

Research article

Matrimonial adjustment and Life Satisfaction among Early and Late Marriage Couples in Sialkot, Pakistan during COVID-19

Salbia Abbas¹, Khuzaiifa Bibi², Saira Abbas³^{1,2} Department of Psychology, Govt College Women University Sialkot, Pakistan³ Department of English UMT Sialkot, Pakistan

ARTICLE INFO

Received: 02.08.2021

Accepted: 27.08.2021

Final Version: 29.09.2021

*Corresponding Author:
Email:
salbiaabbasnaqvi@gmail.com
[m](#)

ABSTRACT

The research focused on exploring the relationship of marital adjustment and life satisfaction among early and late marriages. Main objective of the study is to find out the effect of age on marital adjustment and life satisfaction among early and late marriages. The SWLS life satisfaction scale designed by Diener, Emmons, Larsen and Griffin (1985) and Couple satisfaction index (Funk and Roger, 2007) were used to measure the phenomenon of life satisfaction and marital adjustment. The sample was comprised of (N=203) early and late married men and women. Early married (N=112) and late married (N=91) selected from different cities of Punjab Pakistan. Correlation and paired sample t-test were used for analysis. Results indicate a significant correlation ($r= 1$) in marital adjustment and life satisfaction. On the other hand, there is significant difference ($\text{sig}=.000$) in correlation analysis and there is also significant difference ($\text{sig}=.000$) in paired sample T-Test and significance difference in ($\text{sig}=.033$) in life satisfaction and ($\text{sig}=.053$) in marital adjustment.

Keywords: Satisfaction, marital adjustment, early marriage, late marriage, regression, correlation, significance value, significance difference, relationship.

Introduction

Marriage is a legitimately and socially endorsed association, ordinarily between a Man and a lady that is directed by "laws, rules, customs, convictions, and perspectives that recommend the rights and obligations of the accomplices and accords status to their posterity (assuming any). Marriage is an incredible relationship that encourages you will find another measurement in yourself. It's way to satisfaction and bliss throughout everyday life. It's a characteristic route for Males and Females who are two distinct pieces of life to meet up and discover meaning. Truth be told marriage makes each person complete. Marriage is a relationship between unique individuals. It resembles an agreement. A few times individuals additionally call this marriage. The reality of being hitched is called wedlock. Frequently, People praise that they are getting hitched. The service is typically called a wedding. Conjugal change can be characterized as the psychological state among couples in which there is a general inclination of bliss and fulfillment with their marriage it subsequently, calls for encountering an agreeable connection between life partners portrayed by a common concern, care, comprehension, and

acknowledgment. All the relationships are focused on satisfaction in some manner. Most couples become hitched topped off with assumptions. A portion of the assumptions will be reasonable while others are unreasonable. This is because of the perplexing idea of marriage and every individual is as unpredictable as a universe. Hence, in marriage two universes meet up. Bliss, fulfillment, and satisfaction of assumptions are conceivable exclusively by shared, change that prompts a typical idea of marriage.

