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Effect of family life education on marital satisfaction of married couple

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Abstract

The aim of the study was, to find out the effect of family life education on marital satisfaction of married couple pre and post intervention. The current article presents the mean differences of marital satisfaction of married couple before and after intervention. To conduct the study a sample of 120 married couple belonging to the age group of 18-38 years were selected. To measure the marital satisfaction among married couple questionnaire consisting of four domains such as social, emotional, interpersonal and sexual was used. The study revealed that intervention training programme significantly reduces marital conflicts and improve marital adjustments of married couple. These trainings had also significantly influenced the four aspects of marital satisfaction of married couple including social, emotional, interpersonal and sexual. The study revealed that the mean scores of marital satisfaction increased significantly after intervention. It can be concluded that the effect of intervention programme had positive effects on marital adjustment levels by improving communication.

Keywords: Family life education, marital satisfaction and married couple

Introduction

Family is where we all belong to and from where our identity comes from. A person is valued based on his family and upbringing. Family is a bond, a long-lasting relationship that holds a bond with each other. It all forms when man and women become one and from there a family is born. Hence it is important to understand the relationships between a man and women in marriage. It involves emotional and legal commitment that is quite important in any adult life. According to Erikson, the young adult, emerging from the search for and insistence on identity, is eager and willing to fuse their identity with that of others. He [or she] is ready for intimacy, that is, the capacity to commit... to concrete affiliations and partnerships. To do so means the ability to face the fear of ego loss in situations which call for self-abandon: in the solidarity of close affiliations, in orgasms and sexual unions, in close friendships and in physical combat'. Avoidance of such experiences because of a fear of ego-loss may lead to a deep sense of isolation and consequent self-absorption. Where isolation is avoided, the young adult may find instead that satisfactory sex relations... in some way take the edge off the hostilities and potential rages caused by the oppositeness of male and female, of fact and fancy, of love and hate and may grow into the ability to exchange intimacy, love and compassion.

Marital satisfaction is the subjective evaluation of one's experience in their marriage. By subjective evaluation, we mean that marital satisfaction can only be rated by each person in response to the question, "How satisfied are you?" The level of a person's satisfaction cannot be determined by anyone else. Marital satisfaction is not a property of a relationship; it is a subjective experience and opinion (Baghipour, 2010) [2]. Marital satisfaction is also one of the most important indicators of life satisfaction and family performance (Tavakol *et al.*, 2017) [3]. It is associated with plenty of positive outcomes such as better quality of life, higher general life satisfaction, more happiness, better physical health, and better family well-being (Yucel and Koydemir, 2015). Research reviews on people with marital conflicts and who had attended the marriage enrichment training through the PAIRS method can reduce marital conflicts. This method helps individuals improve their relationships and at the same time preserve the quality of these relationships over time. This approach is training. Model to teach skills for the improvement of satisfaction and stability of couple relationship. (Mahshid Alsadat Keyhandoost *et al.* (2017).

Family Life Education is the practice of equipping and empowering family members to develop knowledge and skills that enhance well-being and strengthen interpersonal relationships through an educational, preventive, and strengths-based approach.

It is the process of developing awareness and understanding of population situations as well as rational attitude and behavior towards those situations for the attainment of quality life for the family and the nation. Family life education is concerned with the study of attitudes and skills related to dating, marriage, parenting, family health and life of the family as a socio-cultural and economic unit in the society. Therefore, to understand the effectiveness of family life education the current study aimed in helping married couple with varied problems such as social, emotional, interpersonal and sexual.

Methodology

Married couple belonging to the age group of 18-38 years were selected for the study. Purposive sampling technique was adopted for the study. In the state of Telangana from Maheswaram Mandal Ramchandraguda and Dubbacherla villages were selected for the study. The sample for the study comprises of couple-both husband and wife. From two villages sixty (60) couples from each village were selected purposively. Thus a total of one twenty (120) couples were selected purposively from two villages. To find out the marital satisfaction of married couple, the investigator used marital satisfaction dimension of social, emotional, interpersonal and sexual scale (Brinda amritraj and Indira jai prakash, 1985) was used for pre and post test to measure the effect of family life education on marital satisfaction. The data on marital satisfaction was collected in two stages one before and after intervention. The collected data was coded and analyzed using frequency, percentages and paired t-test.

