



FACTORS LEADING TO LONG LASTING MARRIAGES : A DESCRIPTIVE STUDY

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ABSTRACT Marriage is the process by which two people make their relationship public, official, and permanent. Nowadays, due to the high prevalence of divorce in numerous countries and the detrimental aftermath thereof, it has become increasingly important to study the components of marital stability. The focus of this study is to look at the experiences of couples who self-report that they have a good marriage and to look at the demographic variables to determine the reasons for the long-lasting marriage. The study was conducted among 70 married couples in Karikalampakkam, Puducherry. They were selected by purposive sampling technique. After getting consent from the married couples, data was collected by using semi structured questionnaire on the perception towards factors leading to long lasting marriages among married couples in selected areas of Puducherry. The collected data was analyzed by descriptive statistics and inferential statistics. The findings showed that among 70 married couples, Majority of the married couples 42 (60%) had positive perception, 28 (40%) had neutral perception, No one had negative perception.

KEYWORDS : Married couples, Long lasting marriages, Community.**INTRODUCTION:**

Marriage is the process by which two people make their relationship public, official, and permanent. Personalities change, bodies age, and romantic love waxes and wanes. And no marriage is free of conflict. Attitudes and expectations about marriage are important cognition regarding perceptions and behaviors in relationships. Attitudes and decisions about relationships are important because the choice to engage in long-term relationships has consequences for person's happiness, life-satisfaction, health, and psychological well-being. Marital satisfaction is significantly and positively associated with sexual satisfaction, although causal order between these variables is difficult to assess (Blumstein & Schwartz 2010).

In the past century, although many couples have chosen to stay together in long-term marriages for at least 40 years, divorce and separation rates have steadily increased and divorce has become a feasible choice for most couples. Notwithstanding, most existing research in the literature on marriage has focused on the early and middle years of marriages, whereas the literature on long-term marriages is sparse (Henderson-King & Veroff, 2005).

A study conducted in the long-term marriage, examined communication patterns of couples involved in long-term marriages, and found the patterns to fall into four basic categories: vital, conflict-habituated, devitalized, and passive-congenial. It found that marriages fall into two general divisions. These include the instrumental marriage, in which a couple is in a marital relationship because it has basic advantages over being single, and the intrinsic marriage in which the spouses are committed to the other person as an individual, and not just to the marriage as a separate entity (Carstensen and Gottman, 2017).

Many researchers continue to view this number as an indicator. As life span increases, however, some researchers have lengthened the requirement of years a couple must be married to be labeled a "long-term marriage." Many researchers include couples married between 25-49 years as those considered long-term. Still others believe that marriages of 50 or more years are marriages that can be considered long-term while more recent literature has not necessarily focused on these created categories and divisions. (Lauer and Kerr, 2004). Nowadays, due to the high prevalence of divorce in numerous countries and the detrimental aftermath thereof, it has become increasingly important to study the components of marital stability. The focus of this study is to look at the experiences of couples who self-report that they have a good marriage and to look at the demographic variables to determine the reasons for the long-lasting marriage.

A longitudinal study was conducted to explore the quality of Marriage from Midlife to Later Life. It concluded that Connection at midlife was positively related to warmth/support and clear interpersonal

boundaries in later life; more connection at midlife was also related to less depression in later life. More individuation at midlife was associated with less conflict in later life. Evidence was also found for enhanced marital functioning in later life: more warmth/support, clearer interpersonal boundaries, more comfort with differences, and less covert conflict (Linda G Bell, 2021). So, researcher felt that better knowledge about influential factors in marriage may help them develop positive perception about marriage.

METHODOLOGY

This quantitative research with Descriptive research was conducted in Karikalampakkam, Puducherry. Seventy married couples were selected as samples by purposive sampling technique with inclusion and exclusion criteria. Data was collected by using self-structured questionnaires. The questionnaires include demographic profile of the samples and 15, five point Likert scale to assess perception about factors leading to long lasting marriages among married couples. The purpose and duration of the study was explained to the samples to get co-operation and informed consent was obtained before data collection. The collected data were tabulated and analyzed based on objectives. The data was analyzed by descriptive and inferential statistics.

