

**Perceived Marital Satisfaction in Relation to Emotional Maturity,
Personality Traits, Emotional Intelligence and Commitment towards
Marriage**

A

Thesis submitted in the partial fulfillment of the requirement for the degree of

**MASTER OF ARTS
IN
PSYCHOLOGY
(Clinical)**



Submitted by:

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UNDER THE SUPERVISION OF

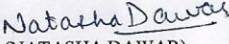
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CERTIFICATE

This is to certify that the thesis entitled “**Perceived Marital Satisfaction in relation to Emotional Maturity, Personality Traits, Emotional Intelligence and Commitment towards marriage**” being submitted in partial fulfillment of requirements for the award of degree of **Master of Arts in Psychology**, submitted in the **School of Humanities and Social Sciences, Thapar Institute of Engineering and Technology, Patiala** is a bonafide work carried out under the supervision of **Dr. Surinder Kaur**, Visiting Professor, School of Humanities and Social Sciences, Thapar Institute of Engineering and Technology , Patiala and that no part of this project has been submitted for the award of any other degree.


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CANDIDATE'S DECLARATION

I hereby declare that the work presented in this thesis entitled, "**Perceived Marital Satisfaction in relation to Emotional Maturity, Personality Traits, Emotional Intelligence and Commitment towards marriage**" in partial fulfillment of the requirement for the award of Degree of **Master of Arts in Psychology**, submitted in the **School of Humanities and Social Sciences, Thapar Institute of Engineering and Technology**, Patiala, is an authentic record of my own work carried out under the supervision and guidance of **Dr. Surinder kaur**, Visiting Professor, School of Humanities and Social Sciences, Thapar Institute of Engineering and Technology, Patiala and refers other researcher's work which are duly listed in the reference section.

The matter embodied in this thesis has not formed the basis for the award of any other degree of this or any other university.

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ABSTRACT

Marriage and marital satisfaction are major two aspects of individual life. There are many factors that contribute towards marital satisfaction. In the present study relationship between Emotional intelligence, Emotional maturity, Personality traits and Marital satisfaction was studied. The tools used in the study were Enrich Marital Satisfaction Scale, Rusbult Commitment Scale, Schutte Self Report Emotional Intelligence test, Big five inventory (BFI-2) and Yashvir Singh & Bhargava's Emotional Maturity Scale (EMS). The sample consisted of 50 married males and 50 married females. Data was analysed using descriptive statistics, t test, correlation and regression analysis. The results revealed higher the commitment towards the marital life is associated with the marital satisfaction. Significant correlation has been found between commitment and marital satisfaction ($r = .35, p < 0.01$). Emotional intelligence did not show any significant relation with marital satisfaction. Years of marriage and age have significant impact on marital satisfaction. Different dimensions of personality has found relationship with commitment towards marriage.

KEYWORDS: Marital satisfaction, Emotional intelligence, Personality dimensions, Emotional maturity, Commitment towards marriage

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CHAPTER 1

INTRODUCTION

1.1 Background of the Study

There are many factors that contribute towards the marriage satisfaction that may include love from the partner, demands and expectations from each other and commitments, values and many more psycho-social factors. In fact marital satisfaction is a mental state about the relationship of the individual which differs from person to person. The index of marriage satisfaction is measured through its quality and kind of relationship between the couple. To sustain the marriage life and improve its quality during ups- downs of life one needs commitment. A commitment is a bond which one holds towards each other and prevents the negative connotations like spouse's abusive behavior and unfaithfulness between the two.

Factors that could affect commitment positively are having realistic expectations, respect towards the partner and honest communication. Apart from commitment, emotions which includes affect of different levels, emotional maturity is also major contributing factor in marital satisfaction. These two factors tend to broaden the boundary in accepting each other for their faults and stamina to change each other for the benefit of saving the marriage from breakup and prolong it with positive affect of happiness. Thus emotional maturity enhances the emotional self-regulation that increases emotional stability and emotional adjustment. Emotional maturity has positive relationship with psychological wellbeing. Emotional maturity makes the individual to recognize the situations before reacting hastily to it. Thus to lead a successful and satisfied married life emotional maturity is required.

The factor which can affect the marital satisfaction more consistently in the long run is the personality characteristics. "Personality provides the ability to predict what a person will do in a particular situation". Personality which is relatively a stable and predictable variable happens to have a strong relationship with marriage satisfaction. Personality is divided into five dimensions based on the traits.

The "big five" Dimensions are neuroticism, conscientiousness, agreeableness, openness to experience, and extroversion. Neurotic people are highly reactive to stressors and therefore are more prone to experience negative emotions. On the other hand, high levels of agreeableness and conscientiousness, are predictive of very good marital satisfaction. Trust is an important constituent of these qualities. Another positive area for marital satisfaction is openness to experience, though it appears from a cultural and sociological viewpoint. Female partner in a marriage are thought to determine the incidence and happening of the sexual relationship.

Extroversion is another quality that is strongly projecting a satisfactory sexual intimate life. Extroverts tend to be better adjusted sexually than introverts. They tend to be more happier, socially connected and are more spontaneous. There is one shortcoming to extroversion and that's the area of adventurism, this could lead to potential infidelity, if a person doesn't have good impulse and boundary control. So the following five areas are not the only shaping factors for a fine romantic intimate marriage, but surely play a significant role too.

1.2 Marriage

Marriage is quite a propitious as well as blessed bond. It is a vital foundation in every society of the globe. It is the situation of becoming unified with an individual of the gender opposite to theirs, as a wife or husband in a consenting and the bond between the two is lawfully acknowledged. According to the principles of the West, chiefly in the United

States, love is the main stipulation for getting married, whereas a huge region of, Asia, Africa as well as the

Middle Eastern region, substantial percentage are arranged marriages. Most Indian marriages are arranged but love marriage is also common nowadays. Marriage is imperative sanskara for Hindus. The institution of marriage is regarded as a sacrament by the Hindus and not just a bond among two individuals of opposite genders. For hindus, marriage is a unification of two souls, as well as a coalition among two clans. Pairs must accommodate acceptably with each other through subordinating individual fulfilment of natural instincts and emotional desires. They need to stay honest and true to one another in every aspect. Wedded spouses are finely attuned once they revel in wedded pleasure. Sensual pleasure is the foundation of matrimonial contentment leading to healthier matrimonial accommodation. Yet in case the pairs are sexually displeased, matrimonial mal-accommodation can happen. Individual features can have a significant part to play in matrimonial accommodation. Matrimonial struggle and displeasure can cause several matrimonial difficulties.

The patterns of lifestyle of wife as well as husband in the organization of marriage have continued to alter from one era to another. Primitively in most of the cases the husband plays the role of solitary authoritarian and prevailing commander of the household, thus the wife was continuously secondary to the husband. Her obligation was to follow the husband's commands regardless of the fact if commands were just or otherwise. The wife has zero chances of defying or disobeying her husband. She was obligated to fulfill the husband's physical requirements and mental needs unquestionably. Since women married off when they were ten years old, during prime valeras, they were habituated to domestic customs of their husbands. Separation or divorcing was out of question, particularly in

culture of India during primitive eras. Conversely, a wife forfeited her life on the cremation fire of her deceased spouse for proving her sacredness and devotion towards her husband.

Marriage and family are not only optional, they are essential as they meet man's deepest needs for companionship, affection and sexual expression. Veenvhoven (1983) has likened a decent marriage to an "indispensable heaven" in the world. According to a saying marriage is the utmost satisfying sensation offered by life. A contented marriage is considered by absorbing the skill of existing in harmony—for sharing, compromising, accommodating as well as mutually planning in the quest towards efficient operation of matrimonial roles. Consecutively, it causes the individual feel desirable, craved, preferred, accepted, fitted and cosseted up to an extent which is unfeasible in every other human association.