Results

Table 1: Marital satisfaction level of married couple before Intervention

(N=120)

S. No.	Domain	Low		Moderate		High	
		F	P	F	P	F	P
1.	Social	79	66	36	30	5	4
2.	Emotional	91	76	25	21	4	3
3.	Interpersonal	87	72	31	26	2	2
4.	Sexual	82	68	38	32	0	0
5.	Total	85	71	32	27	3	3

Note: 'F' represents frequency and 'p' represents percentage

Social Domain

It was evident from the table -4.1.4 that sixty-six per cent of the married couples scored low on social domain and remaining thirty per cent of sample were in moderate category. This infers that low score on social domain refers to couples have less interaction with friends and relatives. Due to family and children responsibilities they don't have time to interact with friends and social events. Few couple reported that they not interested to involve in social events due to their financial conditions. Social Support processes are reliably associated with good marital functioning, as well as with healthful outcomes within families. A marriage partner who provides good social support for his or her spouse contributes to the spouse's marital satisfaction. This family stress theory (Hill, 1958; Hill, 2005) [5, 6] also proposed that, social support has an important moderating role in marital satisfaction. social support as a moderating factor can improve physical and psychological health and facilitate couples' marital satisfaction. Laurenceau *et al.*, 2005 [7] study also found that

couples affection expression and level of negativity and the amount of time they had to spend doing things with friends/relatives/their spouse, factors that influence the marital satisfaction.

Emotional Domain

From the above table it was observed that seventy-six per cent of the samples were scored low on Emotional domain and remaining twenty-one per cent of the sample was in moderate category. These low scores indicate that married couple' sdifficulty to managing in their emotions, had less emotional support from spouse. It means that they had no affection, intimacy, trust and care and couples have Finances problems, children, schooling, work commitments Work can take up time that couple would like to spend with their partner and children. Pressures at work can impact on partner and partner may find him/her irritable or upset and sometime couples may have conflict with differences and disagreements within a relationship. Everyone does not grow up with the same belief systems, morals and goals, its may lead to conflict within the relationship. Due to these stressful circumstances couple may feel distress and become withdrawn, depressed, aggressive, defensive, argumentative, or secretive when under pressure and this will inevitably impact on their relationship. This low levels emotional regulation causes major physiological, psychological and behavioural dysfunctions. A recent study conducted by AbdollahOmidi and Ensieh Talighi (2017) [8] revealed that emotion regulation factors other than a lack of emotional awareness have a significant negative relationship with marital satisfaction and impulse control problems, lack of emotional awareness, and lack of emotional clarity nice to be able to predict marital satisfaction. Another study Javad Khalatbari (2013) [9] also found that there is a significant relationship between marital satisfaction and emotional stability. This means that the more their marital satisfaction grade, the less their neuroticism grade and people are more acquired with emotional stability.

Interpersonal relationship Domain

Figure-4.1.4clearly states that more than half (70%) of the married couples had scored low on interpersonal domain and twenty-six per cent of the sample were in moderate category and only two per cent of the sample were in high category. This might be due fail to improper communication, unable to express their feelings, hiding and fighting over small issues and couples do not have time to meet or interact with each other arise frustration and conflicts in relationship led to low scores on Interpersonal relationships. Individuals who scored low on interpersonal relations tend to isolation and lack of receiving support from others. On the other hand, isolation and emotional reactions in extreme situations in the context of intimate relationships can cause more discontent hostility in relations between spouses and therefore increases the feeling of marital dissatisfaction. A study conducted by Farah Haris and Aneesh Kumar P. (2018) [10] revealed that the interpersonal communication skills are necessary for making good relationship bond between the partners. There also existed no statistically significant difference in gender, age and years of marriage on the study variables among couples. Another study supporting the results revealed that Communication skills training leads to improvement of relationships, better handling of difficult situations, mental and physical health, & better social performance (Lundblad & Hansson, 2006) [11].

