satisfaction for 11 of the 39 discrete emotion sequences examined. The findings indicated that the relationships between discrete emotion sequences and marital satisfaction did not consistently differ as a function of age, but when they did, they tended to be stronger for older couples. This study revealed important differences in how discrete emotion sequences relate to marital satisfaction.
28. Berg, Cynthia et al. (2011) this study based on 300 middle-aged and older couples who completed measures of perceptions of collaboration, cognitive ability, marital satisfaction, an errand task and judged their spouse's affiliation. Older adults (especially men) endorsed cognitive compensation and interpersonal enjoyment and reported using collaboration more frequently than middle-aged adults. Greater need for cognitive compensation was related to lower cognitive ability only for older wives. Greater marital satisfaction was associated with greater interpersonal enjoyment. These two functions related to reports of more frequent use of collaboration and perceptions of spousal affiliation in a collaborative task.
29. Kouros and Cummings (2011) collected information from 296 America based couples on marital satisfaction, marital conflict and depressive symptoms annually reported for three years. Results suggested that for husbands, transactional relations between marital satisfaction and depressive symptoms identified: high levels of depressive symptoms predicted subsequent decreases in marital satisfaction and decreased marital satisfaction predicted subsequent elevations in depressive symptoms over time. For wives, high levels of marital conflict predicted subsequent elevations in depressive symptoms over time. Cross-partner results indicated that husbands' depressive symptoms were also related to subsequent declines in wives' marital satisfaction.
30. Heiman, Long et al. (2011) interviewed 1,009 heterosexual couples 40-70 year old men and their female partners from the United States, Brazil, Germany, Japan and Spain from the Kinsey Institute who were married or have been living together for at least one year. Results from the study found that men were more likely than women to report being happy in their relationship. Women, however, reported that they were more satisfied with their sexual relationship.

31. Pinto and Neto (2012) examined the Participants numbered 193 with a mean age of 51.64. Scores from the SWSLS have favorable psychometric properties among which Cronbach's alpha was 0.83. As expected no gender differences regarding the satisfaction with sex life were found. Characteristics indicative of the quality of a relationship (Eros, commitment, sexual desire, and romantic loneliness) were related to the level of sexual satisfaction. Measures of well-being (satisfaction, life satisfaction, and self-esteem) were also related to sex life satisfaction.
32. Goel and Narang (2012) marital adjustment, mental health and frustration reactions in 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. It was seen that Females showed high level of recreational adjustment as compared to males but males were having better group oriented attitude than females.
33. Moosavi (2012) results showed that family functioning; marital adjustment and intimacy in two groups (middle-aged and young spouses) were not significant. For subjects compared by educational status, their mean in family functioning and marital adjustment were significant, but on the intimacy scale they were the same. Also evident was significant positive correlation between marital adjustment and intimacy (0.71), between family functioning and marital adjustment (0.68) and between family functioning and intimacy (0.50), (0.01).
34. Fatimah (2012) the quality of marital satisfaction to three dimensions which are Marital Relationship, Marital Adjustment and Marital Intimacy. 1,213 questionnaires returned are distributed across West Malaysia. The result shows that marital relationship is the first priority since this dimension has the lowest level of satisfaction, followed by marital intimacy then marital adjustment as the third priority needs to be improved.
35. Lee, Zarit et al. (2012) a sample of 197 middle-aged couples reported support they gave to and received from their parents (n = 440). Results indicated that couples provided more total support to and received more from their parents as a function of number of living parents, but the amount of support each parent received ('parent-adjusted support') was lower when there were more living parents. The amount of support given to and received from parents had no association with the couple's marital satisfaction, but discrepancies in support given to and received from parents did have a significant association with marital satisfaction. Husbands who gave more support to their living parent(s) than their wives reported lower marital satisfaction. A similar effect on marital satisfaction was found for wives who gave more support to their living parents than their husbands. These findings contrast with care giving studies where amount of support affected marital satisfaction and suggest that inequalities in involvement with parents may be a critical dimension in marriages of midlife adults.
36. Fiori and Denckla (2012) examine the association between various aspects of social support and depressive symptoms separately among men and women. A sample of 6,767 middle-aged adults from one wave of the Wisconsin Longitudinal Study (1992-1993), results found that the receipt of emotional support was associated with mental health in women only, whereas the provision of emotional and instrumental support was associated with mental health among men and women, but with varying patterns.
37. Tianyuan and Fung (2012) the present study assessed partner discrepancies and marital quality in 56 couples, 20-79 years old. Results indicated that husbands' partner discrepancies, but not wives', were found to mediate the curvilinear age differences in marital quality. The results suggest that adjusting cognition about the partner is essential to the typically higher marital quality in later adulthood. The results also suggest that the level of comparison standards and the specific domain of partner characteristics should be considered in future studies.
38. Dogra and Stathokostas (2012) Sedentary behavior is emerging as an important risk factor for poor health. Physical activity has proven to be important in determining overall successful aging (SA) among older adults; however, no data exists on the influence of sedentary behavior on SA. The purpose of this analysis was to determine whether there is an association between sedentary behavior and successful aging, independent of physical activity levels. 9,478 older (M = 4,245; F = 5,233) and 10,060 middle-aged (M = 4.621; F = 5,439) adults from the Healthy Aging cycle of the Canadian Community Health Survey were analyzed. Among older adults, compared to those who were sedentary (4 hours or more/day), those who were moderately (2-4 hours/day) and least sedentary (<2 hours/day) were 38% (OR: 1.38; CI: 1.12-1.69) and 43% (OR: 1.43; CI: 1.23-1.67) more likely to age successfully, respectively. Among middle-aged adults, those who were least sedentary were 43% (OR: 1.43; CI: 1.25-1.63) more likely to age successfully. These novel findings suggest that sedentary activities are significantly associated with lower odds of SA among middle-aged and older adults, potentially in a dose-dependent manner.
39. Zainah et al. (2012) subjects for this study were 423 married couples the age group between 21-30 years, 31-40 years and 41-50 years. Results indicated significant differences in marital satisfaction based on the length of marriage and income. This

