

# Couples Correlates of Social, Marital and Family Factors of Life Satisfaction Perspective to Narsinghpur District

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**Abstract-** The present research was taken up with broad objective to study the life satisfaction among middle aged couples in Narsinghpur District of Madhya Pradesh. The total sample of this study is 1110. This sample includes working-nonworking, educated-non-educated and urban-rural also from Narsinghpur district. The age range of this study is 50-60 years. Result shows that socio-economic variables taken in this study (age, education, occupation, monthly income, type of family, religion, and years of marriage, age of husband and wife at the time of marriage) affect mid-aged couple's adjustment. There is significant relation between couples adjustment.

**Index Terms-** Mid Age Life Satisfaction, Social, Marital and Family Satisfaction.

## I. INTRODUCTION

For middle-aged individuals life satisfaction is shaped by satisfaction with one's work, family life, health and daily state of affairs. Mid-life has been hypothesized to be time struggle of empty nesting, increased work demands, financial issues, frantic overload from responsibilities of two generations and so-called "sandwich" generation. To cope with problems such as: job loss or failure to achieve critical goals; health problems, both of one's self and also those of parents, spouses, and siblings; problems with troubled adolescents or infertility; or divorce, widowhood, and parental bereavement. For others, however, midlife may be a time of achievement and relative comfort. 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.

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

- 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.

- 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.

- 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.

### Hypothesis

Ho: There is no significance relationship between social, marital and family factors of life-satisfaction among middle aged couples.

## II. METHOD

The sample comprised of 555 Couples (555 males and 555 females) resulting the total sample size of this study to be 1110. This sample includes working-nonworking, educated-non-educated and urban-rural population from Narsinghpur district of Madhya Pradesh, India. The age range of couples studied is 50-60 years, selected on the basis of convenient sampling. It represents a group of different non-probability sampling techniques.

Variables under study and their measurement

Measure used for this study was "old age adjustment inventory" (developed by Shamshad Hussain and Jashbir Kaur) – This inventory was developed for old aged male and female ranging between 50 to 65 years of age belonging to different professions. This 125 items inventory measures the adjustment of old aged people into six areas- health, home, social, marital, emotional and financial. Percentile norms are available sex wise and professional status wise.

## III. RESULT AND DISCUSSION

Table 1: Mean, SD and t-values of mid-age couples social factor of life satisfaction

Life Satisfaction Areas				
Social				
		Husband	Wife	
S.N.	Variables	Mean± SD	Mean± SD	t-value

1.	Couples Age			
-	50-55 (a)	28.09±5.38	28.53±4.45	-.771
-	55-60 (b)	28.45±5.15	27.35±5.72	1.32
	Husband (a) (b)	-.502	1.76	
	Wife (a) (b)			
2	Couples Education	Mean± SD	Mean± SD	
-	Illiterate to primary (a)	27.10±4.59	26.88±4.49	.413
-	Matriculation to high secondary (b)	28.78±4.88	28.35±5.23	.535
-	UG, PG and higher class (c)	28.99±5.29	28.94±4.32	.072
	Husband (a) (b)	-2.56	-2.20	
	Husband (b) (c)	-.268	-.826	
	Husband (a) (c)	-2.98	-3.59	
	Wife (a) (b)			
	Wife (b) (c)			
	Wife (a) (c)			
3.	Couples Occupation	Mean± SD	Mean± SD	t-value
-	Job (a)	27.75±5.39	27.92±4.25	-.119
-	Business (b)	26.67±6.56	30.00±3.63	-1.08
	Husband (a) (b)	.422	-1.10	
	Wife (a) (b)			
4.	Age of Couples at the Time of Marriage	Mean± SD	Mean± SD	t-value
-	12-21 (a)	28.08±5.40	27.38±5.18	.930
-	21-30 (b)	28.59±5.10	28.07±4.80	.999
-	30-38 (c)	26.00±6.05	22.75±4.85	.837
	Husband (a) (b)	-.776	-1.13	
	Husband (b) (c)	1.00	2.19*	
	Husband (a) (c)	.752	1.75	
	Wife (a) (b)			
	Wife (b) (c)			
	Wife (a) (c)			
5.	Type of Family	Mean± SD	Mean± SD	t-value
-	Nuclear (a)	28.51±4.95	28.35±4.89	.412
-	Joint (b)	28.37±4.99	27.80±4.61	-7.65
	Husband (a) (b)	.318	1.32	
	Wife (a) (b)			
6.	Couples Years of Marriage	Mean± SD	Mean± SD	t-value
-	20-30 (a)	29.12±5.07	29.03±4.68	.143
-	30-40 (b)	28.26±4.92	27.88±4.79	1.15
	Husband (a) (b)	1.69	2.36*	
	Wife (a) (b)			