1.2.1 Emotional Intelligence

Emotional intelligence is the ability of a person to recognize the emotions of self and others. It has five main rudiments such as - self-awareness, self-regulation, motivation, empathy, and social skills. Emotional intelligence is important in daily life.

1.2.2 Emotional intelligence and it's relation with marital satisfaction

Emotional intelligence and marital adjustment are closely linked with each other. Perception of emotion, understanding and reasoning about emotions and regulating or managing emotions are important in marriage (Fitness, 2001). It was noted that within a marriage, there are an unspoken emotional exchange, verbal and non- verbal communication present which play a significant role in marital satisfaction (Bricker, 2005). Managing selfemotions and others emotions help the partner to resolve conflicts and enjoy a satisfying life. Researchers like (Gottman and Levinson, 1992; Goleman, 1995; Fitness, 1996, 2000, 2001), emphasize the importance of emotions and emotional intelligence in

marriage by suggesting that there is similarity between types of capacities emotional intelligence contains and abilities required for well-adjusted, happy and successful marriages. These experts suggest that high quality of marital relationship might be influenced by the substantial degree/amount of emotional intelligence in marital partners. Besides, it was also found that couples tend to have greater positive relationship when at least one partner has greater emotional intelligence abilities (Brackett, Warner & Bosco, 2005).

Bricker (2005) supported that emotional intelligence is significantly correlated with marital satisfaction. The study indicated that interpersonal skills needed to resolve conflict and foster intimacy between partners. Thus married couples with higher self-reported emotional intelligence reported higher marital satisfaction (Schutte et al, 2001). Pandey & Anand (2010) conducted a study to examine the relationship between emotional intelligence and wife's marital adjustment. The results reported that there is a positive relationship between emotional intelligence and wife's marital adjustment, life satisfaction, husband's marital adjustment and wife's subjective well-being. They suggested that the ability to understand, utilize and regulate emotions is related with better marital adjustment irrespective of the fact whether this ability is present in one or both partners.

1.2.4 Marital adjustment

The course of life is generally journeyed with a companion. There is a lot of interaction, anticipation, adjustment as well as recognition. Each individual recognizes their part and in line with that the life's journey commences. One of the milestones of life is Marriage, where in an individual chooses a spouse, having a fresh role as well as fresh anticipation. Hence, it is quite straight forward to enquire regarding the meaning or marriage. They need to be offered several clarifications by diverse people, faiths, and academics and can be according to the several explanations or descriptions. The idea of

marriage which is most universally acknowledged is that it is a lasting blessed promise. It is among the majorly significant relations among a woman and a man. This is the duty for harmony, contentment and progress of robust familial association. It includes emotive and lawful pledge which is very vital in the life of every adult. Undoubtedly, choosing a wedding companion is among the majorly significant choices made by one within their lifespan.

Folks get married for various motives such as, companionship, happiness, love, along with the need for having progeny, carnal desires, even desiring to flee from a discontented condition. Also in case expanded, a lot may be articulated and jotted regarding marriage. Hence, several descriptions are derived from origins such as motive for marriage etc. may be described with diverse spheres.

Psychologically, wedded life in India can be described in several manners. Huge adjustment with partners is a vital facet in deciding domestic atmosphere. Relational clashes in wedded life may cause a great deal of strain amongst companions as well as different familial relatives. Continued strain too causes emotional trouble. It is perceived that individuals have altered their outlook regarding marriage. Familial structure has apparently experienced considerable variations in recently as well, particularly contextual to parts played by spouses. Could be that through exerting extra strain on the person, has possibly caused marital adjustment to be truly a significant area in several environmental fluctuations for psychologist and socialist for researching regarding this subject along with finding the influence of these alterations on adjustment in marital life.

In context to society, marriage is professed as a carnal-unification that starts with a communal declaration along side marriage events as well as few ideas of performance. The assumption with relatively obvious 'marriage contract' which elucidates the mutual truths and responsibility among the significant other and upcoming progenies.

1.3 Marriage Satisfaction

The emotional connection among two individuals that sustain a promise to stay with each other along with equally enjoying their sensuality may be known as a marital relationship or just marriage (official or unification with consent). This was not always the same. The anticipations of women and men regarding their spouses are not the same anymore either. Reciprocal commitment, Companionship, the familial composition along with fatherly as well as motherly ascriptions, physical contentment, along with additional anticipations, like career accomplishments along with financial freedom, is presently appreciated.

Reciprocal gratitude as well as assistance appears as being a prerequisite with regards to the anticipations in a marriage. In spite of an apparent condition of predicament within the marital institution, it continues to be an epitome that is chased by several unmarried and previously wedded individuals looking for relations who foster consummation and contentment. The anticipations regarding marriage transcends contentment and consummation, encompassing steadiness and emotive and affective safety, contrasted within different and momentary affairs. Marriage openly influences further domains of the partners' existence, like relations with offspring as well as the familial extensions of each of the spouses, career performance, sanctity, and carnal and emotive well-being.

Marriage satisfaction as a significant facet of matrimonial excellence, having an important part to play in functioning of the family. Despite broad range of researches regarding marital satisfaction, several academics have asserted that several facets yet require explanation. Marital satisfaction as one of the significant facets of matrimonial value has note worthy part to play in functioning of the family which suggests public's opinion regarding their wedded relationship or the satisfaction which couples feel. Unquestionably, satisfaction in marriage takes place across a phase because of the

requirement to identify mannerisms of disposition, interaction as well as social patterns along with acclimatizing preferences of the pair. On top of this, marital satisfaction has obviously affected on nearly every facets of existence that result in improvement of familial functioning, facilitating role played by parents along with improved wellbeing as well as permanence along with lastly improved gratification in life. Therefore, it can be deduced that irrefutable part is played by marital satisfaction in case of familial wellbeing.

In spite of a dearth of agreement on marital satisfaction as well as the numerous types of its conception, this is one of the actions employed for the appraisal of the marital value within its diverse conceptions. In spite of the diverse conceptions, features connected with the assessing of the married connection exist that are the purpose of the present research and referring to matrimonial satisfaction. Similar to this research, marital satisfaction is considered by us, in a wider gist, as a concept created by 3key blocs: (1) communication with the partner (that which satisfies each of the spouses with/the regularity they pursue communication); (2) the spouse's emotive facets (the degree to which every partner feels satisfaction with the manner in which their partner handles feelings), and (3) the real-world facets of marriage (the degree to which both the partners feel satisfaction because of how the other handles the irindividual organization, primacies, household regulations, and solving problems).

1.4 Importance of Emotional Maturity in Marital Satisfaction

The notion of maturity needs to get further detailed consideration within the literatures. Description of development of libido has produced the significant formulation of the 'genital level' as well as 'object interest'. Current focus on the clash among the degenerating charges, against, the liberal fecund drives within the character has focused concern in the direction of the further comprehensive trait of maturity. It has been appropriately stated that people are flecks of intellect floating on the ocean of sentiments.

Emotions are experiences pertaining to sentiments which convey used cerebral and psycho somatic conditions along with revealing itself within his obvious conduct. Emotions are a magical phrase which causes individual existence and produces a rainbow beach for him on the societal seashore. Emotions are strongly linked to desires, wishes and concerns. In case these are fulfilled, a person is deemed to be experiencing a contented existence along with having emotional stability. Emotions of ten times cause break down of our activities.

