



A STUDY OF FAMILY ENVIRONMENT, RESILIENCE, MARITAL ADJUSTMENT, RELATIONSHIP SATISFACTION AND HAPPINESS AMONG YOUNG MARRIED COUPLES

Home Science

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ABSTRACT

The present study entitled "A study of Family Environment, Resilience, Marital Adjustment, and Relationship Satisfaction and Happiness among young married couples" was conducted to assess the level of happiness among young married couples and to examine the contribution of family environment, resilience, marital adjustment and relationship satisfaction on happiness levels of young married couples. Oxford Happiness Inventory (2001), Family Environment Scale (1993), Connor Davidson Resilience Scale (2003), Marital Adjustment Questionnaire (1999), and Relationship Assessment Scale (1988) were administered on 100 young married couples (21-30 years of age) living together and belonging to Kurukshetra city. The objectives of the study were, (a) To assess the level of happiness among young married couples (aged 21-30 years), (b) To examine the relationship of family environment, resilience, marital adjustment and relationship satisfaction with happiness among young married couples, (c) To provide strategies for enhancing happiness levels in young married couples. Results revealed that a major proportion of married couples reported average levels of happiness. Though no significant differences were reported, yet control was negatively correlated with happiness among married couples. Results also recorded significant positive relationship between resilience and happiness, marital adjustment and happiness and relationship satisfaction and happiness among wives. Those married couples who had better family environment, were more resilient, had better marital adjustment, and perceived higher levels of relationship satisfaction were found to be happier than their counterparts.

KEYWORDS

Family Environment, Happiness, Marital Adjustment, Relationship Satisfaction, Resilience.

INTRODUCTION

The quest for happiness and joy in humans leads to marriage. Marriage is a lifelong interpersonal relationship between man and woman as husband and wife which is governed by legal, religious, and customary principles. When spouses get along with each other to achieve harmonious working relationships in different areas of their marital life, adjustment is achieved.

According to sociological point of view, happiness was considered to be an essential aspect of subjective well-being (Bartram, 2011) which was somewhere interpreted and understood in its social context (Illouz, 1997). Researchers such as Diener et al. (1997), Nuvoletti (2002) and (Veenhoven, 1984, 2008) have focused happiness as the positive evaluation which a single individual gives to some aspect of his or her life. Alexandrova in 2008 stated that the evaluation of one's life was based upon two types of appraisals which represented to components of happiness. The first was affective, which refer to the degree to which affective experience was dominated by pleasantness during a certain period (Alexandrova, 2008). The second was cognitive (contentment), which has to be understood as "the degree to which an individual perceived his or her conscious aims to be achieved (Alexandrova, 2008). In other words, it can be said that individuals go through a process of feeling and thinking through which they judge their achievements according to their aspirations. To be truly happy, a person's sense of contentment with their life needs to come from within (Puff, 2018).

A socialist, Bradbury *et al* (2000) has noted marital relationship as a primary means through which individuals construct and maintain social reality. Satisfaction in the marital relationship experienced by couples, who understand the importance of interpersonal relationships was considered to be happy couples as satisfaction was considered to be a key factor that is shaped by and also, shapes various aspects of other human relationships and thereby, raising their happiness levels.

Conceptual Framework Of The Research Study (happiness, Family Environment, Resilience, Marital Adjustment And Relationship Satisfaction)

In this section, the concepts used in the study are being discussed under following heads:

Happiness

The field of positive psychology often defines a cheerful person as someone who experiences frequent positive emotions, like joy, interest, and pride, and infrequent (though not absent) negative emotions, like sadness, anxiety, and anger (Lyubomirsky *et al* 2005). Happiness has also been said to relate to life satisfaction, appreciation

of life, and moments of delight, but overall it relates to the positive experience of emotions.

Sharma *et al* (2019) documented that a major proportion of married couples reported happiness at high levels. The husbands perceived more happiness and powerful others control as compared to wives whereas wives reported significantly higher marital adjustment, internal and chance control as compared to husbands. The correlation between happiness and internal scale was found to be positively significantly correlated whereas powerful others control was negatively significant correlated and chance control showed negatively non-significant results.

