

**Attachment Styles, Gratitude, Forgiveness & Dyadic
Adjustment as predictors of Marital Satisfaction**

Project submitted for partial fulfillment of the degree of

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Certificate

This is to certify that the thesis entitled, '**Attachment Styles, Gratitude, Forgiveness & Dyadic Adjustment as predictors of Marital Satisfaction**' being submitted in the partial fulfilment of the requirement for the award of the degree of **Masters of Arts in Psychology**, submitted in the **School of Humanities and Social Sciences, Thapar Institute of Engineering and Technology, Patiala**, is a bonafied work carried out under the supervision of Dr. Surinder, 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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Candidates Declaration

I hereby declare that the work presented in this thesis entitled '**Attachment Styles, Gratitude, Forgiveness & Dyadic Adjustment as predictors of Marital Satisfaction**' in the partial fulfilment of the requirement for the award of the degree of **Masters 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, Professor, School of Humanities and Social Sciences, Thapar Institute of Engineering and Technology , Patiala and refers other researcher's works 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 is virtually found in all societies, and a majority of individuals in every society get married at least once in their lifespan. It has been established that the satisfaction of married couples is even more important than the marriage itself. There is no single indicator of marital satisfaction, rather, it is an interplay of a wide variety of factors. Taking an inspiration from John and Julie Gottman's Sound House Relationship Theory the present study has attempted to study the effect of one's attachment style, established in one's childhood/ past as a result of parenting, the effect of present day traits, of newly emerged field of positive psychology such as gratitude, expression of gratitude and forgiveness, and the effect of the dyadic adjustment on marital satisfaction where Attachment style, Forgiveness, Gratitude, Expression of Gratitude, Dyadic Adjustment are independent variables and Marital Satisfaction is the dependent variable. Anxious & Avoidant Attachment styles are found to be negatively correlated with marital satisfaction whereas, gratitude, expression of gratitude, forgiveness & dyadic adjustment are positively correlated with marital satisfaction. Regression analysis was done and dyadic adjustment, forgiveness, attachment anxiety, and expression of gratitude came out to be the major predictors of marital satisfaction. Apart from this, a significant difference in gender in marital satisfaction was found. Females were low on marital satisfaction as compared to males. Further individuals in love marriage were seen to have more marital satisfaction than those in an arranged marriage. A significant difference, was also seen on the forgiveness scale where couples in a love marriage are seen to be more forgiving in a relationship. Lastly, the duration of marriage was also seen to impact marital satisfaction. The individuals for 5 years & below in marriage are concluded to be significantly different than those married for 10 years and above. Individuals in 5 years and below of marriage reported to have higher marital satisfaction.

Keywords: Marital satisfaction, attachment styles, dyadic adjustment, gratitude, forgiveness, gender differences, duration of marriage.

Chapter 1

Introduction

A Conjugal relationship is one the most central relationship in the life of most adults (Glaser & Newton, 2001). Marriage is typically referred to as a socially approved, economic, and sexual union that takes place usually between a man and a woman that is denoted symbolically in some way or the other (e.g., marriage certificate, ceremony, symbols—rings) (Ember et. al., 2006). Marriage is virtually found in all societies, and the majority of individuals in every society get married at least once in their lifespan (Carroll & Wolpe, 1996; Ember, Ember, & Peregrine, 2006). Traditionally speaking, marriage was considered as a union between a woman and a man, with the children born to the woman being recognized as legitimate offspring to both the parents (Royal Anthropological Institute, 1951). Apart from being established as the legal father and mother of the child as observed by British Anthropologist Edmund Leach (1955), in some cultures, for instance, in the Hindu religion, marriage is considered a sacred union where man is considered spiritually incomplete without a woman (Kumari, 1998). In China, a long-term relationship is considered a necessity , representing two interacting principles of Yin (female, weak and passive) and Yang (male, strong and active) (Sonko,1994). There are differences with respect to what is considered appropriate marital behavior, to whom one marries, the marriage ceremony and how one gets married. Two types of marriages are common in Indian society- arranged and love marriage. In the earlier period, arranged marriage was more common in India. However, with the increasing influence of western culture, love marriage is gaining popularity (Raina & Maity., 2018). In an arranged marriage, the family or parents choose the partner for marriage, while in the case of love marriages, an individual prefers to choose a partner for marriage on their own (Bunker & Narayan, 2016). The cultures and norms that have long-established, surround this practice, with strict cultural sanctions against the ones who defy these norms at times (Netting, 2008). In spite of the differences, however, there are some criteria's which are common to almost all the cultures (Ember et. al., 2006). Marriage, typically involves coupling of two people having different desires, needs & interests. Men and women have been acknowledged to experience

marriage differently (Jackson et.al., 2014). It has been stated by a famous scholar Bernard (1972) that in every marital union, there are two marriages, his and hers. It is a special association that is given its shape by social rules & laws that has a significant impact on an individuals' development and self-realizations (Ersanlı & Kalkan, 2008). In fact, it has been established that the satisfaction of married couples is even more important than the marriage itself (Khalatbari et.al., 2013).

Marital satisfaction is referred to as a state in which the wife and the husband experience a sense of happiness and satisfaction from each other most of the time. A satisfactory relationship amongst couples is generally a measure of mutual understanding and love and care for one other (Lubach et.al.,2005). It is considered to be an extent to which an individual has adapted to his or her present marital situation as compared to the expected marital situation (Winch, 2012). The perceived costs and benefits of marriage to an individual reflects the state of marital satisfaction. If a greater cost is inflicted on a spouse in marriage, the lesser the satisfaction experienced by the marital partner. The higher the perceived benefits, the higher the satisfaction (Eze et.al.,2018). Even though marriage is a highly desired relationship amongst adults, however satisfaction in a marital relationship is a cause of concern. A large number of individuals in 21st century, both males & females are at a greater risk of marital failure and dissatisfaction, and are not in stable martial relationship (Petty,2010). There exists inconsistency amongst studies related to gender differences in marital satisfaction (Broman, 2005), where some demographic characteristics may be seen to moderate the effect of gender on satisfaction in a marital relationship (Jackson at.al. 2014). A large number of other factors at individual and societal level have been investigated to have an impact on marital satisfaction, such as communication and problem solving skills, economic factors, age at marriage, duration of marriage etc. (Tavakol et.al., 2016). An alarming increase in the divorce rates, indicate a psycho-social and behavioral gap that exists in understanding the key skills and knowledge that is essential in order to maintain marital satisfaction (Orathinkal & Vansteenwegen, 2006). Identification of the factors contributing to marital satisfaction also allows those in marital counselling and education apart from the married couples to employ strategies that add to a more fulfilling and satisfying marriage, and also avoid behaviors that lead to a decrease in

marital satisfaction (Tavakol et.al.,2016). It allows an individual to know variation in context of how an individual tend to feel, think and interact in a romantic relationship, which have been attributed to their attachment styles (Meyers & Landsberger, 2002).