The complicity of life is increasing every day. Presently, conditions the youngsters are experiencing are difficult, that are causing several issues like vexation, anxiousness, strain and emotional discrepancy in everyday existence. Human beings are continuously struggling for establishing an acceptable connection with the surroundings or it can be said that striving to achieve our desires for a contented existence as well as functioning efficiently. Our maturity from infants to grownups coursing across several phases of maturity. There is an expectation put on us for undergoing bodily, intellectual, emotional and relational maturity. Yet once our physiques become old along with the muscular mass as well as our physique follows suit in defining itself, do our emotions conform to it? In case equilibrium exists among your corporeal oldness, intelligence quotient, communal maturity as well as emotional maturity, then the process of growing up can be called successful.

Emotion is the complicated psychological and physical occurrence in a person's mental state as communication with biological (inner) and atmospheric (peripheral) stimuli. Among human beings, emotion essentially includes "physiological arousal, expressive behaviours and conscious experience." Emotion is linked to temperament, personality, character, nature, and inspiration. Inspirations lead along with energizing mannerisms, whereas emotions offer the sentimental constituent for getting inspired, constructive or

adverse. An associated difference is among the emotion to the outcomes of this emotion, primarily manners and expressions of emotion. Folks frequently act in particular manners as an immediate outcome of their emotive situation, like crying, brawling or escaping. In case an individual is able to have this emotion devoid of these conforming actions, then it can be deemed by us that this action is not an essential part of the emotion. The emotional facet of maturity is the one of the foremost significant feature in the growth of the broader mature temperament, particularly in case of the talented. This facet is universal when it comes to emotional maturity that is the power of actualizing personal capabilities inside the structure of societal commands.

A vital part is played by Emotions in influencing the individual adjustment that are emotionally mature, these people are able to handle their emotional states properly along with dealing efficiently with different individuals. Thus, an individual who is emotionally mature may have improved adjustment with themselves along with other individuals. The path towards emotional maturity comprises the incorporation of several facets of disposition within the identity. The inter- as well as intrapersonal facets are handled from diverse positions (James, Freud, Gardner along with others), the emotional facet being observed not just as a contrasting factor of the intelligent, but as harmonizing to it in the kid's and grown up's dispositions. The identity comprises all things which have traversed across awareness; it is the element of utmost significance of awareness. Due to determinations for knowledge, to feel, to create, that are continuously dynamic, a self is attained by us that is further than the summation of its constituents along with becoming a universal facet in our character. This universal feature is the dissimilarity among the idiotic philosopher to that with the ingenious, reifying, talented nature. Emotional maturity is a pre requisite to begin as well as maintain relationships. This is a precondition for long lasting contentment. Emotional immaturity is related to predicaments, devolutions and indecisive superficial relationships.

Emotional maturity grows across the existence of an individual; nevertheless, it is quite significant that parentages and educators have awareness regarding the emotional aspect which needs to be fostered in individual intellect, and intellect in individual's emotions, since younger ages. The path towards emotional maturity includes the incorporation of several facets of individual's character, types of his identity. The notion of identity is unpopular in scholastic writings. Some academics concentrated their research on the expansion of emotional development. All communication among courses of interaction, inter- and intrapersonal, is facilitated by the cohesive identity, that is for emotional maturity. Emotional maturity is described as the metier of actualizing distinct capabilities inside the structure of societal commands. Emotional maturity is one of the necessary stipulations for the progress of each person and consequently, the faster the subtle equilibrium among the constituents of the young child's identity is achieved by us, the better we will be able to avert problems in its progress. This will further more add to a more potent as well as further steady construction of temperament in the grownup, who is able to interconnect properly with others along with achieving the most through his competencies and that this notion of emotional maturity is a wholly intricate topic of the greatest significance.

Emotional Maturity indicates adjusting one's emotions instead of allowing their emotions gain an advantage over themselves. Emotional maturity represents one's capability of managing as well as checking one's emotions, for assessing others emotional situation along with persuading their decision and activities. An individual's emotional maturity is highly affected by their history of relationships. Emotional intelligence causes a significant portion of existence, combined with rational intellect in addition to relationship intellect.

These intellects may individual in assessing emotional maturity as well as emotional liberty. The manner, through which an individual is able to handle every relationship, is one of the chief noticeable features for checking one's emotional maturity degree. Marriage appears as being a tremendously impelling feature in an individual's course of self-actualization. Emotional intelligence has a principal part to play in this. The discovery has been made regarding the association of stress with conveyed depression, fruitlessness along with suicidal tendencies amongst individual shaving increased emotional awareness in comparison with others. Adjusting emotions, comprehending as well as valuing the outlooks of relatives are significant features that influence the marital relationship along with being impacted by features such as dependability, identifying sentiments, handling emotions, expressing compassion and so on.

Studies have exposed that individuals having elevated emotional intellect are able to create equilibrium among logic and emotion, having awareness of their individual sentiments, having empathy and compassion for others along with displaying indications of elevated selfworth as well. The present research even discovered that individuals scoring more on EI exhibited increased matrimonial fulfilment compared to the ones having low score on emotional intellect. The contrast of marital fulfilment among low scorers and high scorers on EEA displays note worthy dissimilarities on majority of spheres excluding 'RINL' presenting intimately linkage among these two. Further discovery was that inspiration, compassion, and societal abilities impact the experience of matrimonial fulfilment to the highest. Each of those are inter-individual courses whereas self-cognizance and self-restraint are 'intra-individual skills', and appear to have no effect on marital fulfilment. Emotional communication is an important feature in evolving and constructing relationships. As has been observed, partner's emotional eloquence is exceedingly linked to their accounts of marital fulfilment that is definitely related to marital gratification.

1.5 Marital Traits and Marital Satisfaction

Among the majorly significant facets impacting functioning of family is the satisfaction and concord of members of the family, particularly spouses. Discontent with spousal relations decreases psychological wellbeing as well as satisfaction in life in addition to trouble in their societal associations. Marital satisfaction is a situation where spouses are contented and gratified in their matrimony.

Married women and men are found to be gladder, in good health, and have low stress, and account greater happiness, than their bachelor equivalents. Nevertheless, marriage does not certainly convene advantages; the relationship's value seems to be a significant feature in marital satisfaction. Adverse marital experiences have been displayed to accelerate the typical weakening in self-valued wellbeing which comes with aging. Provided the various acknowledged constructive outcomes of marriage, and the possible health hazards present with nuptial stress, it is significant to reconnoiter which character scopes in married spouses add to the existence or lack of marital satisfaction. One of the majorly significant aspects that affect the active enactment of a family is the familial accord of one another, particularly partners. Additionally, relationship discontentment among partners causes deterioration of psychological health, the degree of contentment in life and results in trouble in their society associations. In line with description, the marital satisfaction is a condition where the spouses are contented and pleased with their married life. Winch et al judge that the marital situation is the constancy among the present situation to that with the supposed situation. On the word of this explanation, marital satisfaction is acquired as the present condition of marital relationship is uniform with the estimated condition.

Ellis stated that marital satisfaction is the idiosyncratic sense of contentment, gratification and happiness felt by the spouses, since they contemplate every facet of this

marriage. The majority of spouses is because of the dissimilarity between the levels of simple desires of partners along with the usage of peripheral governing characteristic. As believed by Glosser every individual when taking birth, has five innate requirements and every behaviour of ours are directed towards satisfying these requirements. The requirements consist of: the requirement for belonging and love, liberty, authority, leisure and the wish to survive. If the wedded persons know that they are influenced by their 5 rudimentary requirements in addition to employing the “Choice Theory” in addition to trying to fulfill such requirement since the commencement of their mutual togetherness, an extraordinary development will occur in their marital relations. Acknowledgement of such requirements is the chief feature for refining sturdy and enduring sensitive relations among partners. To be precise, the key purpose of “Choice Theory” is teaching partners to appreciate their essential requirements along with avoiding employing external control mindset in addition to having improved decisions considering the notion of overall performance. Awareness of the wife or husband regarding the strictness and degree of the difficulties in the relations replicate their amount of marital satisfaction.