Marriage is perhaps the most mainstream establishments found among individuals. Albeit truly marriage can be followed distinctly to two or three thousand years before, numerous sociologists concur that in some structure marriage had consistently existed in human culture. Customarily there are five sorts of Man and lady's relationships on which marriage and "day to day life are based. They are indiscrimination, bunch marriage, polyandry, polygamy, and monogamy. Indiscrimination alludes to sex relations without respect to any standard, guidelines, age, and conjugal status and direct relations. Gathering marriage is Many Men wedding numerous ladies without differential ties restricting any single couple. Polyandry alludes to one lady wedded to a few Men and polygamy, one Man to a few ladies. Monogamy is the balanced conjugal relationship that is generally drilled today everywhere on the way of life (Kephart, 1984). The emotional sensations of joy, fulfillment, and joy experienced by a mate while thinking about all current parts of his marriage. Military fulfillment is an attitudinal variable and accordingly, is a property of individual companions. (Hawkins 1968, p.648). Religion and strict practices may likewise add to cheerful marriage. An examination uncovered married couples to contrast in their examples of fulfillment. Spouse's fulfillment was discovered to be more firmly connected to ceremonial implications and wife's fulfillment was discovered to be related to routine practices (Barbara and Thomas, 2001). Kieran (2001) inferred that strictness likewise affected mentality towards separation, responsibility, and help to look for conduct among recently married couples. It additionally positively affected conjugal fulfillment for couples with fewer masochist spouses and a negative effect on couples with more hypochondriac husbands. The effect of strictness was powerless over the initial four years of marriage. Kids are likewise a significant element of upbeat marriage. Couples who can't have their youngsters generally stay disappointed with their conjugal life and generally such relationships end up in separation or spouse's subsequent marriage. Both these circumstances add to additional trouble and disappointment throughout everyday life. Determination of fruitlessness is a significant factor in evaluating misery, and military and sexual disappointment among spouses and wives (Lee, sun, and Chao, 2001). The current examination utilizes a subjective methodology utilizing an interpretative phenomenological examination to explore the experience of being cheerfully hitched. It centers on the variables that are viewed as generally significant for a glad and fulfilled conjugal relationship and nonattendance of which can cause major issues and can prompt unfriendly results. One of the noticeable reasons why hitched couples discover marriage as a threatening bond is that they face various issues while being seeing someone additionally key are not competent enough to survive or take care of these issues. The Absence of trust, shared regard, correspondence, love, and comprehension add to the weakening of the bond. That is the reason couples face antagonistic outcomes like separation. An exploration demonstrated that conjugal status

particularly separate strongly affects mortality given self-destruction among men just (Kposowa, 1999). Some components in their security which offer ascend to outcomes that are not generally wanted, like wretchedness in wedded ladies have discovered to be related with more youthful age, absence of self-rule in marriage choices, conjugal assault, and homegrown maltreatment by parents in law (Ali, Israr, Ali and Janjua, 2009). Fulfillment is a Latin word that way to make or do what's needed. Fulfillment with one's life suggests happiness with or acknowledgment of one's living conditions, or the satisfaction of one's needs constantly for one's life overall. Generally, life fulfillment is an abstract evaluation of the nature of one's life. Since it is innately in assessment, the judgment of life fulfillment has an enormous intellectual segment. Tending importance in life to being (Steger et al., 2009; Ryff and artist, 1998) demonstrates its relationship with the idea of fulfillment with life.

As an idea that can likewise be characterized as how an individual assesses their life as being positive as per their models, it is additionally a psychological and critical cycle (Diener, Emmons, Larsen and Griffin, 1985). Fulfillment with life is a result accomplished by people contrasting what they have and need to have (Altay and Avci, 2009). Positive feelings coming from the result allude to fulfillment with life while negative feelings are about disappointment. a tremendous number of studies have been led to fulfillment (Recepoglu, 2013) decided a positive connection between fulfillment with life and education. Life fulfillment is the cognizant and psychological judgment of one's life where the measures of judgment are up to the individual (Pavot and Diener, 1993). Life fulfillment offers significance to one's life and it tends to be a wellspring of an inclination. (Butler 1976). Life fulfillment is an appraisal of the general states of presence as gotten from a correlation of one's yearning to one's real achievements (George and Bearson, 1980). Life fulfillment is considered a dynamic cycle that goes on for the duration of one's life (Brown, 1981). Life fulfillment alludes to a people's judgment of prosperity and personal satisfaction dependent on their own picked rules (Diener, 1984).

Literature Review

Vaishnavranja, (2010) directed an examination on the introduction of early marriage. The current paper was a push to get experiences on determinants and psychosocial impacts of early marriage on the ladies of country regions. He took 300 ladies in his examples that wedded in their initial age and have an insight into wedded life up to 5 to 15 Yeats. It is likewise gotten from the relapse examination that the awful impacts of early marriage in prior ages must note awful on young lady kids. The disappointment level is high with the respondents who get hitched at an early age. Akhani et al. (1999) led an exploration of conjugal change and life fulfillment among the ladies ahead of schedule and late marriage. Their exploration likewise needed to investigate the connection between conjugal changes in life fulfillment. The example of their investigation was 100 hitched ladies. The discoveries of their investigation demonstrated their theory, that ladies' age at marriage hold hugeness in the conjugal change. The ones who wed with a development age have preferred conjugal change over ladies of early marriage. The examination likewise indicated that the monetary situation of the family had a significant influence in choosing the degree of conjugal change as the ladies of high profit shows more life fulfillment than the ladies of low procuring. Conjugal fulfillment is a perplexing cycle influenced by an