An attachment style is generally referred to as the relational behavior that takes place between an individual and their primary caregiver, so as to get their basic needs fulfilled by them at the initial stage and later, that tends to develop a schema or a response set for their interaction with the outside world (Dawsen et.al.,2014). Individuals with an anxious attachment style have reported their experience of marriage to be characterized as being obsessive, with feelings of jealousy and being extremely sexually attracted towards their partner. Whereas individuals with an avoidant attachment style reported to fear intimacy in relationships. Securely attached individuals have been seen to be in trustworthy and happy relationship, and also considered to be more accepting of their spouse. (Meyers & Landsberger, 2002). The perception of marital partner in a positive light that what is evident by their observable behavior is an important predictor of marital satisfaction (Story et.al.,2007).

In the recent decade however a growing research on the positives, leading to marital satisfaction has been initiated. It has been established that the positives are also worth paying attention to and character strengths have captured the interest of scientists in recent years (Peterson & Seligman, 2004). Gratitude and forgiveness are considered as interpersonal strengths that are based on a combination of positive emotions, pro social behavior and relationships that have been seen to foster wellbeing (Frederickson, 2004; Watkins, 2004). The concept of gratitude has received a high place in Christian, Hindu, Buddhist, Muslim traditions and beliefs (McCullough at.al.,2001). It has been referred to as a highly positive emotional state that is experienced by the receiver after having received something of worth by another person (McCullough et.al.,2001). It generates positive feelings towards the benefactor (Algoe et.al.,2016). Apart from being grateful, an expression of gratitude and appreciation of the spouse is considered one of the important factors that are seen to contribute to a long term satisfying marriage (Sharlin,1996). Individuals who are high on gratitude tend to have a higher degree of

life satisfaction and measures such as empathy, pro social behavior and forgiveness (McCollough et.al.,2004).

A focus of the concept of forgiveness has gained the attention of researchers, with an emerging trend of positive psychology (Nateghian, 2006). It is considered to be a highly appreciated ethical trait or value that has been witnessed to strengthen marital bond or relationship (Seyf & Bahari, 2001). In marital context, forgiveness is referred to as a lower level of blaming one another, a decrease in the degree of anger towards one's spouse, especially in regard to betrayal, an increase in the level of understanding amongst each other and a behavior which reflects a deeper sense of peace at emotional and mental level experienced by the forgiver (Gordon et.al.,2009). It has been witnessed that one of the major steps towards reconciliation with one's spouse is by forgiving them. This is seen to have a therapeutic effect on the relationship, leading to greater marital satisfaction and also in resolving both long and short term marital conflicts (Fincham et.al.,2004) and reducing disagreement in a couple (Orathinkal and Vansteenwegen (2006).

The perceived level of agreement and disagreement of a couple on a wide variety of issues in their relationship such as, religious issue, conventionality, philosophy of life, demonstration of affection, matters of finances, sexual relation , amongst others has been referred to as dyadic adjustment (Comin & Santos,2012). A higher amount of satisfaction is experienced amongst spouses who are compatible with one another in various aspects of life like being sexually satisfied , the amount of time they spend with each other, and the way they choose to spend their leisure time (Kaslo et.al.,).

Summary:-In this, we concisely study Attachment styles, gratitude, forgiveness and and dyadic adjustment as predictors of marital satisfaction. Specifically, pointing out the marital satisfaction in males and female ranging from 25-50 years of age, the effect of choice of marriage (Love/arranged) and the duration of marriage on marital satisfaction.

Chapter – 2

Review of Literature

2.1 Marriage

Marriage is referred to as a union that involves two partners, in which fellowship and intimacy exist. In such a relationship the children are raised in a safe environment and the individuals get involved in sexual relationship and also provide each other with emotional safety and an opportunity for growth (Yavuzer,2012). It has several implications such as meeting the need to love and being loved by someone, fulfilling both the individuals' social, biological, motivational & psychological needs apart from bringing new generations to world and gaining a position in society. It also involves the feelings of being protected, a sense of mutual cooperation, being proud of one other and healthy sexual functioning (Canel, 2012). Although the content and dimensions of marriage have changed during the course of human history, the institutions of marriage & family has maintained its universality and still exists as the core unit of society (Özgüven, 2001). In order to improve the marital satisfaction amongst couples an effort towards understanding the structure of marriage and the spouse relationship has been of utmost importance (Çelik, 2006). In the current times considerable efforts are being made to understand the factors determining the differences that exist between happy and consistent marriages and those that are not (Hall, 2006). A large number of studies have focused on the factors that effecting consistent and happy marriages (Marks et al., 2008), expectations from marriage (Crissey, 2005) , and the predictors of marital satisfaction (Carandang & Guda, 2015).

2.2 Marital Satisfaction

Marital satisfaction is one the measures that has been used in order to assess stability and happiness in a marriage (Tavakol et.al.,2016) . According to Hawkins (2004), marital satisfaction is a sense of satisfaction, joy and happiness experienced by the wife and husband considering all the aspects of their marriage. It is a process that requires knowledge of personality traits and attributes of the partner, establishment of rules of

behavior, compliance with tastes, and formation of relationship patterns (Tavakol et.al., 2016). Generally, marital satisfaction can be thought of as the relative degree of displeasure and pleasure associated with the relationship (Haynes et al., 1992). It is an individual characteristic and is referred to as how an individual evaluates his/her marriage (Orathinkal & Vansteenwegen, 2006). In order to have a satisfactory and successful marriage, one must choose a right partner for themselves and maintain a healthy relationship (Lamanna, et.al., 2014). The process of selection of marital partner varies in different cultures (Madathil et.al.,2008). Love marriages involves dating a partner before marriage and freedom to choose the marital partner, one they feel they are compatible with. Whereas an arranged marriage involves people who get involved in a marital relationship without dating and knowing each other (White et.al.,2008). It has been established that individuals with a higher level of education and in love marriages, experience a higher marital quality and satisfaction as it is associated with a sense of freedom (Allendorf & Ghimire 2013). In Indian context, arranged marriages are taken as to be more stable , but it is not a measure of marital satisfaction, since a lot of people get into marital relationship in an arranged setup out of choice (Allendorf,2013). Since parents and family have a strong say in relationships, there has been an increase in divorce rate (Pryor,2014). Women in self marriage are also concluded to be more satisfied in marital relationship in China, as compared to those in arranged marriages (Yuji et.al.,2004). Women in love marriages have been reported to experience higher marital satisfaction than those in arranged marriage (Xiaohe and Whyte (1990).