On the basis of the above social factor of life satisfaction table following points can be drawn:

- In 50-55 years aged couples, wives were found to have better social satisfaction than husbands.
- UG, PG and higher class husbands were found to have better social satisfaction than other group couples.
- In business category wives were found to have better social satisfaction than husbands.

In couples who are married in 21-30 years of age, husbands were found to have better social satisfaction than other groups. Significant differences were found in wives (b) (c) group. It shows that wives who are married in 21-30 years and wives who are married in 30-38 years have different views in social satisfaction.

Nuclear family based husbands were found to have better social satisfaction than wives.

In couples who are married for 20-30 years, husbands were found to have better social satisfaction than wives. Significant differences were found in wives of (a) (b) groups. It shows that in couples who are married for 20-30 years groups wives and in couples who are married for 30-40 years groups wives have different views in social satisfaction.

Table 2: Mean, SD and t-values of mid-age couples marital satisfaction factor of life satisfaction

Life Satisfaction Areas				
Marital				
S.N.	Variables	Husband Mean± SD	Wife Mean± SD	t-value
1.	Couples Age			
-	50-55 (a)	29.79±3.42	29.97±3.43	-.438
-	55-60 (b)	29.49±3.96	29.59±3.85	-.176
	Husband (a) (b)	.622	.769	
	Wife (a) (b)			
2	Couples Education	Mean± SD	Mean± SD	
-	Illiterate to primary (a)	28.72±3.33	28.88±3.26	-.427
-	Matriculation to high secondary (b)	29.95±3.61	30.16±3.69	-.370
-	UG, PG and higher class (c)	30.25±3.46	30.06±4.22	.363
	Husband (a) (b)	-2.56	-2.67	
	Husband (b) (c)	-.578	.176	
	Husband (a) (c)	-3.51	-2.46	
	Wife (a) (b)			
	Wife (b) (c)			
	Wife (a) (c)			
3.	Couples Occupation	Mean± SD	Mean± SD	t-value
-	Job (a)	29.71±4.17	30.04±4.57	-.264
-	Business (b)	30.17±4.30	29.83±4.49	.131
	Husband (a) (b)	-.239	.100	
	Wife (a) (b)			
4.	Age of Couples at the Time of Marriage	Mean± SD	Mean± SD	t-value
-	12-21 (a)	29.43±3.74	29.23±3.92	.353
-	21-30 (b)	29.87±3.50	29.81±3.92	.153
-	30-38 (c)	28.50±3.00	28.50±1.91	.000
	Husband (a) (b)	-.993	-1.18	
	Husband (b) (c)	.777	.667	
	Husband (a) (c)	.488	.371	
	Wife (a) (b)			

<b>5. Type of Family</b>				
		Mean± SD	Mean± SD	t-value
-	Wife (b) (c)			
-	Wife (a) (c)			
-	Nuclear (a)	29.87±3.73	29.91±3.54	-4.76
-	Joint (b)	29.44±3.58	29.49±3.82	-.157
	Husband (a) (b)	1.35	1.31	
	Wife (a) (b)			
<b>6. Couples Years of Marriage</b>				
		Mean± SD	Mean± SD	t-value
-	20-30 (a)	30.18±3.45	30.02±3.78	.350
-	30-40 (b)	29.57±3.73	29.68±3.62	-.426
	Husband (a) (b)	1.62	.914	
	Wife (a) (b)			