Ryan and Deci, (2006) stated happiness in today's perception either an individualized approach supported hedonism or a collective approach drawn from eudemonia. Yet, a sociological understanding of happiness and therefore the good life must be acknowledged, both the importance of social and private factors, whilst accounting for shifting cultural norms that change with time.

Family Environment

Family and other social relationships came out to be key factors correlated with happiness. The study suggested that happy people tend to have more friends, more high-quality social relationships, and stronger social support networks than less happy people (Lyubomirsky *et al* 2005). Happy people also have a high frequency of contact with friends (Pinquart and Sorensen, 2000). Happy lives are those which have a pleasant life (when experiencing a succession of pleasure that lose effect with repetition), good life (play to strength and are engaged), and a meaningful life (put strength at the service of something higher) (Delamothe and Tony, 2005).

Family happiness is a crucial thing as conducive conditions in the family lead to positivity and further result in happiness amongst family members. Diener and Biswas-Diener (2010) and Franklin (2010) reported that happiness may be a positive experience with life satisfaction when one can develop consistent with one's potential. When a family is perceived by its members as an environment that supports self-development, each family member has a greater chance of self-actualizing and achieving happiness.

Resilience

The American Psychological Association (2014) defines resilience as "the process of adapting well within the face of adversity, trauma, tragedy, threats or maybe significant sources of stress". While this definition is useful, it does not reflect the complex nature of resilience. Determinants of resilience include several biological, psychological,

social, and cultural factors that interact with each other to work out how one responds to stressful experiences.

Resilience may change over time as a function of development and one's interaction with the environment (Kim-Cohen and Turkewitz, 2012). For example, a high degree of maternal care and protection may be resilience-enhancing during infancy but may interfere with individuation during adolescence or young adulthood. Also, response to worry and trauma takes place within the context of interactions with another citizenry, available resources, specific cultures and religions, organizations, communities, and societies (Sherrieb, *et al* 2010; Walsh, 2006). Each of these contexts may be more or less resilient in its own right and, therefore, more or less capable of supporting the individual.

Marital Adjustment

Marital adjustment is stated to be one of the key elements of perceived happiness. A growing number of empirical studies were attempting to identify its determinants (Bradbury *et al* 2000). Furthermore, the association between marital adjustment and female employment was likely to be mediated in which the husband and wife participate in housework. In general, the wife's additional work outside the home should require a change in the division of household labor. Correspondingly, clashes caused by the lack of adjustment among the married couples have created a failure to cope among them which may reduce the subjective well-being.

Relationship Satisfaction

Happiness is the basic key to a happy and successful life (Dwoskin, 2011). Marital happiness, satisfaction, and well-being are not synonymous, yet they are closely related and frequently treated interchangeably (Ney, 1974). Happiness and satisfaction go hand in hand. Satisfaction level decides one's level of happiness and, therefore, satisfied married life is considered a happy married life (Fatima and Ajmal, 2012). Due to this similarity, these terms have been considered in the review of prior research. Satisfaction with one's marriage tends to be a pivotal factor in overall happiness (Michael *et al* 2000). Marital happiness is an important element for successful family life and private growth. The fulfillment and positive development are going to be possible only the connection between a few is coherent and satisfactory (Abdulazeez, 2013).

Previous Research

Married people, on average, enjoy better mental health, physical health, and longer life expectancy than divorced/separated, widowed, and never-married people (Hughes and Waite, 2009; Simon, 2002), although the health gap between the married and never married has decreased in the past few decades (Liu and Umberson, 2008). Moreover, marital links to well-being depend on the quality of the relationship; those in distressed marriages are more likely to report depressive symptoms and poorer health than those in happy marriages (Donoho, *et al* 2013; Liu and Waite, 2014; Umberson, *et al* 2006), whereas a happy marriage may buffer the effects of stress via greater access to emotional support (Williams, 2003).

In contemporary times, many types of research and studies have been conducted in the field of marital adjustment to highlight various aspects. Garima *et al* (2014) found that working and non-working women did not differ from each other on marital adjustment as well as on psychological well-being but few dimensions of psychological well-being. Rinku (2013) revealed that non-working women face more marital adjustment problems in comparison to working women. German (2008) found that trust and marital satisfaction were significantly higher among women than men. Eng *et al* (2005) examined the effect of change in marital status on health behaviors among men. They found marital termination has adversely affected the health and dietary behaviors of men. Ng *et al* (2009) investigated gender differences in marital and life satisfaction and the results revealed that women generally report lower marital quality than men. Kerkmann *et al* (2000) found a positive relationship between finance and marital adjustment.