The reasoning method accentuates on the observation, valuation and understanding of people regarding themselves and the setting. The behaviour method declines the inner procedures in people emphasizing on precise measuring of incentive and rejoinder factors. The public education method was suggested by Bandura and Rotter. This method concentrated on apparent behaviours, but different from behavioural experts, it deems the interior mental factors that arbitrate among the incentive and rejoinder. The ladies’ gregariousness is a factor among many that influence marital satisfaction. This suggests that provided the present features of gregariousness, these people having traits of sociality or the ones having tendencies and traits for example preferring large groups, gatherings, and loving people, being courageous and verbose, propensity to sensual excitement and

stimulating and the ones who are cheery, spirited and positive have greater marital satisfaction.

Therefore, it may be stated that the gregariousness of spouses or the communal alignment (group orientation), closeness (friendliness), sensation seeking, action along with additional features of gregariousness influence the marital satisfaction. As stated by prior analysis, the women's appeal that really constituted temperament features for example companionship, candor, humility, mercifulness, sympathy, and trust has an adverse influence on their fulfillment. To be short, the spouses having natural traits for example, trust, candor, sympathy, companionship, humility and mercifulness have decreased marital satisfaction.

Factually, those persona features have an adverse effect on women's marital satisfaction. Those outcomes are inconsistent with the fallouts of different analyses. The research of spousal character traits displays that the obsession is at a increased degree than different scrutinized character traits. This might be bothersome from diverse sides. Neurosis as an adverse character feature has particular mental and social results. Neurosis has adverse communal significances along with botching of stability and constancy and evolving undesired relations, with the aim of several personal and societal issues in the family along with society are because of neurosis feature. Subsequently, tackling the neurosis of couples must be the precedence of consultants of Mental Health.

1.6 Importance of Commitment in Marriage for Marital Satisfaction

Marriage may be a complicated and problematic subject for discussion. We convey value decisions, prior history along with societal expectations; among these we might actually be unaware. Furthermore, families having varied desired manners of handling vital practices of passing. Few think that spontaneous interactions present amazing understandings regarding their relatives 'profound thought process. Other people find

enjoyment in holding a familial event on one of the eves of the week, during which they may pay attention together on main occasions of their lives along with in an organized action. Commitment is a mental facet which governs personal principles having definitive influence of keeping a person to a sequence of activity. Even though study catches relations among equity and commitment in marital relationships, previous thoughts regarding committing frequently handled commitment as non-dimensional. Theory of Commitment along with an increasing bulk of analysis, nonetheless, propose that a multi-dimensional method where commitment is required. Marital commitment comprises 3 kinds: individual (desire for committing), structural (must make commitment), and ethical (need to commit).

If the prime stage of marriage is nurturing absolute love, the secondary stage is cultivating optimism, and then thirdly it would be remaining honest. Trust in marriage is assurance over the culture of love which emerged in a common household living. This philosophy entails nonphysical actions, common reminiscences, vows fulfilled, and optimism borne. Through the course of time this singular culture turns out to be a 3rd feature to this

agreement. We commit to our own selves, to our spouses, along with to the relationship/marriage that has been created mutually by us. Presently, a good deal is known by us regarding how to make a marriage successful, functionally and emotionally. It is known by us that few features regarding that which causes emotionally successful functioning of partnership. Also a lot known by us regarding the developing errands which marriages course across at various phases of the relation as well as of livelihood. A reduced info is known by us regarding the accomplishment of dedicated relations which are informal according to marital oaths. This compendium undertakes similar ideologies to be applicable regardless of the spousal sexual orientation in case the duo's pledge is similar to marriage.

This brochure attempts to fuse the ideologies of our trust as well as the information that we gained from studies on effective matrimonies as a guidebook for devoted relations.

The word Commitment is not exactly a “sexy” phrase or notion yet it perhaps has a lot concerning causing marriages to be successful than everything except shared standards. These are not merely to say that marital oaths or owning a paper fragment saying “marriage license.” Commitment is vital a sour actions are different once we understand that our upcoming times are knotted with one another. One can try to evade a sensitive discussion if they understand their spouse won’t be about constantly. One can find someone else to love in case the present spouse has an incapacitating mishap or merely begins to displease them. Commitment suggests a pledge taken by one to remain and put effort, not presently but continuously.

Commitment is a decision of no giving up. Even though this could primarily feel restricting, it truly causes huge liberation and profoundness. The dedicated individual no longer requires considering the individual or mode of lifestyle bringing further contentment. As soon as dedicated, every energy of the individual put into fulfillment of this commitment. Different possibilities are not a interference anymore. The 2biggestphases of commitment are getting into the primary promise along with fulfilling this commitment.

Commitment is hugely a mental action, reflecting the choices made by people regarding their relationship and spouses. Its development, nevertheless, in addition to its conservation and variation through time, is finely perceived as getting influenced by passionate and interactive features of interpersonal life also. Initial hypothesizing regarding commitment accepted an interchange viewpoint, in which commitment might be deemed as an activity of the relational effectiveness. As an instance, theory of interdependence is according to the thought that individuals perform to get rewarded along with decreasing the values as well as satisfying relations are extra fulfilling too. This hypothetical viewpoint

would propose that requirement on in to addition commitment to a relation are mainly an activity of the method in which sustaining the relations are. The concept comprises the idea of superiority of substitutes in elucidation requirement, identifying that discernments of meagre substitutes are probable to have the outcome of cumulative necessity on a relation as well.

Relational commitment has an important part for the accomplishment of botching of marital life. Identifying that few disgruntled partners will remain in their matrimonies and that few sensibly content partners will irregularly separate, academics have attentive their consideration on commitment as correspondingly significant to gratification for the comprehension and clarification of quality of marriage and constancy. The recurrent increased degree of divorce, or further in general of marital botching, is practically examined via the viewpoint of commitment procedure. Even though processes of satisfaction are often employed for assessing spouse's health, this emphasis has a failure in addressing persistence of, marriage in spite of disgruntling relational encounters. Ever relation pass through phases of turmoil, yet the query is, why do some relationships continue even though others get dismissed? Philosophies of promise propose that relationship perseverance is a utility not just of the sustaining encounters which unify spouses rather of the features which cause difficulty to leave a relationship as well (e.g., obtain ability of substitute spouses, communal strain for remaining, problematic dissolution processes, and irreparable reserves).

CHAPTER 2

LITERATURE REVIEW

Givertz and Segrin (2015) researched on understanding the process of commitment. They wrote “commitment undertakes broader range of affective, cognitive, and the behavioral variables”. Results of commitment from moral, cultural, dyadic, and social causes evolve from two sources. One being the social-psychological (i.e., a conditions that persist in the relationship structure along with the environment), second is the phenomenological (i.e., subjective reasons of an individual’ to remain committed to relationship and a partner). The dual sources club to work together and also in distinction to influence the process of commitment.

Sutin and Costa (2008) claimed that the environment, mainly the social institutions such as marriage and occupation influence people to shape their entire life course. With passage of time, personality traits though remain stable across the years but a change in attitude leads to changes in process of decision making.