On the basis of the above marital satisfaction factor of life satisfaction table following points can be drawn:

- In 50-55 age groups wives were found to have better marital satisfaction than husbands.
- UG, PG and higher class passed husbands have better marital satisfaction than wives.
- Husbands were found to have better marital satisfaction in category of business, than wives.
- In couples who are married in 21-30 years of age, husbands were found to have better marital satisfaction than wives.
- Nuclear family based wives have better marital satisfaction than husband.
- In couples who are married for 20-30 years, husbands were found to have better marital satisfaction than wives.

Table 3: Mean, SD and t-values of mid-age couples family satisfaction factor of life satisfaction

<b>Life Satisfaction Areas</b>				
<b>Social</b>				
S.N.	Variables	Husband Mean± SD	Wife Mean± SD	t-value
<b>1. Couples Age</b>				
-	50-55 (a)	28.09±5.38	<b>28.53±4.45</b>	-.771
-	55-60 (b)	28.45±5.15	27.35±5.72	1.32
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	Husband (a) (c)	-2.98	-3.59	
	Wife (a) (b)			
	Wife (b) (c)			
	Wife (a) (c)			
<b>3. Couples</b>				
		Mean± SD	Mean± SD	t-

<b>4. Age of Couples at the Time of Marriage</b>				
		Mean± SD	Mean± SD	t-value
-	Job (a)	27.75±5.39	27.92±4.25	-.119
-	Business (b)	26.67±6.56	<b>30.00±3.63</b>	-1.08
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<b>5. Type of Family</b>				
		Mean± SD	Mean± SD	t-value
-	Nuclear (a)	<b>28.51±4.95</b>	28.35±4.89	.412
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<b>6. Couples Years of Marriage</b>				
		Mean± SD	Mean± SD	t-value
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-	30-40 (b)	28.26±4.92	27.88±4.79	1.15
	Husband (a) (b)	1.69	2.36*	
	Wife (a) (b)			

On the basis of the above job factor of life satisfaction table following points can be drawn:

- In 50-55 age groups husbands have better family satisfaction than wives.
- Illiterate to primary passed couples husbands have better family satisfaction than wives. Significant differences were found in husband (a) (c) groups. It shows that illiterate to primary (a) husbands and UG, PG and higher class (c) passed husbands have different views in family satisfaction.
- In couples' occupation, wives who are doing job have better family satisfaction than husbands.
- In couples who are married in 30-38 years of age, husbands have better family satisfaction than other group couples.
- Wives in joint family have better satisfaction than husbands.
- In couples who are married for 20-30 years, husbands have better family satisfaction than wives.

#### IV. CONCLUSION AND SUGGESTIONS

Conclusions:

We have concluded that socio-economic variables- couple's age, education, occupation, monthly income, type of family, religion, and years of marriage, age of husband and wife at the time of marriage, affect mid-aged couple's adjustment. The result shows that there is significant relation between couples adjustment.

Suggestions for couples better mid-age adjustments:

1. Give freedom to your spouse
2. Being a good listener
3. Care for family
4. Supportive nature
5. Preplanning and readiness for financial ups and downs
6. Free time and recreational activities
7. Abstinence from vices
8. Positive attitude and confidence on decisions
9. Including family members in decisions
10. Taking decisions with poise and broad view
11. Being flexible in accepting others desires and liking
12. Avoid from being too much ambitious or miser
13. Avoid being strict disciplinarian

Suggestions for family members and children:

1. Give mid-age couples due respect and attention
2. Family members should be supportive towards mid-age physiological and emotional changes
3. Frequent visits to parents by children

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