A study by Budi Andayani *et al.*, (2018) empirically tested a model involving Marital Commitment, Positive Communication Style, and Family Process as mediators that support the influence of affection on Family Happiness. This study revealed (1) marital commitment and positive communication styles are important personal characteristics for the belief of family happiness, or in other words, love is insufficient

for the realization of family happiness; (2) family process features a strong role as a mediator between marital commitment and positive communication style together, on family happiness.

James M. Bradley and Mahzad Hojjat (2016) documented that resilience has a direct effect on marital satisfaction. Also, affect and social support were each shown to indirectly impact satisfaction through resilience. The relationships between spousal attachment, resilience, and satisfaction were more complicated than predicted.

Numerous studies have investigated the relationship between resilience and well-being. Meta-analytic studies suggest that there is a strong relationship between trait resilience and well-being. Trait resilience has previously been negatively related to negative indices of well-being and positively related to positive indices of well-being (Zhang *et al.*, 2015). Resilience was also found to directly predict different aspects of well-being, including life satisfaction (Cohn *et al.*, 2009), depression (Loh *et al.*, 2014), and psychological well-being (Souri and Hasanirad, 2011). In addition to studies that have demonstrated the direct relationships between resilience and well-being, the indirect effect of resilience on well-being has also been examined in the literature.

Need Of The Study

This study was an effort to explore the contribution of factors such family environment, resilience, marital adjustment and relationship satisfaction in the dynamics of happiness among young married couples. The above documented research evidence provided an insight that family environment, resilience, marital adjustment and relationship satisfaction have a significant effect on couples' relationship with each other. But due to the dearth of research studies in the Indian context, it became pertinent that a scientific study in the Indian context on happiness among young married couples should be carried out. This study considered the relationship between levels of happiness, family environment, resilience, marital adjustment and relationship satisfaction among young married couples (marital age ranging from 21-30 years). Thus, this study focused on trying to understand why some young married couples were happier than others. This study also focused on trying to find why in contemporary times the essence of marriages is decreasing, also to find that how resilient and adjustable the young married couples are to any situation. The present study will also provide an insight for knowing the reasons which might affect the levels of happiness among young married couples and will enhance their bond and promote well-being amongst them and their relationship.

Objectives Of The Study

- To assess the level of happiness among young married couples (aged 21-30 years).
- To examine the relationship of family environment, resilience, marital adjustment, and relationship satisfaction with happiness among young married couples.
- To provide strategies for enhancing happiness levels in young married couples.

Hypothesis Of The Study

- H1: Wives will have higher happiness levels as compared to their husbands
- H2: Happiest couples would perceive more cohesion, more expressiveness, more acceptance and caring, more active recreational orientation, more independence, more organization and more control and low levels of conflict
- H3: Happiest couples would have better resilience than least happy couples
- H4: Happiest couples would have better marital adjustment than least happy couples
- H5: Happiest couples would have better relationship satisfaction than least happy couples

Methodology

The present study was undertaken to examine the family environment, resilience, marital adjustment and relationship satisfaction as the correlates of happiness among young married couples (21-30 years of age) belonging to Kurukshetra City. A systematic procedure was designed for conducting the investigation, analysis, and interpretation of data. The sample for the present study were young married couples (21-30 years) selected from urban areas of Kurukshetra city. The sample size comprised of 100 young married couples (N=100) in the

age of 21-30 years. The sample was divided to have an equal number of husbands ($n_1 = 100$) and wives ($n_2 = 100$). The selected subjects were approached online to assess their happiness status, family environment, resilience, marital adjustment, and relationship satisfaction in their marriage. The investigator selected the young married couples (21-30 years) who were fulfilling the following criteria:

- This study was restricted to young married couples.
- Age range 21-30 years.
- Living in Kurukshetra city.