One of the unwavering question in marital research studies is if there exists gender difference in marital satisfaction (Jackson et.al.,2014). It is an important area of research as most of the studies conclude women to have less marital satisfaction in comparison to men (Kendler,2006). One of the reasons attributed to lower marital satisfaction in females is based on the female perspective where marriage is viewed as oppressive for females(Bernard,1972). The subordinate position of females in family as well as society and privilege to the males is one of the central themes (Osmond & Thorne,1993). Inequality in the balance of power leads to lower marital satisfaction in women as compared to men (Brezsnyak& Whisman, 2004). It has been stated by

Bernard (1972) that in every marital union, there are two marriages, his & hers, where his is better than the hers. Research indicates that wives report more marital dissatisfaction and frustration and have considered divorce or separation as compared to men (Jackson,2014).

The gender difference in marital satisfaction has been reported by a number of researchers with women reporting less marital satisfaction in comparison to men (Connides,2001 ., Stevenson & Wolfers,2009, Whiteman et.al.,2007), however the overall difference was small, with effect size of 0.04, suggesting only 7% less marital satisfaction amongst females in comparison to males (Jackson et.al., 2014). Similar results were concluded in a study conducted on 653 participants where marital satisfaction to be significantly higher in men as compared to women. The study also found a negative correlation between age and marital satisfaction in women (Rostami et.al.,2014). The age and duration of marriage are important indicators of marital satisfaction (Regan et.al.,2011). Marriage longevity is considered to pivotal role in marital satisfaction (Peleg,2008). However, there are competing viewpoints of this. Some studies have investigated that the effect of the length of marriage on satisfaction in a marital relationship is negative. As the duration of marriage increase, the marital satisfaction decreases (Karney et.al.,1995; Blood & Wolfe,1960). However some studies have found cultural difference in this respect, as in case of arranged marriages , the satisfaction level is lower in the early years of marriage (Xiaohe & Whyte, 1990; Rolins & Feldman, 1970). Some others consider that as a couple begins to stay with each other, the marital conflicts decline, as a result they report lesser dissatisfaction in marriage (Rogers & Amoto, 2000). No significant change in marital satisfaction has also been reported over a period of time (Bossard & Boll, 1955)

A wide range of consequences, both physical and mental of marital satisfaction can be seen, which in turn seems to effect success at work, social well-being and life satisfaction (Hatami, 2009). Depressive symptoms are also found in individuals who are not satisfied in marriage (Miller et.al.,2013) and suffer from a greater risk of marital instability and divorce (Zare et.al.,2013) Efforts in understanding factors effecting marital satisfaction in couples has gained importance, so that if the underlying factors

are understood, there is a greater possibility to help the individuals improve their own perception about the marriage (Hughes et.al.,2011). There is a variation in context of how an individual tend to feel, think and interact in a romantic relationship, which have been attributed to their attachment styles (Meyers & Landsberger, 2002).

2.3 Attachment Style and Marital Satisfaction

According to the attachment theory (Bowlby1993) , the individuals who have felt secure in childhood, and whose attempt to achieve proximity to the caregiver has been fulfilled, develop a secure attachment style. However, the an avoidant attachment style tends to develop if the children fail to feel secure in childhood and they have been ignored by the caregiver, however, if the need for security has been dealt with inconsistently it leads to an ambivalent attachment style (Fuller & Fincham,1995). These styles, once formed are seen to guide an individual's availability in future relationships, particularly, romantic relationship (Bowlby,1993). The attachment styles, developed in childhood and infancy, provide a framework to understand loneliness, love and grief in adulthood. The threefold attachment styles, in context of adult romantic relationships are- 1) Secure- where an individual does not necessarily have a difficulty in getting close to others and is comfortable in depending on them. Nor do they have any fear of being abandoned by their partner or fear getting close to them. 2) Avoidant- in this case, an individual develops trust issues and faces difficulty in depending on others and having others depend on them. They also feel uncomfortable when anyone gets close to them and their romantic partner yearns for a more intimate relationship than what they can offer. 3) Anxious/Ambivalent- such individuals fear being abandoned by their partners and feel they are not really loved by them. There need to merge with the other is so strong that sometimes it tends to scare away another person (Hazan & Shaver,1987).

Attachment anxiety and Attachment avoidance makes use of attachment hyper activating strategies, like being self-reliant and denial of need to attach oneself with others and attachment deactivating strategies like clingy behavior and need for care

respectively in order to regulate emotions (Vollmann, Sprang & Brink, 2019). The research in the field of attachment style has been extended to the study of romantic (Collins & Read, 1990) marital relationship (Senchak & Leonard, 1992). A significant negative correlation has been seen between Attachment avoidance and marital relationship & Attachment anxiety and marital relationship in a study conducted on 362 participants in Europe (Vollmann, Sprang & Brink, 2019). Research suggests attachment avoidance to have a more strong negative impact on relationship as compared to attachment anxiety, as individuals with attachment anxiety have a need for care and protection and can experience and value that in their relationship whereas, attachment avoidant individuals keep their relationship from being an integral part of their lives (Li & Chan, 2012).

A significant negative correlation between avoidant and anxious attachment style with marital satisfaction was also concluded in a study conducted on a sample of 146 couples (292 individuals) in Iran. One of the reasons attributed for marital dissatisfaction amongst individuals with insecure attachment styles (Avoidant and anxious) was a loneliness and a fear of rejection in the relationship accompanied by a lack of self-confidence and a feeling of inferiority (Mohammadi, Samavi & Ghazavi, 2016). This has also been investigated in a study conducted on 24 participants ranging 25-45 years of age in India, where marital satisfaction was positively correlated with secure attachment style. Whereas, insecure attachment styles were found to have a negative correlation with marital satisfaction pertaining to a need of constant validation from the partner leading to less marital satisfaction in case of anxious attachment style and denial of intimacy and preference for autonomy and independence in case of avoidant attachment style (Shah et.al., 2018). Securely attached spouses have been seen to have more positive views of their partners, experience more positives and less number of negative affect when in a stressful and unlikely marital situation, and also report higher levels of marital satisfaction than adults with avoidant or ambivalent attachment styles (Hazen & Shaver, 1987). Another study on 191 married individuals, found attachment avoidance and attachment anxiety along with dyadic coping to contribute 67% variance in satisfaction in marriage (Fuenfhausen & Cashwell, 2013).