RESULTS AND DISCUSSION:

Majority of the participants are between the age groups of 30-40 had 25 (35.72%) and female 45 (64.3%). Out of 70 samples majority of the participants are Hindu 58 (82.86%) and regarding their educational status, they have done secondary education 26 (37.15%). In account of employment status majority of the participants are employed 41(58.57%) and had 38 (54.29%) their family monthly income is between 10,000-30,000 Majority of the participants are arranged marriage 46 (65.71%). Majority of the participants have been married for 5-10 years 32(45.71%)

Table 1: Frequency And Percentage Wise Distribution Of Marital Satisfaction

Marital Satisfaction	Frequency (n)	Percentage (%)
Positive perception	42	60
Neutral perception	28	40
Negative perception	0	0
Total	70	100
Mean	$X^2 = 1.74$	
Standard Deviation	SD = 0.493	

The above table explains that, Majority of the participants 42(60%) have Positive perception towards marital satisfaction. Remaining 28(40%) participants have Neutral perception towards marital satisfaction. No one is having Negative perception towards marital satisfaction.

The above results supported the findings of **Rahmani, Khoei et al. (2009)**, conducted a study to determine the association between the sexual satisfaction and marital satisfaction. The sample used 292 married men, and women aged 19-58 years 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.

Table 2. Association Between The Marital Satisfaction With The Selected Demographic Variables:

Sl. No:	Demographic variables	Marital satisfaction				Chi- square (χ^2), df and p-value
		Positive perception		Neutral perception		
		N	%	N	%	
1.	Age in years					$\chi^2 = 14.705$ df = 3 P = 0.002 S*
	<30	20	83.3	4	16.67	
	30-40	10	40	15	60	
	41-50	7	43.75	9	56.25	
	>50	5	100	0	0	
2.	Gender					$\chi^2 = 1.037$ df = 1 P = 0.309 NS
	Male	17	68	8	32	
	Female	25	55.6	20	44.4	
3.	Religion					$\chi^2 = 0.936$ df = 3 P = 0.810 NS
	Hindu	34	58.6	24	41.4	
	Christian	6	66.7	3	33.3	
	Muslim	1	50	1	50	
	Others	1	100	0	0	
4.	Education level					$\chi^2 = 5.372$ df = 4 P = 0.251 NS
	Illiterate	1	33.3	2	66.7	
	Primary education	10	76.9	3	23.1	
	Secondary education	12	46.1	14	53.9	
	Under graduate	7	63.6	4	36.4	
	Post graduate	1	33.3	2	66.7	
5.	Employment status					$\chi^2 = 6.123$ df = 2 p = 0.047 S*
	Employed	28	68.3	13	31.7	
	Unemployed	8	38	13	62	
	Retired	6	75	2	25	
6.	Family monthly income					$\chi^2 = 3.077$ df = 3 p = 0.380 NS
	<10,000	7	58.3	5	41.7	
	10,000 - 30,000	21	55.26	17	44.74	
	30,001 - 50,000	10	62.5	6	37.5	
	>50,000	4	100	0	0	
7.	Type of marriage					$\chi^2 = 5.590$ df = 1 p = 0.018 S*
	Arranged Marriage	23	50	23	50	
	Love Marriage	19	79.17	5	20.83	
8.	Duration of marriage					$\chi^2 = 10.094$ df = 3 p = 0.018 S*
	< 5 years	18	78.2	5	21.8	
	5 - 10 years	14	43.75	18	56.25	
	11 - 20 years	3	42.8	4	57.2	
	>20 years	7	87.5	1	12.5	

If p-value ≤ 0.05 – Significant (S*); Otherwise Not Significant (NS)

The Table 2 depicts that, there is a significant association between Marital satisfaction and the demographic variables Age in years, Employment status, Type of marriage and Duration of marriage.

CONCLUSION:

The result shows that majority of the participants (60%) have positive perception towards marital satisfaction, Remaining(40%) participants have neutral perception towards marital satisfaction, no one is having negative perception towards marital satisfaction and also shows that there is a significant association between marital satisfaction and the demographic variables such as age in years, employment status, type of marriage and duration of marriage. Hence it is was concluded that factors such as age, employment status, type of marriage, and duration of marriage are significantly associated with long lasting marriages.

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