Tools/Measures

The Oxford Happiness Inventory has been developed by Argyle (2001). This questionnaire was administered to assess the perception of happiness among young married couples. This was a 29 item questionnaire measuring the main components of happiness i.e. achievement and satisfaction, enjoyment, vigor, and health. Subjects were asked to respond to the items by marking any one of the six response options viz. strongly disagree, moderately disagree, slightly disagree, slightly agree, moderately agree, and strongly agree is 1,2,3,4,5 and for negative items which are 1,5,6,10,13, 14,19,23,24,27,28 and 29 in these items reverse score is applicable.

Family Environment Scale (FES) employed by Harpreet Bhatia and N.K. Chadha (1993) is based on the family environment scale by Moos (1974). It was prepared and standardized by Harpreet Bhatia and N.K. Chadha in 1993. This scale was used to assess the family environment among married couples. This scale includes 69 items. This scale contains three dimensions (i.e. relationship dimensions, personal growth dimensions, and system maintenance dimension) and their sub-dimensions (i.e. cohesion, expressiveness, conflict, acceptance and caring; independence, active recreational orientation; organization, control). Scoring of positive items on the five-point scale i.e. Strongly Agree, Agree, Neutral, Disagree, Strongly Disagree is 5,4,3,2,1, for positive items and 1,2,3,4,5 for negative items respectively.

The Connor-Davidson Resilience Scale (CD-RISC) (2003) was developed by Kathryn M. Connor and Jonathan R.T. Davidson as a means of assessing resilience. The CD-RISC is based on Connor and Davidson's operational definition of resilience, which is the ability to "thrive in the face of adversity." Since its development in 2003, the CD-RISC has been tested in several contexts with a variety of populations and has been modified into different versions. This scale was used to assess the resilience between couples. The CD-RISC consists of 25 items, which are evaluated on a five-point Likert scale ranging from 0-4: not true at all (0), rarely true (1), sometimes true (2), often true (3), and true nearly all of the time (4) except for items 2, 4 and 6 in which case reverse is applicable these ratings result in a number between 0-100, and higher scores indicate higher resilience.

The marital Adjustment Questionnaire was developed by Dr. Pramod Kumar and Dr. Kanchan Rohatgi. The present questionnaire has 25 items. This scale was administered to assess the perception of marital adjustment among married couples. There are two categories of responses 'Yes' or 'No' for each item. A 'Yes' response is assigned a score of 1, except for items 4, 18, and 21 in which case reverse is applicable. The sum of these values gives the marital adjustment score for the husband. Since the responses contributing towards marital adjustment are given a score, the higher the total score, the higher would be a marital adjustment of the husband.

The Relationship Assessment Scale was a short 7- item self-report inventory designed to measure relationship satisfaction. This scale was administered to assess the level of satisfaction in relationship among married couples. Items were scored on a 5-point Likert scale, ranging from 1 (low satisfaction) to 5 (high satisfaction) with questions 4 and 7 inversely scored. Total scores can range from 3 to 35, with high scores meaning better relationship satisfaction.

RESULTS AND DISCUSSION

The present study was conducted to assess the level of family environment, resilience, marital adjustment and relationship satisfaction as correlates of happiness among married couples (aged 21-30 years). The study also sought to examine whether factors like a family environment, resilience, marital adjustment and relationship satisfaction were affecting the happiness levels of the married couples and to determine whether the happiness level of the couples was

correlated to these variables

Happiness profile of married couples

Table 1: Distribution of the sample as per the level of happiness perceived by married couples

Happiness Scores	Total (N=200)		Husbands (n1=100)		Wives (n2=100)		Chi-square value	p-value
	NO.	%	NO.	%	NO.	%		
Low	3	1.5%	2	2%	1	1%	5.226	.073
Average	101	50.5%	58	58%	43	43%		
High	96	48.0%	40	40%	56	56%		

Total Sample (N)=200; Husbands (n₁) = 100; Wives (n₂) = 100

Table 1 reveals the distribution of the sample across different levels of happiness as perceived by married couples. In the total sample, a major proportion (50.5%) of the married couples reported happiness at an average level followed by 48 percent who perceived a high level of happiness. Only 1.5 percent of the total sample recorded a low level of happiness. The majority of husbands (58%) reported happiness at the average level, whereas 43 percent of wives reported the same level of happiness. 56 percent of wives and 40 percent of husbands reported happiness at a high level, whereas 2 percent of husbands and 1 percent of wives perceived happiness scores at low levels in this category. Chi-square value depicted gender differences to be non-significant as far as distribution of both genders across different levels of happiness as perceived by the couples was concerned. Though gender differences in the distribution of gender were non-significant, yet a high percentage of wives (56%) perceived a high level of happiness as compared to husbands (40%).