Inhibition of gratitude towards the partner is seen to be one of the underlying factors contributing to a negative relationship between attachment insecurity and marital satisfaction. Gratitude and attachment insecurity are proposed to be interconnected as in accordance to the attachment theory, the perception and reaction to social experiences are guided by the internal working models (Mikulincer & Shaver, 2016). The focus is not only on feeling love and appreciation of the partner, but also expressing it (Mardani et al., 2021). The negative aspects of marital dissatisfaction, anger, conflicts have gained importance in the past. However, in the recent decade a growing research on the positives, leading to marital satisfaction has been initiated. It has been established that the positives are also worth paying attention to and character strengths have captured the interest of scientists in recent years (Peterson & Seligman, 2004).

2.4 Gratitude, Expression of Gratitude and Marital Satisfaction

Gratitude and forgiveness are considered as interpersonal strengths that based on a combination of positive emotions, pro social behavior and relationships that have been seen to foster wellbeing (Frederickson, 2004; Watkins, 2004). Gratitude is referred to as a state or emotion that is elicited out of appreciation or awareness of something that is considered meaningful or valuable to one's own self (Lambert, Graham, & Fincham, 2010). Rosenberg (1998), referred to gratitude as an affective trait, with individuals scoring high of this trait, also experiencing a higher level of life satisfaction, satisfaction in marital relationships, happiness and forgiveness (McCullough et al., 2004). Relationship of gratitude with marital satisfaction has been attributed to the degree to which a spouse is grateful in his or her life and the degree to which they focus more of positive attributes of the partner (Driver & Gottman, 2004). A wide range of literature has focused on gratitude with respect to what one has received (McCullough et al., 2001), a positive gain (Solomon, 1983) and being thankful for the positive events or the good things that are present in life of an individual (Seligman et al., 2005). A grateful individual has been commonly referred to as the one who appreciated the everyday pleasures or things in life, however, it is

not only confined to be grateful for good things in life, grateful people are also the ones who are more likely to express gratitude to the one who has benefitted them (Watkins et.al., 2005). From a very young age, children are encouraged to express gratitude for the courtesies that are extended to them. Being grateful provides a sense of appreciation to the doer, that also acts as a reinforce for the behavior (Lambert et.al.,2010). An act of simply expressing gratitude to a spouse increases the spouses' perception about the marital relationship that it is characterized by high communal strength (Lambert et.al.,2010). A large number of studies has provided an evidence for expression of gratitude in a relationship has lead to an improvement in the quality of relationship (Algoe et.al., 2008; Billingsley et.al.,, 2005). A positive relation between expression of gratitude and marital satisfaction has been concluded (Schramm et.al., 2005). Gratitude tends to be reinforcing, and facilitates a cycle of positive reciprocity within a marriage (McCullough et.al.,2001).

In a marital relationship, a sense of gratitude provides a positive environment which makes the spouses more aware of the good things in their marriage. This heightened awareness enables the spouses to focus of each other's positive traits. With this atmosphere of positivity between the couple is related to an increase in marital satisfaction (Gordon & Baucom, 2009). An integration of gratitude and expression of gratitude in daily life, provides an additional space for the couples to flourish. Expression of gratitude or thanking the partner for performing daily household chores, such as cleaning the dishes, doing the laundry, makes the partner feel appreciated, also making each other feel that they are aware of what is good in their relationship as a result leading to more satisfaction in their marital relationship (Mitchell, 2010). The presence of gratitude in everyday marital life also allows the couple to address everyday stressors better instead of withdrawing from the situation and the partner. This has been seen to enhance couples satisfaction with their marital relationship, by enhancing stability in a relationship (Schramm et.al.,2005). A study conducted by (Mitchell,2005) on a 50 couples, concluded a positive significant a relationship between gratitude, expression of gratitude in marital relationship on marital satisfaction. This may be attributed to the awareness and an environment that is created as a result of feeling and expressing gratitude to the spouse, about the role

the partner plays in his or her life. A higher perceived support and intimacy was also observed amongst the grateful individuals contributing to marital satisfaction (Mitchell,2005). A greater marital satisfaction has been concluded to be as a result of positive interaction that takes place as a result of expression of gratitude amongst couples in a marital relationship (McCullough et.al.,2001) , promoting positive reciprocity and wellbeing (Oatley & Jenkins, 1996). Being grateful has been seen to shift the partners perception from blaming one another to a more positive outlook, and accepting the efforts of their spouse (Driver & Gottman,2004). The partners who are grateful are suggested to have a deeper connection with one another, where gratitude acts as a booster and have been witnessed in individuals having satisfying and secure relationships (Algoe et.al.,2010)

Feeling and expression of gratitude towards the romantic partner is seen to be positively related to relationship satisfaction level along with the feelings of commitment & connectedness (Gordon, Arnette, & Smith, 2011). Similar results have also been concluded in various other studies, suggesting, individuals with higher gratitude feel much more closer to their spouses relative to individuals with lower gratitude level, contributing to greater satisfaction & stability in marriage (Algoe et.al.,2010). The relationship between felt and expressed gratitude was also studied by (Gordon et.al,2012), where the researcher asked the participants to keep a diary of expressed as well as felt gratitude and its effect on marital satisfaction level for about 2 weeks. The result came in accordance with the hypothesis, concluding felt and expressed gratitude to be positively related to both ones own and spouses marital satisfaction . The act of expressing the gratitude to the spouse makes the spouse feel empowered and appreciated (Lambert at.al.,2010). Appreciation of one's spouse, is considered as one of the most critical factors contributing to satisfying relationship in long term marriages (Sharlin,1996), whereas lack of appreciation by the partner is one of the contributing factors to divorce (Gigy & Kelly,1992).

Expression of gratitude is also seen to benefit newly married couples, as it leads positively related to marital satisfaction and better adjustment in marital relationship (Schramm, Marshall & Harris, 2005). Grateful couples are also seen to engage

themselves more in relationship maintenance behaviors (Kubaca et.al.,2011) and have been seen to be fostered by presence of virtues such as gratitude, compassion and forgiveness (Ellison et.al.,2010).