assortment of elements, for example, training, financial class, love, responsibility, conjugal correspondence, strife, sex, presence of kids, sexual relations, and the division of assignments at various occasions (Hendrick and Hendricks, 1992; Schoenfeld, Loving, Pope, Huston, and Stuihofer, 2017). In an examination, Schutte et al. (2010) reasoned that people with higher enthusiastic knowledge co-work more with their life partners and appreciate a higher conjugal fulfillment. Lubben (1989) demonstrated that wedded men were happier with life than one or the other wedded or bereaved ladies, and among men, the individuals who were hitched had higher life fulfillment than the individuals who were not. Reinhardt and Fisher (1989), for instance, looked at reports of life fulfillment among ladies who were hitched and the individuals who were bereft and discovered essentially higher life fulfillment among the individuals who were married. Amato et al. (2007) report that the discoveries are comparative for "conjugal collaboration," which expanded with age at marriage, and "issues," which diminished, yet they don't report explicit information. These discoveries joined with the level example of conjugal joy and fulfillment with age from the outset marriage; propose that numerous relationships of the individuals who wed late are "sufficient" ones described by low enthusiastic power. The broad writing on age at marriage and conjugal achievement centers to a great extent around contrasts among teenagers and right on time to center twenties relationships and commits little thoughtfulness regarding relationships that start at more established ages. The fundamental purpose behind this accentuation is a gigantic distinction in endurance rates between high schooler relationships and all others, which is just modestly decreased by controls for instruction, financial foundation, race etc. (Becker, Landes, and Michael, 1977; Bennett, Blanc, and Bloom, 1988). Sinha and Mukerjee (1990), characterize the conjugal change as, "the state wherein there is a general inclination among a couple, of bliss and fulfillment with their marriage and with each other. "Marital fulfillment identifies with numerous components, sociodemographic factors, mental factors and nurturing, patterns, psychopathology, and actual wellbeing, or a blend of these elements (Bradbury, Fincham, and Beach, 2000). David and Stafford (2013) applied religion and otherworldliness -based social model, utilizing the relationship of individuals with God, strict couples' joint correspondence, and their pardoning practices as the conjugal fulfillment predictors. Lee (1977) led an investigation on Age at Marriage and Marital Satisfaction: A Multivariate Analysis with Implications for Marital Stability. He took the example of 700 88 wedded individuals. In this examination, he researched the connections between age at marriage, the conjugal job execution, and conjugal fulfillment. The motivation behind the examination was to test the speculations identified with age at marriage and conjugal insecurity which was portrayed from a hypothesis. His discoveries showed the presence of minimal positive relations between the developments.

Methodology

Participants

A random sample of 203 married people was taken through online survey from home. Both early late married couples were included. 152 were females and 51 were male. They were belonging to different

religions with age range 17 to above 37. The participants belonged to different urban and rural areas of Pakistan. Below matric to graduates were included.

Design

A Google survey form was used to gather data. SPSS 21 was used to gather and analyze data. It helps to get results in efficient way.

Inclusions

Age range of 17 to above 37 was included. People with below matric to graduates were included. Survey include people of all religions. People with urban and rural areas were also included.

Exclusion

Unmarried people are excluded from our study and moreover below 17 and above 50 age range population are also excluded from our study. And people of other religion except Islam and Christianity are also excluded from our study.

Measures

A self-arranged sheet was designed at the start of online survey form. It consists of religion, gender, age, education, and area of living. After that these scales were printed to be filled.

CSI-32 Couple satisfaction index

Couple satisfaction index (Funk and Roger, 2007) was designed to measure relationship satisfaction of intact (married, cohabiting, or dating). It consists of 32 items. The scale has variety of items with different response scales and formats. It is a valid measure with good internal consistency and reliability. Participants indicate how much they agree or disagree using a 7-point scale that ranges from 7 strongly agree to 1 strongly disagree.

Satisfaction with life scale

A 5-item scale designed to measure global cognitive judgments of one life satisfaction (not a measure of either positive or negative affect). It was first designed by Diener, Emmons, Larsen and Griffin (1985). SWLS is reported to have very good internal consistency, with an alpha of 0.87 and excellent test-retest reliability, with correlation of 0.82 across a two-month period. Participants agree or disagree with each of 5 items through 7-point scale ranging from strongly agree to strongly disagree.