Sexual Domain

From the above depicts that sixty-eight per cent of the sample were low category and thirty-eight per cent of the sample were on moderate category of sexual domain. Sexual relations is the most important determining factor in married life. Dissatisfactory will lead to the feelings of deprivation, frustration, and lack of safety and will likely endanger mental health, thereby resulting in the disintegration of the family life. Low scores on sexual domain reasons might be with increasing age, duration of marriage and number of children, the frequency of sexual activity, sexual satisfaction, and sexual desire decreases, which may be due to the declining attractiveness of the person's sexual partner, increased financial activity over time, workload, and childcare. A recent study conducted by Masoumeh Simbar and Abbas Ebadi (2016)^[12] results revealed In the family and marriage system, desirable sexual relationship and sexual health arenecessary and acceptable and two of the most powerful predictors of marriage stability and success. Another study results Abdullahi, *et al.* (2014) revealed that Marital satisfaction was significantly associated with sexual satisfaction. So, with the increase of sexual satisfaction, there was an increase in marital satisfaction accordingly.

Total Marital Satisfaction Levels of Married Couples

From the table -4.1.4 with respect to total scores it can be summarized that seventy-one per cent of the married couples had scored low on marital satisfaction before intervention. Only twenty-seven per cent of the sample were in moderate category. This infers that married couples had problems pertaining to social, emotional, interpersonal and sexual relations which would led them to depression, anxiety, and conflicts. Ongoing stress and conflicts, marital instability leads to divorce. The quality of communication between spouses is widely assumed to affect their subsequent judgements of relationship satisfaction and these skills are the key predictors of relationship satisfaction (Bradbury *et al.* 2016)^[16]. Farzaneh Zaheri *et al.* (2016) revealed that spiritual and religious, sexual and interpersonal factors, communication and interaction factors and mental health had positive impact on marital satisfaction.

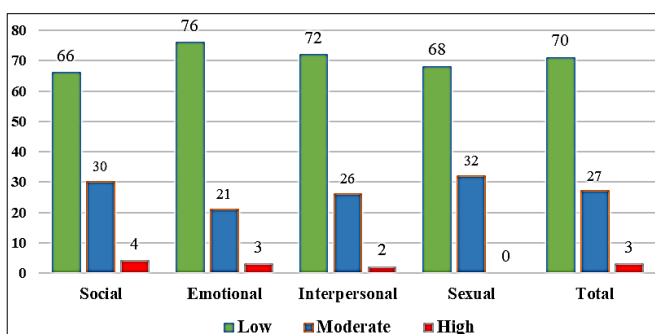


Fig 1: Marital Satisfaction of married couple before intervention

Table 2: Marital satisfaction of married couples after intervention

(N=120)

S. No.	Domain	Low		Moderate		High	
		F	P	F	P	F	P
1.	Social	48	40	40	33	32	27
2.	Emotional	51	42	43	36	26	22
3.	Interpersonal	40	33	50	42	30	25
4.	Sexual	50	42	40	33	30	25
5.	Total	10	8	75	63	35	29

Note: 'F' represents frequency and 'p' represents percentage

Social Domain

It was evident from the table -4.3.10 that thirty-seven per cent of the married couples scored high category social domain and thirty-three per cent of sample were in moderate category. This infers that moderate and high score on social domain refers to couples have better interaction with friends and relatives. This might be because intervention had enabled them to better interactions between family, friends. Individuals through intervention improve their communication and interpersonal skills in leading more meaningful life resulted in better social skills levels after intervention. Bolsoni-Silva and Marturano (2010)^[17], found that impact of social skills programs directly Signiant to marital satisfaction. In general, the findings are in consonance with those reported by Jahanshir Tavakolizadeh (2015)^[18] communication skills training significantly reduces marital conflicts. This training had also significantly influenced the five aspects of marital conflicts of case group including cooperation, personal communication with relatives and familial communication with spouse relatives and friends.