2.5 Forgiveness and Marital Satisfaction

Character strengths have been witnessed to have captured the interest of scientists in recent years (Peterson & Seligman, 2004). Forgiveness is one the most important factors in study of positive psychology, and is taken to be a valuable skill in relationships, particularly in marriage (Smith,2006). Simon (1871) has referred to forgiveness as an unconditional act that takes place without having any expectation of compensation from the other person (Askari, 2016). It is letting go transgression that leads to development of positive feelings (Gayatrivadivu et.al.,2014). Forgiveness in context of a marital relationship is referred to as a lower level of blaming one another, a decrease in the degree of anger towards one's spouse especially in regard to betrayal, an increase in the level of understanding amongst each other, and a behavior which reflects a deeper sense of peace at emotional and mental level, experienced by the forgiver (Gordon et.al.,2009). The tendency of an individual to forgive in an intimate relationship has been seen to have an impact on the relationship satisfaction level (Palcari et.al., 2005). The willingness of a partner to forgive his/her spouse, is investigated to be an important construct that helps in maintaining a satisfying marital relationship. One of the reasons attributed to the same is an increased level of closeness, reconciliation and cooperation among married couples as a result of forgiveness. This has been widely reported by individuals who are in long term marriages (Fincham et.al.,2002). A highly significant positive correlation has been found between forgiveness, marital outcome and marital satisfaction, in a study conducted on a sample of 72 newly married couples. Forgiveness was also concluded to have a positive effect on marital satisfaction in couples who were seen to engage less in negative verbal behavior (McNulty, 2008). Marital satisfaction and forgiveness were also concluded to be positively correlated in a study conducted on 200 married women in Iran. (Mirzadeh & Fallachay, 2012). To receive forgiveness in a marital relationship, apart from the tendency of an individual to forgive has also been

examined. It is considered important, since, human beings are prone to make mistakes, and a lack of forgiveness in relationship would lead to anger and resentment, leading to marital conflict and dissatisfaction ((Khezri et al., 2020). A decrease in marital conflicts and expression of anger during an argument has been reported as a result of religious practices and rituals (Scripture reading and prayers), which has an indirect impact on couple communication and willingness to forgive (Lambert & Dollahite,2006). Forgiveness has been to help not only in a decrease in expression of anger but also in healing emotional wounds and improving relationships (De Blasio & Procter,1993). An improvement in marital satisfaction as a result of trait forgiveness has been witnessed in a research conducted on 80 couples (N=160) in Tehran. It was concluded that an increase in forgiveness among the couples leads to an increase in marital satisfaction (Askari,2016). The impact of forgiveness and self-compassion on marital satisfaction were also witnessed in a study on 200 young couples, ranging 20-40 years who have been married for 10 or less than 10 years. Forgiveness was found to be a greater predictor of marital satisfaction in men, whereas self-compassion was found to be a greater predictor of marital satisfaction in case of women (Fahimdanesh, Noferesti & Tavakol, 2019). Empirical research has also suggested a positive relationship between an optimistic view of life and marital satisfaction with forgiveness and gratitude (Emmons & McCollough,2003). After numerous researches on forgiveness in context of marital relationship, it can be concluded that forgiveness in a relationship is therapeutic and can help in relationship issues and marital conflicts, and reducing disagreement in a couple (Orathinkal and Vansteenwegen (2006).

Life experience etches into every individual a unique set of values and beliefs (Elium, 2014). It isn't essential that partners share exactly the same ones, although some overlap is helpful. A higher amount of satisfaction is experienced amongst spouses who are compatible with one another in various aspects of life, sexually satisfied, the amount of time they spend with each other, and the way they choose to spend their leisure time (Kaslo et.al.,) and have a greater mutual understanding that permits the couple to deal with stressors of everyday life (Razak et.al., 2015), a phenomenon that has been referred to as dyadic adjustment (Bodenmann et.al., 2011).

2.6 Dyadic Adjustment and Marital Satisfaction-

The concept of dyadic adjustment has been referred to as the one that evaluates the perceived level of agreement and disagreement of a couple on a wide variety of issues in their relationship such as, religious issue, conventionality, philosophy of life, demonstration of affection, matters of finances, sexual relation , amongst others. It suggests the degree of agreement the couple has in matters of decisions they make (Comin & Santos,2012).

Dyadic adjustment was suggested to have a highly significant positive correlation in a study conducted on a sample of 106 married individuals with marital satisfaction in Brazil (Comin & Santos, 2012). In the same study, it has also been suggested that with a reduction in marital satisfaction, a reduction in sexual relationship and demonstration of affection amongst couple has also been witnessed (Gottman, 1998). A wide variety of search has placed its focus on the couple, rather than the individual, as the partners in an intimate relationship are mutually dependent on each other (Razak et.al.,2015).

Dyadic coping or adjustment on the part of the couple has also been suggested to have a greater impact on marital satisfaction in comparison to the individual coping (Herzberg, 2013). In another study conducted on a sample of 100 individuals in the Midwest also concluded to have found a significant positive relationship between dyadic adjustment and marital satisfaction (Papp & Witt's, 2010). Similar results are also concluded in a study conducted on 69 married couples, where dyadic adjustment was positively related to marital satisfaction , and the research implies to look for dyadic coping strategies for greater marital satisfaction (Brown et.al.,2019). This role of dyadic adjustment and supportive behavior has also been suggested to have an important role amongst cancer patients and their spouses (Traa et.al.,2014). Similar findings of a positive significant relationship between dyadic adjustment and marital satisfaction has also been examined in Cancer patients and their partners in Austria (Regan et.al.,2014).

In the last two decades a greater attention has been focused on the role of dyadic adjustment on marital satisfaction (Bodenmann et.al.,2011), suggesting a highly significant positive correlation between the two (Comin & Santos,2012).

Chapter 3

Research Gap, Theoretical Framework, Objectives, Hypotheses

3.1 Research Gap

As can be gathered from extensive view of literature, multiple studies have found how a number of variables such as age, duration of marriage, attachment styles, gratitude, forgiveness, dyadic adjustment have an effect on marital satisfaction. The present study has attempted to analyze the effect of one's attachment style, developed as a result of ones parenting on marital satisfaction (referring to the effect of ones past on future marital relationship), and effect of presently found traits of newly emerged field of positive psychology in an individual such as forgiveness and gratitude and expression of gratitude on marital satisfaction (referring to the effect of one's present state of mind), and lastly the effect of dyadic adjustment on marital satisfaction.

3.2 Theoretical Framework

In order to examine the factors affecting the marital satisfaction, John & Julie Gottman's theory of Sound Relationship House (SRH) Theory will be used as a framework to provide a theoretical lens. Gottman's theory of marital satisfaction is regarded as one of the leading theories in the field of marriage. The goal of his theoretical framework is not to predict divorce, rather, to predict marital satisfaction and stability (Faulkner, 2002). John Gottman began to work with his wife Julian Gottman, a clinical psychologist in the year 1994 and developed the Sound Relationship House Theory based on the work of John Gottman. The couple identified seven building blocks or principles for relationships and also interventions that would strengthen intimacy and friendship, and creation of shared meaning and purpose. The theory also became the basis of interventions for couples that has been described in the book 'The Marriage Clinic by Gottman (1999) and in book by Julie Gottman 'The Marriage Clinic Casebook' (Gottman, 2004). It is a research based theory to a model of practice that

provides us with an explanation of why certain relationships are successful, while other relationships end in divorce or are distressed. Sound Relationship House (SRG) Theory is an interactional model, with one level having an impact on the other, as opposed to the hierarchal model moving from bottom to upward. The influence between the levels is bidirectional (Gottman, 1994). According to the theory, the foundation of all romantic relationships is on understanding one another's world, after the establishment of this understanding, one can learn to share fondness, which encourages one to lean on one another, and help in embracing positive perspectives of each other, conflict management, achieving dreams and, finally, create a shared meaning (Killoren,2020).