Procedure of study

For research purpose, we took survey from 203 married people. Informed consent was also provided according to ethics of research and insured that information will not be shared. Couple satisfaction index (CBI) and satisfaction with life scale (SWLS) was used.

Results and Interpretations

Interpretation of Descriptive

SPSS provide you with a table giving the correlation coefficients between each pair of variables listed the significance level and the number of cases. As in our research no of cases are 203 and mean value is 1.45 and standard deviation is .499 a given below table represents all values very clearly. As table below shows a detailed description about variables as standard deviation is .499 and mean value is 1.45 and N=203 according to our topic of research marital adjustment and life satisfaction among early and late marriages during COVID-19. This descriptive table is used for all statistical tools description and represents the description of all tables.

Descriptive statistics

Table 1: Description of variables of marital adjustment and life satisfaction among early and late marriages during COVID-19.

	Mean	Std. Deviation	N
Early and late marriages	1.45	.499	203
Meaning total	136.6995	32.47289	203

Table 2: Demographical characteristics of the sample N=203

variables	Categories	F	%
Gender	Female	152	74.9
	Male	51	25.1
Age	17-23	112	55.2
	24-30	56	27.6
	31-37	27	13.3
	Above 37	8	3.9
Education	Below or 12 years of education	23	11.3
	14 years	88	45.3
	16 years	92	45.3
Area of living	Urban	112	55.2
	Rural	91	44.8

Interpretation from correlation:

Correlation

Table 3: Correlation between variables marital adjustment among early and late marriages during COVID-19.

Descriptive statistics

	Mean	Std.deviation	N
Early and late marriages	1.45	.499	203
Marital adjustment	127.26	14.351	203

The results for Pearson correlation are shown in the section headed correlation. The first thing to look at in the table labeled correlations is the N (number of cases). We have 203 cases that scores on both scales used in this analysis. The mean score of early and late marriages is 1.45. The standard deviation value is .499 of early and late marriages. Mean value of marital adjustment is 127.26. And the standard deviation value of marital adjustment is 14.351.

Table 4: Correlation between variables, marital adjustment among early and late marriages during COVID-19.

Correlation

		Early and late marriage	Marital adjustment
Early and late marriages	Pearson correlation	1	-.136
	Sig value		.053
	N	203	203
Marital adjustment		-.136	1
	Sig value	.053	
	N	203	203

The results for Pearson correlation are shown in the section headed correlation. The first thing to look at in the table labeled correlations is the N (number of cases). We have 203 cases that scores on both scales used in this analysis. Correlation of early and late marriages with marital adjustment is 1. And sig value is .053 which is the significant.

Table 5: Correlation between variables, life satisfaction among early and late marriages during COVID-19.

Descriptive statistics

	Mean	Std.deviation	N
Early and late marriages	1.45	.499	203
Life satisfaction	24.17	6.44	203

The results for Pearson correlation are shown in the section headed correlation. The first thing to look at in the table labeled correlations is the N (number of cases). We have 203 cases that scores on both scales used in this analysis. Mean value of life satisfaction is 24.17 and standard deviation is 6.44.

Table 6: Correlation between variables, marital adjustment among early and late marriages during COVID-19.

Correlation

		Early and late marriage	Marital adjustment
Early and late marriages	Pearson correlation	1	-.128
	Sig value		.033
	N	203	203
Life satisfaction		-.128	1
	Sig value	.033	
	N	203	203

The results for Pearson correlation are shown in the section headed correlation.

The first thing to look at in the table labeled correlations is the N (number of cases). We have 203 cases that scores on both scales used in this analysis. Correlation of early and late marriages with life satisfaction is 1. And sig value is .033 which is the significant.

Interpretation from paired sample T-Test

The paired t-test, also referred to as the paired-samples t-test or dependent t-test, is used to determine whether the mean of a dependent variable (e.g., early, and late marriages) is the same in two related groups (e.g., two groups of participants that are measured at two different time e.g., life satisfaction and marital adjustment).

Table 7: Paired sample statistics of marital adjustment on early and late marriages.