Zoby (2015) has studied in detail the premarital predictors. It was seen that a husband wife relationship needs to surpass all difficult situation. Compatibility in a marriage gets influenced by the spouse traits. It needs to be stable as well as enduring. And the traits get revealed in different situations. While studying such factors, it was seen that happy couples owns different characteristics as compared to the dis-satisfied ones.

Several studies state that the personality factors specific to a person predict adjustment in marriage. Such as the age of an individual, level of his/her educational, or records of previous separation affect marital stability.

Schmitt, Kliegel and Shapiro, (2007) saw that Neuroticism arose as the major issues in the stability and satisfaction of marital relationship while studying the marriage and

personality. They saw that a negative association exists between neuroticism and marriage satisfaction. It was seen true in longitudinal and cross-sectional studies. Such a trait has been linked to proneness and negative feelings to mood negativity, affection towards negativity and passive coping. Meta-analysis findings revealed that stronger association exists in marital satisfaction neuroticism with ($r = - 0.26$) observed. 10% variance in satisfaction of marriage has been linked to traits of personality. As compared to prior findings, several inconsistent findings related to the five big traits have been reported. Experience to openness, Conscientiousness and agreeableness appear too generally, however inconsistently, linked to marital satisfaction.

Kail and Cavanaugh, (2010) emphasizes on the impact of intimacy, love, satisfaction, and happiness in varied cultures. Watson and Humrichouse (2006) stated that marital satisfaction is negatively related to openness, conscientiousness and agreeableness. During the first five year of a marriage. O'Rourke et al reported a similar kind of findings. In opposition to the above, it has been found that the wife's personality trait like agreeableness, openness, and conscientiousness are linked in a positive manner to marital satisfaction.

Aluja et al (2007) uses distinctive approaches along with perspectives for the relationship investigation amidst the five big dimensions and the marital relationship satisfaction. Higher neuroticism with consistent bad experience and unhealthy emotion existing in both partners contributes towards marital satisfaction negatively. A different study done by Heller et al (2014) saw that neuroticism has the strongest relationship with marital satisfaction. A correlation exists at $r = - 0.26$ which reflects moderate evidence pertaining to the given factors. Researches done on marital satisfaction and extraversion depicts inconsistent results. Few researchers suggested that extraversion has been linked with satisfaction in marriage. Few other studies reveal that the negative and non-significant

correlations exist in all variables. Stronger relationship is seen to thrive in between marital satisfaction and conscientiousness. Results of the research based on the marital and the personality relationship suggests that in the model of Five Factor, two of five factors, openness to experience and agreeableness are comparatively less strong. So, the remaining three factors of personality, extraversion, neuroticism, and conscientiousness, are the crucial ones to determine the way couples adjust and experience situations in relationship of marriage.

Veroff et al (2006) conducted a study showing a stronger relationship between the individual hostility and the warmth along with the satisfaction in marriage in the African Americans as compared to white Americans. The above study depicts the economic situation influence that would lower the satisfaction level among Blacks and at the poverty level of community during marriage

Winch et al (2010) suggests that marital satisfaction acts as the state where the couples are satisfied and happy in their marriage and the satisfaction in marriage is the outcomes of expected and current situation consistency. Ellis stated that “marital satisfaction occurs to be the subjective feeling of satisfaction, happiness, and pleasure as the wife or husband experiences, after considering all marital aspects”. Perception held by either the wife or husband on the extent and severity of such relationship problems has an impact on the satisfaction level of marriage. Further, satisfaction is the state of mind which shows the anticipated cost and benefits, marriage has on a person. Higher the cost inflicted by a marriage partner on the person, lesser satisfaction is attributed to the marriage and also with the partners.

In the same way, the more benefits perceived, higher is the level of satisfaction. Several factors that have an impact on the marital satisfaction are attachment, demographics, interaction, security, husband’s contribution in household or goal of

intimacy and the external stress influence. The past few years saw several researchers study the factors effective in strengthening satisfaction and marital adjustment.

As Compared to the men of African American, education does not relate to the women's of African American for satisfaction of marriage and links negatively with marital satisfaction among men. Earlier findings related to marital satisfaction and education is mixed, this indicates a positive link between marital quality and education. Kulik (2012) reports a crucial link between marital satisfaction and education for the husbands however no such links persist in wives. A study done on the couples of African American, education as predicted was found to seek warmth in couples however it failed to predict the observed hostility amidst the couples or the quality of marital quality.

The women status either in society or family are crucial factors that needs to be considered. Evident in the modern times, woman have different opportunities for her education, job and training that has influence on the activities of creativity and then comes in the existence of the confident and self-dependent individual. However, this lead to several issues of marital adjustment mainly for women that appears to be creative, original and selfreliant in their life prior to marriage. Marital prosperity present development would shift social values from moral and spiritual to objective and material values. Such value change has encroached to marriage realm. The progressive wave of liberalism along with individualism led to outmoded and insipid feelings of loyalty and faithfulness.

Koh (2011) stated that marital success and financial stability has attained preference over procreation and marriage. One might think of marriage only after they have a stable and active career. The above is consistent with previous research findings.

Jones and Gubhaju (2009) said Marriage, has been unanimously defined to be the institution and the bedrock of family life and procreation, a life sentence, a gamble, or a two people heaven-programmed union, as the medium to lead to societal value shift. No doubt,

people prefer arranged marriages; however they are not arranged in traditional sense. Society along with its counterparts has turned adaptable, flexible, and open-minded on the basis of practical, contemporary, and realistic factors.

Janus and Janus (2013) did a study on the divorced men and women, and reported 45% women and 40% men have one or more extramarital sexual contact while they are married. Satisfaction in marriage is the state which shows advantages and the price of wedding to a significant person. Greater overheads laid by the wedding partner imposed on the other, leads to less satisfaction. No matter what kind of conceptualization of the quality of marital satisfaction is done, few factors are seen to be common among happy couples. Happy ones have more time spend together, make use of humor, and are intimately connected, does not criticize each other, less hostility, and does not engage in arguments. A marriage turns difficult when they are faithless.

Clark (2011), states, the total amount of individual that cheat in a marriage accounts from 20-50 % women and 30 - 60 % men. Chicago University study revealed that 15% married women assured that they have an affair as compared to men that account for 22%. A significant part of literature relating to the differences in gender and infidelity links to the infidelity involvement of different rates of women and men. Gender is the most common variable studied with respect to infidelity. The major finding as mentioned in all studies that men have higher engagement in infidelity as compared to women.

John (2016), reported for the males, predictor of infidelity are the variable of personality. For women, happiness in a relationship is supreme. Dissatisfied women in their relationship, would cheat more; and the ones that find themselves mismatched sexually would cheat thrice times more.

Marie (2012) mentioned how the 70% of the people participating in the infidelity stated the reasons for their conduct to be the marriage issues. Researchers observed that

with the reduction in marital satisfaction, there was growth in possibility of infidelity. There was one more relation variable related to infidelity and it was sexual satisfaction. Considering the literature, the outcomes were observed to be varied. Wives are comparatively more pleased than men whereas a few researches showed that husbands are usually more pleased with marriages in comparison to wives.

Moghadam et al (2016) demonstrated a direct relationship between job satisfaction and marital satisfaction. Job insecurity and low-income trails by the issues related to economic problems and lesser marital satisfaction. Therefore, appropriate amount of income is needed for high levels of marital satisfaction as marital satisfaction can be impacted through income and employment. In the same way, high income leads to growth in marital satisfaction. Outcome of another research showed that the psychological health of husbands, whose wives are employed, is better in comparison to others. It is observed that women employment, when it is not clashed with the roles as wives, can positively influence husbands, children and social contracts. Along with that, because of social contact of employment and friends and social relations, there is a growth in marital satisfaction. Remarriage leads to reduction in marital satisfaction. It can also be said that people remarrying were less pleased with marriages in comparison to the ones who did not marry again. David (2009), stated that people who have marital issues in first marriage would go through same kind of issues in remarriage as well and it leads to lower marital satisfaction. It can also be said that if there is no balance in first marriage, it would lead to imbalance in following marriage as well.