The first principle of Sound Relationship House (SRH) Theory is to Build Love Maps. It is referred to as the importance of knowing the partner and their psychological world, their needs, stressors, past experiences etc.

The next principle of Second Relationship House (SRH) Theory is sharing love and admiration in a relationship.

The next principle of Gottman's model is turning towards instead of away or against their partners and positive perspective and conflict management. Positive perspective is referred to as an overall feeling that the partners tend to have about each other, where the spouses positive sentiments are seen to outweigh the negative response that the partner may have to the spouses occasional bad behavior (Mardani et.al., 2021).

The last principle is to have a shared meaning in life and make dreams and make life dreams come true.

3.3 Objectives

The present study is conducted with the objective of studying the effect of forgiveness, gratitude, expression of gratitude, attachment style and dyadic adjustment as predictors of marital satisfaction.

If marital satisfaction of females is lower than that of males.

If individuals in love marriage have higher marital satisfaction as compared to those in an arranged marriage

Lastly, if duration of marriage has an impact on marital satisfaction.

3.4 Hypotheses

H₁ There is a negative relationship between anxious attachment style and marital satisfaction

H₂ There is a negative relationship between avoidant attachment style and marital satisfaction

H₃ There is a positive relationship between gratitude and marital satisfaction

H₄ There is positive relationship between expression of gratitude and marital satisfaction

H₅ There is a positive relationship between forgiveness and marital satisfaction

H₆ There is a positive relationship between dyadic adjustment and marital satisfaction

H₇ Marital satisfaction of females is lower than that of males

H₈ Individuals in love marriage have higher marital satisfaction as compared to those in arranged marriage

H₉ Duration of marriage has an impact on marital satisfaction.

Chapter- 4

Methodology

4.1 Sample

Inclusion criteria for participation was 200 married males & females (100+100) between the age group of years to 25-50 years, who were Computer literate and well versed with English language. The survey was conducted in order to collect the required data. The participants filled in their responses and their data was recorded and analyzed. Snow ball sampling was done for selection of the sample.

4.2 Research design

The study is a correlational study in which Attachment styles, gratitude, forgiveness and dyadic adjustment are the Independent Variables (IV) and Marital Satisfaction is the (DV).

4.3 Tools Used

Total 5 Scales were administered through Google forms via online medium for the collection of the requires data, which are as follows-

1) Enrich Marital Satisfaction Scale (EMS)-

The scale consists of 15 items with Marital Satisfaction (10 items) and Idealistic Distortion (5 items). Items 1, 4, 6, 9, and 13 measures the idealistic distortion. The remaining items measure the Marital Satisfaction scale. The test requires 5 to 10 minutes for administration. The scale is a simple self-report, pencil-and-paper measure. The scoring is done on a 5 point Likert type scale, where, 1=strongly agree, 2=moderately agree, 3=neither agree nor disagree, 4= moderately agree, 5=strongly agree. The items 2, 5, 8, 9,12, 14 are reversely scored. After reversely scoring the negative items, an individual raw score for both the subscales are obtained for summing up the items appropriate for each of them individually. After the raw scores are obtained, a percentile

score of both the obtained raw scores is found in the norm table. Next the final, EMS score is obtained by using the following formula, where, PCT= percentile score for individual marital satisfaction and ID= percentile score of individual idealistic distortion.

$EMS = PCT - [(.40 * PCT) (ID * .01)]$.40 is taken as constant.

A high score indicates a higher marital satisfaction. The scale is a reliable and valid measure of marital satisfaction. Cronbach alpha for internal reliability of the scale was .86 and the inter item correlation is strong, ranging from .52 to .82. The test retest reliability was measured with a reliability coefficient of 0.86. The test is seen to possess good concurrent validity of 0.73 with Locke and Wallace Marital Adjustment Test and construct validity.

2) The Adult Attachment Scale (AAS)-

The scale consists of 18 items, and is a simple self-report, paper pencil measure. It consists of 3 subscales, namely, close, depend and anxiety, that is a measure of 3 adult attachment styles, namely, Secure, Anxious and Avoidant. There are 6 items each measuring each of the subscale. The Depend subscale is a measure of the extent to which the subject relies of others to be available to him/her in need and trust others. The Close subscale is a measure of emotional proximity and intimacy. The Anxiety subscale, is a measure of fear of being left or abandoned in relationship. The test is a reliable and valid measure of attachment style. The test-retest reliability for the Close, Anxiety and depend subscales were .68, .52 and .71 respectively .The scoring is done using 5 point Likert type scale, where, 1=strongly disagree, 2=disagree, 3=neutral, 4=agree, 5=strongly agree. The secure attachment style has a high score on close and depend subscale and a low score on anxiety subscale. An anxious attachment style is marked by high score on anxiety subscale and a moderate score on close and depend subscale. An avoidant attachment style has a low score on close, depend and anxiety subscale. The items 1, 2, 3,4,5,6 are depend subscales. Items 7,8,9,10,11,12 are anxiety subscales

and items 13,14,15,16,17,18 are close subscales. Items 1, 2, 5,6,7,15,16 and 18 are reversely scored.

3) The Gratitude Questionnaire (GQ-6)

It consists of 6 items and is a short and simple self-report paper-pencil measure, designed specifically to assess the individuals tendency to recognize, respond to and experience gratitude in his/her life. It measures the frequency, intensity, density and span of gratitude as an affective state. It takes less than 5 minutes to administer the test, however there is no time limit as such. The participants are required to answer 6 items on a scale of 1-7 where, 1=strongly disagree, 2 = disagree, 3 = slightly disagree, 4 = neutral, 5 = slightly agree, 6 = agree, 7 = strongly agree. For items 3 and item 6, reverse scoring is done in order to inhibit response bias. The scores range between 6-42, where, a high score is correlated with a high disposition gratitude. The test is a reliable and valid self report measure of the disposition to experience gratitude. The test has good internal reliability, with coefficient alpha ranging between 0.82-0.87. The test has been translated in a number of languages and continues to be a reliable and valid measure after translation.

4) Expression of Gratitude in Relationship Scale-

The Expression of Gratitude in Relationship Scale is a short, self-report paper pencil measure. It consists of 3 items measuring a couple's expression of gratitude in a marital relationship. The scale is reliable and valid measure of expression of gratitude in couples. The Cronbach Alpha was measure to be .94. The scoring was done on a 5 point likert type scale, where, 1= Never and 5= Very Frequently.