Emotional Domain

From the above table it was observed that thirty-six per cent of the samples were scored moderate on Emotional domain and twenty-two per cent of the sample was in high category. These moderate and high scores indicate that married couples better able to manage their emotions like anger, affection and intimacy etc. Educational programme enabled them to eliminate misunderstandings and cope with conflicts among married couples and resulted in better scores post intervention. Through this intervention programme married couples can feel closer to each other, can share thoughts and feelings, can feel more intimate and better able to manage their conflicts more enjoy being together. The results are in congruence with study conducted by. Katrina Bell McDonald *et al.* (2018)^[19] results reveal that communication skills training for married women can increase their intimacy and quality of life in their relationships with their husbands. Another study also revealed that communication skills training leads to improvement of relationships, better handling of difficult situations, mental and physical health, & better social performance (Lundblad & Hansson, 2006)^[11].

Interpersonal relations

From the figure-4.4 it was noticed that twenty five of married couples had scored high on interpersonal relations and forty two per cent in moderate and forty in low categories after intervention. This means that more than half of the sample were in moderate and high categories in interpersonal relations after intervention. This might be due to educational training programme techniques used during the intervention might have help the better understanding each other, showing more intimacy, expressing positive emotions, physical contact and verbal caress among married couples. This finding is coordinated with results of study by Shahrbanoo Naghdi Babae and Shahrbanoo Ghahari (2016)^[20] found that communication skills training can effect on increase in intimacy and marital adjustment improving couples' relationships and leading to long-term behavioral changes in couples. Another study also found that Hrapczynski (2008)^[21] has shown that cognitive-behavioral therapy can reduce negative communication patterns and negative attitudes among couples, which will lead to increased satisfaction.

Sexual Relationships

From the fig-4.4 it was clear that twenty-five per cent of the sample were in high category and thirty-three per cent of the sample in moderate category and fifty per cent of them were in low category. This infers that more than half of the sample were in moderate and high category. Moderate and high scores reflect better sexual relationship among married couples after invention. This intervention programme helped them to improve intimacy and affection among married couples and also training may have increased the skills among the spouses which in turn have improved their emotional status and as a consequence, their sexual satisfaction. The results are in congruence with study conducted by Jahanshir Tavakolizadeh *et al.* (2015) [18] results revealed that communication skills training significantly reduces marital conflicts. These trainings had also significantly influenced sexual relationship and emotional reactions of married couples.

Total score of marital satisfaction of married couples

From the fig-4.4 it was clear that sixty-three per cent of the sample were in moderate and twenty-nine per cent of the sample were in high category of marital satisfaction. Results showed that the intervention (family problem-solving) decreases marital dissatisfaction in terms of following dimensions: marital communication, conflict resolution, sexual relationship, personality issues and communications

with family and friends. Khodabakhsh Ahmadi, S. Mahdi Nabipoor Ashrafi *et al.* (2010) [22] Results showed that the intervention (family problem-solving) decreases marital dissatisfaction in terms of following dimensions: marital communication, conflict resolution, sexual relationship, personality issues and communications with family and friends.

The difference in the mean scores of marital conflict and marital satisfaction before, immediately and one month after the intervention was statistically significant in the experimental groups ($P < 0.0001$) but not in the control group. (Farkhondeh Sharif 2012).