Guo and Huang (2015) demonstrated that mean of marital satisfaction score was more in men in comparison to women. Martial satisfaction in women has a positive relation with aging. It can also be said that one of the most significant factors that influences martial satisfaction is sexual satisfaction. Along with that, aging leads to conflicts in the sexual

functions. Therefore, the expectations and desires of couple tend to change and there is a decrease in mutual appeal.

Bakhshi et al (2017) stated that children are also a factor in marital satisfaction. It was mentioned that child care leads to growth in life quality. Being able to have children is one of the life's objectives of young couples and thus the number of children in old age cannot considerably influence marital satisfaction.

Jose and Alfons (2017) have stated lengths of marriage is related to marital satisfaction.

Pandey and Tulika (2010) mentioned emotional intelligence (EI) plays significant role the life of individual. Couples who have higher EI are better at knowing about each other's feelings and thoughts and it leads to improvement in marital adjustment and well-being in the life. The research here studied relation between EI and marital adjustment and health of spouse. 32 married couples engaged in a set of self-report survey forms which comprised of the determinants of EI, marital adjustment, health and happiness. It was seen through Pearson's coefficients of correlations that there was a positive relation between marital adjustment and determinants of health and happiness. There was also a considerable relation between scores on different dimensions with determinants of happiness.

Heffner et al (2014) conducted a research on the relation between spousal support pleasure and cortisol, affective, and blood pressure reactions towards disagreement in two samples, 85 newlyweds and 31 older couples, married with the average of 42 years. Couples engaged in the hospital study department and gave self-reports about support they acquired from the respective partners. Once the baseline period was finished, the couples participated in the 30-min disagreement debate where the blood was drawn for the purpose of cortisol evaluation. Blood pressure of the newlyweds was calculated once the disagreement finished. There was a relation between higher partner support satisfaction and slight

changes in the negative impact and cortisol reactions towards disagreement once the disagreement ended. Newlywed wives and husbands showed that there was low blood pressure after disagreement once there was increase in partner support satisfaction. On the contrary, the older husbands showed higher level of cortisol reactions once the partner support satisfaction was less.

Liat and Havusha-Morgenstern (2011) conducted a research on the differences in marital adjustment and in the individual and partner variables associated with the marital adjustment in the women living together with partners prior to marriage against the ones who did not. Non-living-together women had higher adjustment levels of partner solidity and affection display. The methods of acknowledgement were used for solving the marital issues to a higher degree in comparison to the women living together. In both the groups of women, conflict solving methods had a positive relation to marital adjustment while there was a negative relation between supremacy and attachment.

Ebenuwa-Okoh (2008) did a study on the degree to which emotional display, interaction movement, financial management and work engagement estimate marital adjustment in married people in Delta State of Nigeria. 2561 married people were chosen using the purposive sampling method to engage in research. The information was collected with the use of a survey form that had a title marital adjustment and Personality Types Inventory (MAPTI). Results indicated how the emotional display, financial management, interaction movement, work engagement are the considerable correlates and estimators of marital adjustment.

Henry et al (2007) studied the age contrasts in positive (e.g., warm) and negative (e.g., unfriendly) attributes of marital co-operations between moderately aged and more seasoned couples and whether these qualities were differentially connected with marital satisfaction by age. Spouses' impression of accomplices' positive and negative behavior

amid marital communication was evaluated all in all and following contradiction and shared assignments.

Prepared eyewitnesses coded spouses' positive and negative behavior amid collaborations.

More seasoned people revealed higher marital satisfaction and saw their spouse's behavior as more positive when all is said in done and more positive over all settings than moderately aged people. Spouses' view of their accomplices' positive and negative behavior freely anticipated marital satisfaction for both age bunches crosswise over settings.

CHAPTER 3

MOTIVATION, OBJECTIVES, RATIONALE AND HYPOTHESES OF THE STUDY

3.1 Motivation of the study

O'Rourke et al (2013) states that interpersonal and intra-personal factors both contribute towards the marital satisfaction. Both the factors interpersonal and intra-personal seem to be include the personality traits. Intra-personal traits basicly are emotional, attitudinal, experiential, and motivational in nature. Almost every model of the relationship of intimacy accepts that the personality trait is crucial in everyone's life.

3.2 Research gaps

Various researches on marital adjustment and personality have been conducted. However, no study so far has been conducted to see how personality traits, emotional intelligence, emotional maturity affects the marital satisfaction simultaneously.

3.3 Rationale of study

The present study mainly talks about different dimensions of personality traits, and how the emotional elements, affects marital satisfaction. Researchers so far, have favored the gender differences and differences among various personality traits in marital satisfaction. The present study tries to interlinke how the marital satisfication is truly dependent upon the individual.

3.4 Objectives of the Study

The main objectives in the study are:

1. To study the emotional maturity and commitment towards marital satisfaction
2. To study the personality traits in relation to marital satisfaction
3. To study the age and years of marriage in relation to marital satisfaction

4. To study the role of emotional intelligence towards marital satisfaction.

3.5 Hypotheses

Madoka et al (2014) focused on the ideals of theory of interdependence, commitment investment model. It has been developed along with the idea of size of investment to satisfaction with added alternatives to define totally relational dependence. Hence, the model states strong commitments to promote diversified behavior pro-relationship with relationship acts on maintenance and such are the major means through which the partners has thrived in a relationship that is well functioned and long term.

The proposed hypotheses in the study were formulated:

H₁: Emotional maturity would have positive relationship with the marital satisfaction

H₂: Commitment towards marriage would have positive relationship with the marital Satisfaction

H₃: Males and females would differ on their commitment towards marriage

H₄: Different Personality dimensions would be related to commitment towards marriage.

Watson and Humrichouse (2006) stated that marital satisfaction is negatively related to openness, conscientiousness and agreeableness. O'Rourke et al (2013) reported a similar kind of findings. In opposition to the above, study conducted on the married females found that the agreeableness, openness, and conscientiousness traits are linked in a positive manner to marital satisfaction. Schmitt, Kliegel and Shapiro, (2007) saw that Neuroticism arose as the major issues in the stability and satisfaction of marital relationship while studying the marriage and personality.

H₅: Different Personality dimensions would be positively related to marital satisfaction.

High Emotional intelligence of the spouse, in any one of the partner had a positive relation with the marital adjustment (Pandey and Tulika, 2010).

H₆: Emotional intelligence will have positive relationship with the marital satisfaction.

Jose and Alfons (2017) have stated lengths of marriage is related to marital satisfaction.

H₇: Longer the years spent in the married life higher the marital satisfaction

Henry et al (2007) studied the age contrasts in positive (e.g., warm) and negative (e.g., unfriendly) attributes of marital co-operations between moderately aged and more seasoned couples and whether these qualities were differentially connected with marital satisfaction by age.

H₈: Younger age group would show high marital satisfaction when compared to elder

CHAPTER 4

METHODOLOGY

4.1 Sample

The sample for the study consists of 100 subjects between the age group of 25-55 years. The participants were drawn from a pool of married males and females. Subjects were naive with respect to the objectives of the study. Purposive sampling was utilized for this study.

4.2 Design

In the present study the independent variables were emotional maturity, emotional intelligence, commitment towards married life, personality traits and the dependent variable was marital satisfaction. The data was analysed using different statistical methods like correlation, regression and t test depending on the need of the study.