The previous research findings by Argyle (1999) documented that married persons reported greater subjective well-being than persons who have never been married or have been divorced, separated, or widowed. Also, the findings of the present study were symphonious with previous research findings by Dush *et al* (2013) which documented that 80 percent of the married couples were happy in their married life and 20 percent were not happy in their marriage. The study also stated that the couples who were involved in happy marriages had better levels of three trajectories which included better psychological well-being, less distress, and more positive habits. The previous research findings by Sharma *et al* in 2019 also documented that married couples who reported average and higher level of happiness perceived more well-being and had a better chance of benefiting from relationship.

Tkach and Lyubomirsky (2006) revealed in a research that "Women were more likely to express happiness, warmth and fear, which helped them in having good social bonding and appeared more consistent with the traditional role as primary caregiver, whereas men displayed more anger, pride and contempt, which were more consistent with a protector and provider role." Thus, the present study revealed that women were happier than males.

Present research documented that wives were happier than their male counterparts in married relationships because wives were well-adjusted — wives were more flexible in her relationships with the family, accepting things and situations more quickly. Also, wives tended to make bonds with their husbands more quickly and were more resilient in their married relationship.

Correlation between happiness and family environment

Table 2: Correlation between happiness and family environment among married couples

Family Environment	Correlation Coefficient (r)		
	Total (N=200)	Husbands (n1=100)	Wives (n2=100)
Cohesion	.176*	.076	.214*
Expressiveness	.144*	-.020	.228*
Conflict	.032	.091	-.050
Acceptance and Caring	.071	-.068	.129
Active Recreational Orientation	.075	-.070	.147
Independence	.135	-.037	.200*
Organization	.059	-.147	.195
Control	-.008	-.138	.104

Total Sample (N) = 200; Husbands (n₁) = 100; Wives (n₂) = 100; $p \leq 0.05^*$

Table 2 gives the correlation between happiness and different scales of family environment among the total sample as well as both the gender groups. The correlation between happiness and cohesion and expressiveness was found to be significant in the total sample as well as for the wives group. It means that the more the married couples possessed cohesion or expressiveness, the more the happiness they were experiencing and were able to deal with possible outcomes in their relationship.

The correlation between happiness and cohesion scale was found to be positively significantly correlated in the total sample ($p \leq 0.05$) as well as in wives. The result showed that the higher the degrees of cohesion between the couples, the more happiness the couples were experiencing. It was also observed that the happiness scores were significantly correlated with cohesion across wives.

In the subscale of expressiveness, the coefficient correlation of the total sample ($p \leq 0.05$), as well as the wives group, were found to be significantly positively correlated. It means that the lesser the expressiveness married couples felt upon themselves by others, the lesser was their happiness levels. The happiness levels of the couples increased in wives ($p \leq 0.05$) when there was higher expressiveness by the husbands.

The subscale of conflict showed positively non-significant results between the husbands and wives. The result showed lesser conflict, lesser was the happiness levels amongst couples. But for the wives group, the subscale conflict showed a negatively non-significant relation which means the lesser the conflict between husbands and wives, the more happiness will be found. Similarly, other subscales of family environment like acceptance and caring, active recreational orientation, and organization, showed a positively non-significant relation for the total sample as well as wives group. This indicates that the higher the acceptance and caring, active recreational orientation, and organization between couples, the higher happiness will be found. But for the husbands' group, all these dimensions have a non-significant negative correlation with happiness.

In the subscale of independence, the coefficient of correlation of total sample was found to be positively non-significant for total sample. But for husbands group it was negatively non-significantly correlated. It means that lesser the independence more the happiness among husbands. The independence and happiness was positively significantly ($p \leq 0.05$) correlated for wives group. In the subscale of control, the coefficient correlation of the total sample, as well as husbands group, were found to be non-significantly negatively correlated. It means that the lesser the control among married couples, the more was their happiness levels. The happiness levels of the couples increased in wives ($p \leq 0.05$) when there was higher control by the husbands.