5) Marital Offence - Specific Forgiveness Scale-

It is 10 item scale, and is a simple self-report paper pencil measure. It focusses mainly on when the respondent has reportedly felt hurt or wronged by his/her partner. The scale

measures three dimensions – where, retaliation and avoidance reflects the positive dimension of trait forgiveness and benevolence items are seen to reflect the positive dimension. The scoring was done using a 6 point, Likert type scale, where 1-strongly disagree, 2- disagree, 3-somewhat disagree, 4-somewhat agree, 5-agree, 6-strongly agree. The items 1, 3, 4,6,7,8 measure the resentment and avoidance. Whereas, 2, 5,9,10 measures the Benevolence and are reversely scored. The scale is a reliable and valid measure of forgiveness in couples, and has an adequate internal consistency. Providing evidence for predictive validity, forgiveness dimensions accounted for variability in relationship variables over a 6-month period.

6) Revised Dyadic Adjustment Scale (RDAS)-

The Revised Dyadic Adjustment Scale (RDAS) consists of 14 items and is self-report paper pencil measure that designed to assess 7 dimensions of couple relationship assesses seven dimensions of couple relationships - decision making, values and affection, stability and conflict regulation, and Cohesion through activities and discussion. As a result of time constraint in clinical practice RDAS is a reliable measure of quality of relationship. The scale has been widely used to differentiate between non-distressed and distressed relationships, and stability in marriage.

The scale is a reliable and valid measure of dyadic adjustment in couples. The Cronbach alpha was measured to be .90. The scale is also seen to have a high construct validity, by having supporting a high correlation with a similar measure. The correlation of RDAS with original Dyadic adjustment Scale was .97. In terms of discriminant validity, it has been to differentiate successfully between 81% of non- distressed & distressed cases. The scoring is done on a 5 or 6 point Likert type scale. The scoring is done by summing up the score on all the 14 items. The score ranges between 0 to 69, where a lower scores is an indicator of a higher relationship distress. The cut-off score for the scale is 48. The scores above 48 and above indicate non-distressful relationships and scores of 47 and below is an indicator of relationship or marital distress.

4.4 Procedure

The study was conducted by sending out consent forms to 200 married males & females. After the collecting the same, the 5 scales, which includes Enrich marital satisfaction scale, GQ6, Expression of gratitude questionnaire, marital offence specific forgiveness scale, AAS and revised dyadic adjustment scale were administered.

The consent forms and further the tests were sent via online medium (through Google-Forms, sent via what's App and E-mail). All the instructions were mentioned clearly at the top of each section in the Google Form. In case of any confusion or query the participants were free to clear the doubts via any texting medium.

After the collection of all responses and their scoring the results were calculated using Statistical Package for the Social Sciences (SPSS) version 21.0, and Microsoft Excel.

4.5 Instructions & Precautions

The Instructions regarding filling the tests were mentioned clearly on the forms itself and in case of any confusion the participants were free to get in touch with the researcher, in order to get any kind of clarification.

Instructions for Enrich Marital Satisfaction Scale (EMS) were as follows- “The following questions assess how you think and feel about the state of your present marriage in general. Read the statement and choose a number on the given scale which is appropriate considering your present situation, where 1 being ‘Strongly Disagree’ and 5 being ‘Strongly Agree.’ Please read each statement carefully before answering.”

Instructions for Adult Attachment Style (AAS) were as follows- “Please read each of the following statements and rate the extent to which it describes your feelings about close relationships in general. That is, we want you to think about how you feel in all close relationships including your romantic relationships, friendships, and family relationships. Please use the scale below and indicate the degree to which each statement is characteristic of you by placing a number between 1 and 5 in the space

provided to the right of each statement, where 1= strongly disagree and 5= strongly agree”

Instructions for Gratitude Questionnaire (GQ6) were as follows –“Below are the groups of statements. Please read all the statements in a given group. Then pick out at least one statement in each group which best describes your feelings” Please read each statement carefully before answering.

Instructions for Expression of Gratitude Questionnaire were as follows- “Please read each of the following statements carefully and choose a number on the given scale which is appropriate in your marital relationship”.

Instructions for Marital Offence Specific Forgiveness Scale (Mofs) were as follows “Each of the following statements describe possible feelings, thoughts & behaviors you might currently experience in response to the offence in marriage. Please indicate the extent to which you agree or disagree with each statement, where 1=strongly disagree and 6=strongly agree. Please read each statement carefully before answering.

Instructions for Revised Dyadic Adjustment Scale (RDAS) were as follows- “Most persons have agreement or disagreements in their relationships. Please select from below the approximate extent of agreement or disagreement between you and your partner for each item on the following list, where 5= always agree and 0= always disagree. Please each statement carefully before responding.”

Few precautions were kept in mind while recording the responses, which were as follows:

- Informed consent was taken from each participant.
- Each participant was ensured that their responses will be kept confidential.
- All the participants were married between age ranges of 25-45 years

4.6 Statistical Analysis

The data was analyzed using Statistical Package for Social Sciences (SPSS) where descriptive statistics (Mean & SD), correlation, regression, t test & ANOVA was done.

Chapter 5

Results

Microsoft Excel 2019 was used for compiling the individual scores of all the scales used on 200 participants. The results were calculated using SPSS22.0. Descriptive statistics, correlation, regression analysis, t test and ANOVA were used to analyze the results.

Table No.1 Descriptive Statistics

| | N | Mean | Std.Deviation |
|---------------------------|-----|--------|---------------|
| Age | 200 | 35.16 | 7.005 |
| Anxious Attachment Style | 200 | 11.82 | 3.794 |
| Avoidant Attachment Style | 200 | 30.11 | 8.780 |
| Gratitude | 200 | 35.31 | 4.714 |
| Expression of Gratitude | 200 | 13.31 | 1.764 |
| Forgiveness | 200 | 45.92 | 8.633 |
| Dyadic Adjustment | 200 | 53.10 | 8.148 |
| Marital Satisfaction | 200 | 121.45 | 21.186 |

Table NO.1 shows the descriptive statistics of all variables. The mean and SD for anxious attachment style came out to be 11.82 and 7.005, while that for avoidant attachment style came out to be 11.82 and 3.794. The mean and SD for gratitude and expression of gratitude came to be 35.31 and 8.780 respectively, while for expression of gratitude it came out to be 13.31 and 1.763. Similarly, for forgiveness, the mean was 45.92 and SD was 8.633. The mean and SD values for dyadic adjustment were 53.10 and 8.148 respectively. Lastly, for marital satisfaction, the mean and SD values came to be 12.45 and 21.18.