4.3 Psychological Tools Used

1. **Commitment scale (Rusbult)** The scale has 15 items. Each item is rated on a 5-point Likert scale ranging from strongly disagree (1) to strongly agree (5). Reliability of the scale is .90.
2. **Emotional Maturity Scale (Singh Y & Bhargava, 1999):** This scale gives scores on (a) Emotional instability (b) Emotional regression (c) Social maladjustment (d) Personality disintegration (e) Lack of independence. The test-retest reliability of the scale is .75. The scale was validated against external criteria i.e. the 'Gha', area of adjustment inventory for college students by Sinha and Singh. The validity of the scale is 0.64.
3. **Emotional Intelligence Test (Schutte Self-report, 1998).** It contains 33 items with a 5-point rating from 1 (Strongly agree) to 5 (strongly disagree). It has four sub-scales: emotion perception, utilizing emotions, managing self-relevant emotions, and managing others' emotions. Reliability of the test is .90. The validity of the test with personality test was found to be 0.51.

4. **Big Five Inventory** (John et al., 1991) is a 60-item measure of the five dimensions of personality. Participants use a five-point scale to indicate the extent to which they agree or disagree with each of the items. The BFI demonstrates good convergence with NEO-PIR scales (John & Srivastava, 1999) and acceptable internal reliability. The five factors have been defined as openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism, represented by the acronym OCEAN .

5. **Enrich Marital Satisfaction** (Olson.,& Fowers et al.,1981) is a 15-item measure of the marital satisfaction. It is one of the scale out of 17 scales measuring different aspects. Participants use a five-point scale to indicate the extent to which they agree or disagree with each of the items. Reliability of the test is .87.

4.4 Procedure

This study has been designed to study the Perceived Marital Satisfaction in relation to Emotional Maturity, Personality Traits, Emotional Intelligence and Commitment towards marriage. The participants were informed in detail about the study protocols and written consent was obtained from them. They were provided with the scales for Rusbult commitment scale, Big five inventory (BFI-2), Yashvir's Emotional maturity, Schutte self report Emotional Intelligence test and Enrich marital satisfaction scales and were instructed as follows: "these inventories enquire about your thoughts and feelings in a variety of situations , read the statements very carefully and then select the alternative that you feel is most true for you. There is no right or wrong answer so try not to take a lot of time to respond". The responses of the subjects were carefully scored and statistical analyses was carried out.

CHAPTER5

RESULTS

The main aim of the study was to assess the marital satisfaction in relation to emotional intelligence, commitment, emotional maturity, and personality traits. The Schutte Self-report Emotional Intelligence Test to measure emotional intelligence, Enrich marital satisfaction scale to measure marital satisfaction, Rusbult commitment scale to measure commitment, Big five inventory to measure personality traits and Yashvir Singh & Bhargava's Emotional Maturity Scale to measure emotional maturity were used. The sample of the study consisted of married males and females within the age range of 25-55 years. Pearson's product moment correlation, linear regression and t-test were used to analyze the number of hypothesis that were formulated in the study.

H₁: Emotional maturity would have positive relationship with the marital satisfaction.

To verify the hypotheses the scores obtained on emotional maturity scale (overall score along with subscales) and marital satisfaction were analyzed using Pearson's product moment correlation. It is made clear here though the name of the scale is emotional maturity but the high score on the scale denotes emotional immaturity.

Analyses of the result revealed negative correlation between emotional immaturity and marital satisfaction ($r = -.33, p < 0.01$). The result indicates lower the level of maturity lesser the level of marital satisfaction. The Hypothesis is accepted.

The subscales of the emotional maturity also showed negative correlation with marital satisfaction. Emotional instability ($r = -0.26, p < 0.01$), Emotional regression ($r = -0.21, p < 0.05$), Social maladjustment ($r = -0.27, p < 0.01$), Personality disintegration ($r = -0.32, p < 0.01$), Lack of independence ($r = -0.35, p < 0.01$). Results are shown in Table No.1

Table 1: Correlational values between emotional maturity scales and marital satisfaction

	Emo Ins	Emo Reg	Soc Mal	Per Dis	Lac Ind	Emo Tot	Mar Sat
Emotional Instability	1	.75**	.57**	.57**	.55**	.79**	-0.26**
Emotional Regression		1	.65**	.58**	.53**	.82**	-0.21*
Social Maladjustment			1	.77**	.73**	.87**	-0.27**
Personality Disintegration				1	.95**	.90**	-0.32**
Lack of independence					1	.89**	-0.35**
Total score						1	-0.33**
Marital satisfaction							1

***Significant at 0.05**Significant at 0.01**

(Emo Ins- Emotional Instability, Emo Reg – Emotional Regression, Soc Mal – Social Maladjustment, Per Dis – Personality Disintegration, Lac Ind – Lack of Independence, Emo Tot – Overall Emotional Maturity, Mar Sat – Marital Satisfaction)

To assess the causal and effect relationship, regression analysis was carried out. All the parameters of emotional maturity scale were entered in the model i.e.Emotional Instability, Emotional Regression, Social Maladjustment, Personality Disintegration, Lack of Independence and Overall Emotional Maturity.

Step wise regression analysis was carried out. Lack of independence emerged as a predictor variable that explained 11.4% of variance for marital satisfaction. One unit of increment in lack of independence will decrease .306 in marital satisfaction.

Table no 1 A. Regression analysis of predictable variables of emotional maturity for marital satisfaction

Model		B	Std. Error	Beta	t-value	Sig.	Adjusted R ²
1	LAC IND	-.306	.083	-.351	-3.714	.000	.114

Dependent Variable: Marital Satisfaction

H₂: Commitment towards marriage will have positive relationship with the marital satisfaction.

To verify the hypotheses scores obtained on commitment scale and marital satisfaction were analyzed using Pearson's product moment correlation. Analyses of the result revealed significant and positive correlation between commitment and marital satisfaction ($r = .35, p < 0.01$). The results indicate that higher the commitment towards marriage higher will be the marital satisfaction. The hypothesis is accepted. Refer table No.2

Table no.2 Correlation of commitment and marital satisfaction

	Commitment	Marital satisfaction
Commitment	1	.35**
Marital Satisfaction		1

***Significant at 0.05**Significant at 0.01**

H₃: Males and females will differ on their commitment towards marriage

To verify the hypotheses scores obtained on commitment scale and marital satisfaction were analyzed using t- test. The results of the study revealed significant differences between males and females. Females scored high on commitment. The difference being significant at $p < .01$ The hypothesis is accepted. Results are shown in Table

No 3

Table No.3 Mean, Sd & t values between males and females on commitment towards marriage

Variables	Females		Males		t	Df	Sig.
	Mean	Sd	Mean	Sd			
Marital Commitment	61.8	8.04	56.46	9.57	3.042	98	.003**

***Significant at 0.05 **Significant at 0.01**

H₄: Different Personality dimensions would be positively related to commitment towards marriage.

To verify the hypotheses scores obtained on different personality dimensions and commitment towards marriage were analyzed using Pearson's product moment correlation. The results found that the commitment is positively related to Extrovert (r =.14) , Agreeableness (r =.07), Neuroticism (r =-.07) , Conscientious (r =.05) but the correlation values are low. Except the Openness Dimension shows negative correlation (r = -.29**, p<0.01). The hypothesis is partially accepted. Results are shown in Table No.4

Table No. 4. Correlations of subscales of personality traits and commitment

	<u>Extr</u>	<u>Agree</u>	<u>Neuro</u>	<u>Cons</u>	<u>Open</u>	<u>Commt</u>
Extr	1	.55**	.34**	.50**	.017	.136
Agree		1	.37**	.25*	-.045	.074
Neuro			1	.37**	.10	-.006
Cons				1	.04	.053
Open					1	-.29**
Commt						1

***Significant at 0.05**Significant at 0.01**

(Extr – Extraversion, Agree- Agreeableness, Neuro- Neuroticism, Cons- Conscientiousness, Open – Openness to Experience, Commt- Overall Commitment Score)

H₅: Different Personality dimensions would be positively related to marital satisfaction.