Wamboldt and Reiss (1989) in their research documented that husbands' satisfaction was influenced by conflict in wives' families as compared to wives. The results of the present study were harmonious with the findings by Stasova *et al* (2018) in which they postulated that there was a significant relationship between happiness and the feeling of happiness among families. The study also stated number of factors which displayed the key to a happy family and those included financial prosperity, good relationships and success in the family, cohesion within the family, doing things and spending leisure time together, and a healthy family.

Andayani *et al* in their research in 2018 documented though marital commitment and positive communication styles were important personal characteristics for the realization of marital happiness yet the parameter of love was considered the most important out of all characteristics. The study further concluded that family happiness relies on various factors which included closeness, bonding, and care amongst family members which leads to better levels of cooperation amongst them.

Correlation between resilience and happiness

Table 3: Correlation between resilience and happiness among married couples

Resilience	Correlation Coefficient (r)		
	Total (N=200)	Husbands (n1=100)	Wives (n2=100)
	.092	-.050	.214*

Total Sample (N) = 200; Husbands (n₁) = 100; Wives (n₂) = 100; $p \leq 0.05^*$

Table 3 shows the correlation between happiness and resilience among the total sample as well as both the gender groups. The correlation between happiness and resilience was found to be positively non-significant, in the total sample. But the correlation between happiness and resilience scale was found to be positively significant ($p \leq 0.05$) for wives. It means that the more resilience possessed among wives, more the happiness they were experiencing. For husbands, happiness is non-significantly negatively correlated with resilience. Furthermore, number of reasons have been reported by husbands to perceive negative correlation among resilience and happiness. Some of the reasons included impact of patriarchal system, upbringing, cultural deviation and ego.

Yildirim and Belen (2019) in their research documented that the externality of happiness was negatively correlated with positive effects, satisfaction of life, flourishing, and resilience. The present research findings were harmonious with the previous research by Cohen and Turkewitz (2012) which documented that resilience may change over time as a function of development and one's interaction with the environment. This study also stated that there was a positive correlation between resilience and happiness among wives as they were more expressive and had fewer levels of conflict as compared to the husbands.

Stanford *et al* (2015) which documented that resilience involved the extent to which couples engage in behaviours that help each partner cope during stressful life events. The results of the study also suggested that domains of resilience can be reduced by two factors those included positive and negative behaviour of married couples in their relationship. Furthermore, the study concluded that the resilience of married couples were also correlated with the measures of quality of life and well-being.

Correlation between marital adjustment and happiness

Table 4: Correlation between marital adjustment and happiness among married couples

Marital Adjustment	Correlation Coefficient (r)		
	Total (N=200)	Husbands (n1=100)	Wives (n2=100)
	.024	-.162	.209*

Total Sample (N) = 200; Husbands (n₁) = 100; Wives (n₂) = 100; $p \leq 0.05^*$

Table 4 the correlation between marital adjustment and happiness among the total sample as well as both the gender groups. The marital adjustment was significantly positively correlated ($p \leq 0.05$) with happiness for the wives group. It revealed a non-significant correlation in the overall sample and a negatively non-significant correlation for husbands. The findings revealed that the higher the degree of marital adjustment perceived by wives, the more happiness they were experiencing. But for the husband group, the coefficient of correlation was negatively non-significant.

The findings of the present study were mellifluous with the previous studies documented by Spainer and Cole (1976), Ofeogbu (1998), and Ebeunuwa-Okoh (2007) which opined that the measure of marital adjustment does not generally assess a changing process. Rather, it measures a position on a continuum from well-adjusted to maladjusted. Arkoff (1995) in his research documented that there was a predominant correlation of happiness with adjustment in married couples in comparison to singles and widowed or divorced. Neff *et al* (2011) in their research stated that spouses who experienced moderate stress during the early months of marriage and had good initial relationship resources reported greater marital adjustment. Patel and Dhar (2018) in their study also reported that the happiness of husbands was significantly associated with the positive social support, wealth, and marital duration of the couples.