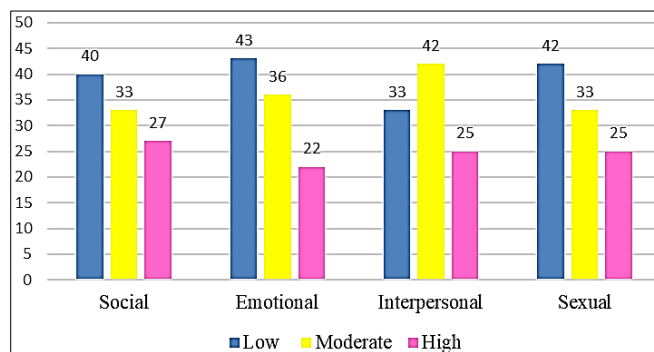


Fig 2: Marital Satisfaction of Married Couples after Intervention

Table 3: Mean differences in marital satisfaction of married couple before and after intervention

S. No.	Dimensions	Pre-test		Post-test		t-value	p-value
		Mean	SD	Mean	SD		
1.	Social	6.43	2.3	8.43	3.5	-9.23	0.000***
2.	Emotional	7.15	3.3	8.11	3.6	-2.88	0.004**
3.	Interpersonal Relations	5.96	1.8	8.56	3.3	-11.9	0.000***
4.	Sexual	6.96	2.0	7.66	1.9	-2.48	0.014*
5.	Total scores	25.39	6.5	32.70	8.1	-15.19	0.000***

Note: *Significance at ($P < 0.05$), **Significance at ($P < 0.01$), NS- Not Significant

From the above table- 4.3.15 it was evident that mean scores of marital satisfactions with respect to pre and post-test scores of interventions had shown significant differences in marital satisfaction. This intervention training significantly reduces marital conflicts and improve marital adjustments of married couple. These trainings had also significantly influenced the four aspects of marital satisfaction of married couple including social, emotional, interpersonal and sexual. The study revealed that the mean scores of marital satisfaction increased significantly after intervention. It can be concluded that the effect of intervention programme had positive effects on marital adjustment levels by improving communication. Moreover, the results of the present research are consistent with the results of Kamal Solati (2017) [24] study on the effectiveness of life skills training on happiness, mental health, and marital satisfaction in wives of Iran-Iraq war veterans. The mean scores of happiness and mental health indicated a significant difference between the two groups at post-test ($P < 0.001$). Mean scores of marital satisfaction exhibited significant difference at both posttest ($P < 0.001$) and follow-up ($P = 0.001$) between the two groups. The findings of this study are in line with the studies, which proved that Abbas Ali Hosseinkhanzadeh and Taiebeh Yeganeh (2013) [25] study revealed that show there is significant difference between mean scores of marital satisfaction in experimental group in pre-test and post-test of after intervention.

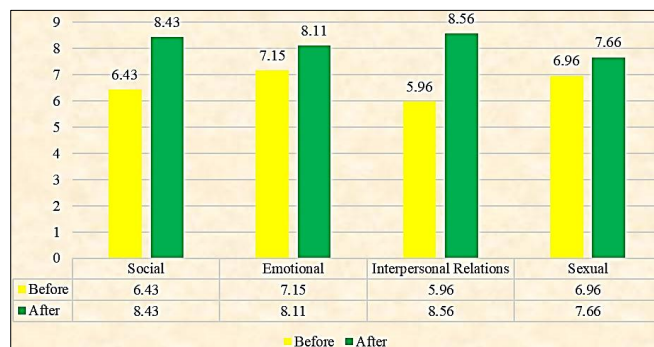


Fig 3: Mean differences in marital satisfaction among married couples pre and post intervention

Conclusion

The findings of the study reveal that intervention focused on marital satisfaction of married couple. After intervention married couples had scored high mean scores on all domains such as social, emotional, interpersonal and sexual. Low scores resulted in pre-test revealed that improper communication skills among married couple which led them on having marital distress, uncontrollable conflicts among couples, if these conflicts become severe, it create emotional stress would be deteriorating psychological and physical health problems that affects the spouses. The high score on marital domains scores revealed that intervention programme

had positive effects on improving marital adjustment and couples' intimacy. Highly significant differences were observed in social, emotional, interpersonal and sexual domain reflecting that married couple were able to manage their emotions and resolve their problem. Therefore, it can be concluded that participating in communication and problem-solving skills of family life education programme was highly effective in sustaining marital satisfaction.

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