To verify the hypotheses scores obtained on Personality dimensions and marital satisfaction were analyzed using Pearson’s product moment correlation. Analyses of the result revealed that Extrovert has a significant relationship with marital satisfaction (r = .20*, p<0.05), Agreeableness (r = .19,), Neuroticism (r = .04,) have low correlation with marital satisfaction. Dimension Conscientious is positively and significantly related to marital satisfaction(r =.21*, p<0.05). Where as Openness has highly significant negative correlation with marital satisfaction (r =-.37, p<0.01).

Table no. 5 Correlations of subscales of personality traits and marital satisfaction

	Extr	Agree	Neuro	Cons	Open	Marital
Extr	1	.55**	.34**	.50**	.017	.20*
Agree		1	.371**	.25*	-.045	.19
Neuro			1	.37**	.103	.04
Cons				1	.047	.21*
Open					1	-.36**
Marital						1

***Significant at 0.05**Significant at 0.01**

(Extr – Extraversion, Agree- Agreeableness, Neuro- Neuroticism, Cons- Conscientiousness, Open – Openness to Experience, Marital- Overall Marital Satisfaction Score)

H₆: Emotional intelligence would have positive relationship with the marital satisfaction.

To verify the hypotheses scores obtained on Emotional intelligence and marital satisfaction were analyzed using Pearson’s product moment correlation. Analyses of the result revealed that emotional intelligence has low correlation with marital satisfaction (r=.009).The hypothesis is not accepted as the correlation found between the two is not significant. Table No.6 shows the result.

s

Table no.6 Correlation of emotional intelligence and marital satisfaction

Variables	Marital satisfaction
Emotional intelligence	.009

***Significant at 0.05**Significant at 0.01**

H₇: Younger age group would show high marital satisfaction when compared to elderly

To verify the hypothesis sample was divided into two groups, Gp1 (below 30 years) and Gp2 (above 30 years). Scores obtained by both the groups on marital satisfaction were analysed using t test. The results of the study found significant differences between the two groups. The difference being significant at P< 0.01. The hypothesis is accepted. Refer table No.7

Table no.7 Mean differences on marital satisfaction between two groups below 30 years of age (gp1) and above the age of 30 years (gp 2)

Variables	Below 30 years		Above 30 years		t	Df	Sig.
	Mean	Sd	Mean	Sd			
Marital satisfaction	68.3	9.4	58.1	17.2	2.38	98	.05*

***Significant at 0.05**Significant at 0.01**

H₈: Longer the years spent in the married life higher the marital satisfaction

To verify the hypothesis the sample was divided in two groups. Gp 1(married less than five years) and Gp2 (married more than 5 years). Scores obtained on marital satisfaction by group 1and group 2 were analyzed using t- test.The results of the study found significant differences between the two groups. Gp1 showed higher marital satisfaction. The difference being significant at $P < 0.01$. The hypothesis is accepted. Refer table No.8

Table no. 8 Mean differences on marital satisfaction between two groups less than five years of marriage (gp1) and more than five years of marriage (gp 2)

	Less than 5 years		More than 5 years		t-value	df	Sig
	Mean	Sd	Mean	Sd			
Marital satisfaction	67.6	8.9	57.2	17.9	2.45	98	.01**

***Significant at 0.05**Significant at 0.01**

CHAPTER-6

DISCUSSION

The main aim of the study was to assess the marital satisfaction in relation to emotional intelligence, commitment, emotional maturity, and personality traits. The result of the study indicates lower the level of maturity lesser the level of marital satisfaction. The hypothesis (H₁) that emotional maturity would have positive relationship with the marital satisfaction is accepted. Findings of the present study are in harmony with the studies in the literature. Studies have reported negative association with immaturity and marriage satisfaction. It was confirmed in longitudinal and cross-sectional studies that maturity have a positive correlation with marital satisfaction (Schmitt, Kliegel and Shapiro, 2007).

The 2nd hypothesis that “Commitment towards marriage would have positive relationship with the marital satisfaction” (H₂) is accepted. Finding of the study revealed higher the commitment towards marriage higher the marital satisfaction. Study by Givertz and Segrin (2015) found similar results.

The 3rd hypothesis Males and females would differ on their commitment towards marriage is accepted. Females were found to be more committed towards the marriage when compared to the males. Again the finding of the study are in line of studies found in literature (John 2016, Marie,2012).

The hypothesis (H₄) different personality dimensions would be related to commitment towards marriage. The results of the study revealed that except Openness which has significant relationship with commitment all other dimension of personality have non significant relationship with marital satisfaction. Review of literature revealed commitment towards marital satisfaction is associated to openness, conscientiousness and

agreeableness (Watson & Humrichouse,2006) O'Rourke et. al. (2013) reported a similar kind of findings with males. In opposition to the above, it has been found in married females that the agreeableness, openness and conscientiousness are linked in a positive manner to marital satisfaction. However the personality dimensions seems to have positive relationship with marital satisfaction except neuroticism having negative correlation, openness showing high correlation value with marital satisfaction. Thus the hypothesis 5th is partially accepted.

The hypothesis (H₆) emotional intelligence will have positive relationship with the marital satisfaction. The results of the study revealed that emotional intelligence has a relationship with marital satisfaction but the relationship is low and nonsignificant. But contradictory studies have been found in the literature where emotional intelligence (EI) was found to be an aspect of significance in the life. Couples who have higher EI are better at knowing about each other's feelings and thoughts and it leads to improvement in marital adjustment and well-being in the life. The research here studied relation between EI and marital adjustment and health of spouse (Pandey and Tulika ,2010).

The hypothesis (H₇) Younger age group will show high marital satisfaction when compared to elderly. The result shows that there were significant differences between the means of the two groups. Younger age group scored high on marriage satisfaction. The hypothesis is accepted. Similar findings are reported in the literature (Henry et al ,2007). The 8th hypothesis purposed was longer the years spent in married life higher the marital satisfaction. Though the study found significant differences between both the groups one being less than five years the other being more than five years. It was the group less than five years who showed high marital satisfaction. The hypothesis was not accepted.

CHAPTER-7

CONCLUSION, IMPLICATIONS, LIMITATIONS AND FUTURE SCOPE

7.1 Summary and conclusion

The objective of the study was to explore the relationship between marital satisfaction and personality factors, emotional maturity, emotional intelligence. The sample of the study consisted of 100 married males and females. Various tools were used to assess the above mentioned factors in relation to marital satisfaction. The results of the study revealed perceived marital satisfaction depends on many factors which includes personality of the individual, commitment towards the marriage, emotional intelligence and emotional maturity.

They are all inter and intra related.

7.2 Significance of the study

The findings of the study would help in family therapy, couple therapy in understanding marital disharmony and enhancing the spiritual bond between the two and making the house a home.

7.3 Limitations of the study & future scope

The sampling techniques used for this study was purposive sampling, which makes it difficult to generalize the results. The sample of the study is small. It can be repeated on the large sample in comparing different cultures and religions. Educational factors, economic status, rural – urban setups could be further explored in relation to marital satisfaction.

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