Paired sample statistics			
	mean	N	Std.deviation
Early and late marriages	1.45	203	.499
Marital adjustment	127.26	203	14.35

The results for paired sample t-test are shown in the table mean value is 1.45 and (N=203) and standard deviation value is .499.

Table 8: Paired sample tests of marital adjustment on early and late marriages.

	t	df	Sig.(2tailed)
Early and late marriages	-124.25	202	.000
Marital adjustment			

The results from paired sample tests table are shown above DF are 202 and t value is -124.25 and the sig value is .000 which is the significant value.

Table 9: Paired sample statistics on life satisfaction on early and late marriages

	mean	N	Std.deviation
Early and late marriages	1.45	203	.499
Life satisfaction	24.17	203	6.44

The results of paired sample statistics are shown in the table as (N=203) standard deviation is 6.44 of life satisfaction and mean value is 24.17 of life satisfaction.

Table 10: Paired sample tests on life satisfaction on early and late marriages.

	t	df	Sig.(2tailed)
Early and late marriages	-49.59	202	.000

Marital adjustment

The results from paired sample tests table are shown above DF are 202 and t value is -49.59 and the sig value is .000 which is the significant value.

Results

Life satisfaction and marital adjustment is more in early marriages. According to our analysis and the interpretation of the results there is significant difference between the variables and our P-value is less than standard value 0.05 which means that we can reject the null hypothesis and our hypothesis is accepted.

Conclusion

The aim of the current study is to find out the relationship of marital adjustment and life satisfaction among early and late marriages during COVID-19. This research approved those early marriages have high level of marital adjustment and life satisfaction during COVID-19. The present study included the sample of (N=203) early and late married men and women in two categories early married men and women (N=112) and late married men and women are (N=91) the participants were selected from different areas of Punjab, Pakistan from different socio-economic backgrounds. The age of early married participants was from 17-23 and late married are from 24- above 37. Regression, correlation, and ANOVA are used for analysis. Results indicate a significant negative and weak correlation ($r = -.089$) in marital adjustment and life satisfaction. On the other hand, there is no significant difference ($\text{sig} = .207$) in correlation analysis and there is also no significant difference ($\text{sig} = .207$) in regression and also no significance difference in ($\text{sig} = .923$) in life satisfaction and marital adjustment.

Strength of study

As our hypothesis is accepted so acceptance of hypothesis is the strength of our study.

Limitations

In our research study there is age limitation as it is starting from 17 years of age but there are no other limitations it can be applied on all religions in any area in any field and on any gender.

References

1. Diener, E., Emmons, R.A., Larson, R.J., & Griffin, S. (1985). The Satisfaction with life scale. *Journal of personality Assessment*, 49, 71-75.
2. Pavot, W. & Diener, E. (1993). Review of the satisfaction with life scale.
3. *Psychological Assessment*, 5, 164-172.

4. Pavot, W. G., Diener, E., Colvin, C.R., & sandvik, E. (1991). Further validation of the satisfaction with life scale: evidence for the cross-method convergence of wellbeing measures. *Journal of personality assessment*, 57, 149-161.
5. Fincham, F.D., & Rogge, R. (2010). Understanding relationship quality: theoretical challenges and new tools for assessment. *Journal of family theory and review*,2(4), 227-242
6. Fink, E., Browne, W.V., Kirk, I., &Hughes, C. (2019). Couple relationship quality and the infant home language environment: Gender-Specific findings. *Journal of family Psychology*, 34(2), 155-164.
7. Booth, A., & Edwards, J. N. (1985). Age at marriage and marital instability.
8. *Journal of marriage and family*, 47(1) 67-75.
9. Davit et al. (1987). The consequences of early marriage on marital dissolution.
10. *Sociological spectrum: Mid-south Sociological association*, 7(3), 191-207.
11. Lee, G. R. (1997). Age at marriage and marital satisfaction: A Multivariate Analysis with implications for marital stability. *Journal of Marriage and Family* vol. 39, No. 3 PP. 493-504 National council on family relations.
12. Spinier, G.B. (1989), 2001). *Dyadic adjustment scale (DAS)*. North Tonawanda, NY: Multi-Health systemic.
13. Bahre, Stephen, Galigan, & Richard, (1984) *Teenage marriage and marital stability*. *Youth and Society*, 15(4), 387-400.