Studies done from 1950s to the 1970s found that married people were happier than singles. Either marriage brought happiness or happy people tended to marry. Young wives reported much less stress after marriage (Campbell, Converse and Rogers, 1975). Apparently marriage was still seen as an accomplishment and a source of security for a woman. Women see marriage as a place to express and talk about emotions; they consider the sharing of confidences a measure of intimacy.

A longitudinal study of 132 college seniors found that women who committed themselves during their 20s to career, family or both developed more fully than women who had no children and who choose work beneath their capabilities. Between age 27 and the early 40s, women who had faced the challenges of career or parenthood became more disciplined, independent, hard-working, and confident and improved their “people skills” compared with women who had made neither kind of commitment, they were more dominant, more motivated to achieve, more emotionally stable, more goal oriented, and more interested in what was going on in the world (Nelson and Moane, 1987). This research suggests a range of satisfactory life structures is possible for young women who formed dreams and set about making them come true (Papalia and Olds, 1992).

Procedure
The sample consisted of 82 college students (41 married and 41 unmarried in the age range of 21–32). The data were collected from the various colleges and universities in Coimbatore who were pursuing their graduation, post graduation, M. Phil and Ph. D. The measures used were the Case Study Schedule and the Self-Esteem Questionnaire. The Case Study Schedule was tailor made for the present study on women college students. The schedule has demographic details such as age, sex, marital status, educational qualification etc. The Self-Esteem Questionnaire constructed by Dr. Florence Rosenberg is a 10 item self-report rating scale.

Results and Discussion
Table 1: Mean and Standard Deviation of Self-esteem of the Sample

<table>
<thead>
<tr>
<th>Marital Status</th>
<th>N</th>
<th>Mean (SD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Married</td>
<td>41</td>
<td>30.20 (3.82)</td>
</tr>
<tr>
<td>Unmarried</td>
<td>41</td>
<td>30.24 (3.98)</td>
</tr>
</tbody>
</table>

High self-esteem a feeling of self-worth pays dividends. People who feel good about themselves (who strongly agree with self-affirming questionnaire statements) have fewer sleepless nights,
succumb less easily to use drugs, are more persistent at difficult tasks, are less shy and lonely, and are just plain happier (Crocker and Wolfe, 1999; Leary, 1999; Tafarodi and Vu, 1997).

Table 1 shows that the mean self-esteem and the standard deviation of married participants are 30.20 and 3.82 respectively and that of unmarried participants are 30.24 and 3.98 respectively. According to the norms given by author of the tool, Rosenberg, the participants of the study on the whole have high self-esteem.

Table 2: Independent Sample T- Test of Self- Esteem of the Sample

<table>
<thead>
<tr>
<th>Test for Equality of Variances</th>
<th>f</th>
<th>Sig.</th>
<th>t</th>
<th>df</th>
<th>Mean Difference</th>
<th>Std. Error of Difference</th>
<th>Lower</th>
<th>Upper</th>
</tr>
</thead>
<tbody>
<tr>
<td>Equal variances assumed</td>
<td>0.154</td>
<td>0.72</td>
<td>0.057</td>
<td>50</td>
<td>0.04879</td>
<td>0.06108</td>
<td>-</td>
<td>1.76239</td>
</tr>
<tr>
<td>Equal variances not assumed</td>
<td>-</td>
<td>0.057</td>
<td>79.139</td>
<td>0.955</td>
<td>-0.04879</td>
<td>0.06108</td>
<td>-</td>
<td>1.6649</td>
</tr>
</tbody>
</table>

Table 2 shows Independent sample t-test of self-esteem in married and unmarried women college students. From this we can conclude that there is no significant difference in level of self-esteem between married and unmarried women college students of the study. The unmarried female college students might get support from their family members and peer group. This external motivation contributes for their high-level of self-esteem. Also the non-existence of the family commitments give them a sense of independence which boost their level of self-esteem. On the other hand the married students who are pursuing their higher studies have good level of self-esteem. The reasons might be that they feel confident about themselves which automatically enhance their self-esteem. They are internally motivated and have a positive feeling about their future. Of late marriage is not a barrier for many women who are willing to continue their higher education.

Limitations of the Study
- The sample size was restricted to 82 due to time constraints.
- The data collection was done only in a small region of Coimbatore and the results may vary in the other parts of the country.
- Psychological interventions were not given to the sample due to time constraints.

Recommendations for Further Research
- Findings of the current study might lead researchers to explore new psychological aspects of women and their related psychological aspects.
- The research might be expanded to the diversified and cross-cultural sample from different cities and provinces in India as well as with male for comparison purposes.
- Researches can be conducted involving interventions and focusing on other variables such as Emotional intelligence, Adjustment, Spiritual intelligence, Well-being etc. among women.
- Longitudinal researches can be conducted on larger sample of women with interventions.

REFERENCE