study suggests that marriage counseling, with an emphasis on promoting awareness in marital happiness and satisfaction, would be helpful in addressing marital problems in married couples.

40. Hasani et al. (2012) the youngest and the oldest were 32 and 62 years old, the moderately satisfied rate in this study was 68% and the emotional intelligence score was 337. Overall, emotional intelligence and marital satisfaction were not linked to the variables of gender and age. Of many aspects of marital satisfaction, interpersonal and empathy aspects were meaningfully related to the variable of gender, regarding the statistics. Also, of many aspects of emotional intelligence, the one for responsibility between men and women was only meaningfully different, regarding the statistics. Total score of emotional intelligence and marital satisfaction were not meaningfully linked to gender. Generally, all the variables of emotional intelligence and marital satisfaction had a statistical meaningful relationship. 37% of marital satisfaction is predictable by emotional intelligence. Regarding the high relationship between emotional intelligence and marital satisfaction, it is greatly recommended that the related educational organizations of the country pay more attention to teach necessary skills to increase emotional intelligence so that matrimony is improved and family foundation is stronger.
41. Ayalon, Shiovitz-Ezra and Palgi (2013) study evaluated the associations between loneliness and subjective appraisals of marital relationship as well as reciprocal associations of loneliness in married men and women. The Health and Retirement Study is a national survey of older adults over the age of 50, residing in the US. Overall, 2723 couples completed this questionnaire. The model suggested that subjective appraisals of the relationship with spouse play a major role in one's sense of loneliness. In addition, loneliness in men and women shares reciprocal associations. The model explained 24% and 29% of the variability in loneliness reported by married men and women, respectively. Results indicate that capitalizing and enhancing one's social life might also be beneficial for his or her partner. Any intervention to alleviate loneliness in married couples has to take into consideration their perceived marital relationship as well as the reciprocal associations of loneliness in married men and women.
42. Landis et al. (2013) the present study examines the association between coping behavior and their relationship satisfaction in older spousal dyads. Examined N = 132 couples age ranged from 53–84 years (M age = 68 years) and found that their dyadic coping strategies – a prime indicator of functional adaptation to daily stress in marital context – were significantly linked to relationship satisfaction. Our findings suggest that the partner's subjective perception of their spouse's supportive behavior was more strongly linked to their relationship satisfaction than to their self-reported support. Furthermore, individual support perception was more important for marital satisfaction than coping congruency. Overall, the dyadic coping of older adults may serve as an effective tool to stabilize relationship satisfaction when facing the challenges of older age and long-term marriage.

## V. DISCUSSION

Based on the earlier researches on the mid-aged couples, discussed in this paper it is proved that there are several factors like family environment, work condition, social environment, financial status, marital relation etc. which affect married couples' adjustment and life satisfaction. There are several studies conducted on these correlates in different countries and societies. But still there is lacking of a dedicated study on factors affecting mid-aged couple's adjustment and satisfaction in Indian perspective which need to be addressed.

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#### AUTHORS

**First Author** – Shweta Nema, Research Scholar Department of Home Science Banasthali University, [snmprj@gmail.com](mailto:snmprj@gmail.com)

**Second Author** – Prof. Indu Bansal, qualifications Dean Faculty of Home Science Banasthali University, [indubns1@yahoo.com](mailto:indubns1@yahoo.com)

**Correspondence Author** – Shweta Nema, Research Scholar Department of Home Science Banasthali University, [snmprj@gmail.com](mailto:snmprj@gmail.com)