The coeval research has supported the present research by Taisri and Joseph (2013) which revealed that wives perceived better marital adjustment and independence than their husbands. Furthermore, the results of the present study also favoured the previous research findings by Taisri and Joseph in 2013 and Sharma *et al* in 2019 which reported wives to be well-adjusted and were better in terms of marital adjustment than their husbands.

The study documented by Bali and Dig in 2010 stated that marital

adjustment has been the process of changing, adapting, and correcting the behaviour and interaction of individuals and couples to achieve maximum satisfaction in their relationship. That's why women perceive higher marital adjustment because they adjust more as compared to their male counterparts in married relationship.

Correlation between relationship satisfaction and happiness

Table 5: Correlation between relationship satisfaction and happiness among married couples

Relationship Satisfaction	Correlation Coefficient (r)		
	Total (N=200)	Husbands (n1=100)	Wives (n2=100)
	.218**	.150	.273**

Total Sample (N) = 200; Husbands (n₁) = 100; Wives (n₂) = 100; p≤0.01**

Table 5 gives the correlation between happiness and relationship satisfaction among the total sample as well as both the gender groups. The correlation between happiness and relationship satisfaction was found to be positively significant (p≤0.01) in the total sample as well as for the wives group. It means that the more the married couples possessed relationship satisfaction, the more the happiness they were experiencing and were able to deal with possible outcomes in their relationship. But the correlation between happiness and relationship assessment scale was found to be positively non-significant for husbands.

Kochar and Sharma (2017) in their research documented that married couples were marked by some thoughts, feelings, or behaviours within their relationship and were linked with communication, commitment, sexual attitude, trust, passion, affection, warmth, and dependence. The relationship between happiness and relationship satisfaction of married couples was studied under this research. The study also showed that there was a significant positive correlation existed between relationship satisfaction and happiness.

Previous research findings by Guerrero *et al* (2011) stated that the topic of relationship assessment has focused on various components that were significant indicators of relationship satisfaction. The majority of behaviours used to maintain relationships included pro-social, which helped in promoting relational closeness, trust, and liking for each other in the relationship amongst couples. The study documented five pro-social maintenance strategies. Those strategies included positivity, openness, assurances, social networking, and task sharing. Furthermore, research suggested that relationships which held high levels of pro-social maintenance strategies tended to be more stable and committed, and hence couples prone to be more satisfied within their relationship.

Salient Findings

1. The majority of the married couples (59.5%) in this data were in the age group of 27 and above years. 40.5 percent were below 27 years of age.
2. In the total sample, a major proportion (50.5%) of the married couples reported happiness at an average level followed by 48 percent who perceived a high level of happiness. Only 1.5 percent of the total sample recorded a low level of happiness.
3. The correlation between cohesion, expressiveness and happiness was found to be positively significantly correlated in the total sample as well as in wives. Whereas, for conflict, acceptance and caring, active recreational orientation, organization and independence it was positively non-significantly correlated and for control negatively non-significantly correlated.
4. The correlation analysis between happiness and resilience was found to be positively significant for wives. It means that higher the level of resilience possessed among wives, more the levels of happiness they were experiencing. For husbands, happiness is non-significantly negatively correlated with resilience.
5. The marital adjustment was significantly positively correlated with happiness for the wives at 5 percent level of significance and revealed a negatively non-significant correlation in husbands.
6. The correlation between happiness and relationship satisfaction was found to be positively significant for total sample as well as for wives at 1 percent level of significance. But positively non-significantly correlated for husbands.

CONCLUSION

Results revealed that a major proportion of married couples reported average levels of happiness. The correlation analysis revealed

cohesion and expressiveness to be significantly positively correlated with happiness. Resilience, marital adjustment and relationship satisfaction was significantly positively correlated with happiness in wives. Those married couples who had better family environment, were more resilient, had better marital adjustment, and perceived higher levels of relationship satisfaction were found to be happier than their counterparts.

Implications Of The Study

- The findings of the study focused on one of the important events of human life (marriage), which may attract the attention of social workers, counselors, and people who are interested in the general welfare of human beings.
- The results can be used to improve upon those factors and situations which emerge as risk factors for the level of happiness and to develop and sustain those which act as protective ones to enhance the level of happiness among young adults.
- This study brings out new findings on marital adjustment and resilience among married couples which will help make couples to lead a life full of happiness and prosperity.

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