Table No.2 Correlation b/w Anxious Attachment Style, Avoidant Attachment style, Gratitude, Expression of Gratitude, Forgiveness, Dyadic Adjustment & Marital Satisfaction

| | Anxious Attachment Style | Avoidant Attachment Style | Gratitude | Expression of Gratitude | Forgiveness | Dyadic adjustment | Marital Satisfaction |
|---------------------------|--------------------------|---------------------------|-----------|-------------------------|-------------|-------------------|----------------------|
| Anxious Attachment Style | 1 | | | | | | |
| Avoidant Attachment Style | .416** | 1 | | | | | |
| Gratitude | -.347** | -.282** | 1 | | | | |
| Expression of Gratitude | -.247** | -.167* | .532** | 1 | | | |
| Forgiveness | -.418** | -.497** | .507** | .438** | 1 | | |
| Dyadic adjustment | -.322** | -.329** | .553** | .657** | .622** | 1 | |
| Marital Satisfaction | -.402** | -.357** | .521** | .600** | .675** | .799** | 1 |

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

Table N0.2 indicates the correlation of Attachment Styles, Gratitude, Expression of Gratitude, and Forgiveness & Dyadic Adjustment with Marital Satisfaction.

There is negative relationship between Anxious Attachment Style and Marital Satisfaction, which came out to be $r = -.402^{**}$, $p < 0.01$, which is significant at 0.01 level. Similarly, a significant negative between Attachment avoidance and Marital Satisfaction was found at 0.01 level i.e $r = -.357^{**}$, $p < 0.01$.

Next, a significant positive correlation was found between gratitude and marital satisfaction at 0.01 level, $r = .521^{**}$, $p < 0.01$. Further, the relationship between Expression of gratitude and Marital Satisfaction was also positive & significant at 0.01 level, that is $r = .600^{**}$, $p < 0.01$.

The significant positive correlation between Forgiveness and Marital Satisfaction was also found at 0.01 level, that is , $r = .675^{**}$, $p < 0.01$.

Lastly, a positive significant relationship came out to be seen between dyadic adjustment and Marital satisfaction at 0.01 level, that is, $r = .799^{**}$, $p < 0.01$.

Table No.3- Regression Analysis of all Dyadic Adjustment, Forgiveness, Anxious Attachment Style & Expression of Gratitude

| Model | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. | Adjusted R | |
|-------|-----------------------------|------------|---------------------------|-------|--------|------------|-------|
| | B | Std. Error | Beta | | | | |
| 1 | (Constant) | 6.031 | 6.196 | | .973 | .332 | |
| | Dyadic adjustment | 2.165 | .116 | .799 | 18.670 | .000 | 0.636 |
| 2 | (Constant) | -2.893 | 5.954 | | -.486 | .628 | |
| | Dyadic adjustment | 1.674 | .137 | .617 | 12.185 | .000 | |
| | Forgiveness | .763 | .133 | .291 | 5.748 | .000 | 0.687 |
| 3 | (Constant) | 10.047 | 8.143 | | 1.234 | .219 | |
| | Dyadic adjustment | 1.647 | .136 | .607 | 12.072 | .000 | |
| | Forgiveness | .670 | .137 | .256 | 4.875 | .000 | |
| | Attachment Anxiety | -.610 | .265 | -.100 | -2.302 | .022 | 0.689 |
| 4 | (Constant) | 1.082 | 9.042 | | .120 | .905 | |
| | Dyadic adjustment | 1.455 | .161 | .537 | 9.037 | .000 | |
| | Forgiveness | .659 | .136 | .252 | 4.839 | .000 | |
| | Attachment Anxiety | -.589 | .263 | -.096 | -2.241 | .026 | |
| | Expression of Gratitude | 1.458 | .665 | .113 | 2.192 | .030 | 0.699 |

a. Dependent Variable: Marital Satisfaction

Table NO.3. Shows the regression analysis where all the variables studied in the research, were put into the equation and whereby, dyadic adjustment, forgiveness, anxious attachment style and expression of gratitude came out to be the major predictors towards marital satisfaction. 63.6% variance in Marital Satisfaction is explained by Dyadic Adjustment. Further, it indicates, that 1 unit increment in Dyadic Adjustment, increases the Marital Satisfaction by 1.45.

68.7 % variance in Marital Satisfaction is explained both by Dyadic Adjustment and Forgiveness. Further, 1 Unit increment in forgiveness, increases marital satisfaction by .65.

68.9 % variance in Marital Satisfaction is explained by Dyadic Adjustment, Forgiveness and Attachment Anxiety and 1 Unit increment in Attachment Anxiety decrease marital satisfaction by .58.

69.9% variance in Marital Satisfaction is explained by Dyadic Adjustment, Forgiveness, and Attachment Anxiety & Expression of Gratitude. 1 Unit increment in Expression of Gratitude increases Marital Satisfaction by 1.45

Table NO.4- Mean, S.D & t values of Males & Females

| | Gender | N | Mean | Std. Deviation | Std. Error Mean | t | df | sig. (2-tailed) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------------------|--------|-----|--------|----------------|-----------------|--------|-----|-----------------|---------------------------|---|-----|--------|--------|-------|--------|-----|---------|---|-----|--------|--------|-------|-------------------------|---|-----|--------|--------|-------|--------|-----|---------|---|-----|--------|--------|-------|-------------------------|---|-----|--------|--------|-------|--------|-----|---------|---|-----|--------|--------|-------|----------------------|---|-----|--------|--------|-------|--------|-----|---------|---|-----|--------|--------|-------|----------------------|---|-----|--------|--------|-------|--------|-----|------|---|-----|--------|--------|-------|----------------------|---|-----|--------|--------|-------|--------|-----|------|---|
| Anxious Attachment Style | 1 | 100 | 11.54 | 3.619 | .366 | -.926 | 194 | .000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2 | 100 | 12.04 | 3.932 | .397 | | | | Avoidant Attachment Style | 1 | 100 | 30.88 | 9.324 | .942 | 1.390 | 194 | .166 | 2 | 100 | 29.15 | 8.000 | .808 | Gratitude | 1 | 100 | 35.76 | 4.262 | .431 | 1.179 | 194 | .240 | 2 | 100 | 34.97 | 5.033 | .508 | Expression of Gratitude | 1 | 100 | 13.71 | 1.464 | .148 | 3.112 | 194 | .01** | 2 | 100 | 12.98 | 1.822 | .184 | Forgiveness | 1 | 100 | 43.29 | 8.691 | .878 | -4.638 | 194 | .001*** | 2 | 100 | 48.70 | 7.631 | .771 | Dyadic Adjustment | 1 | 100 | 52.58 | 8.164 | .825 | -1.128 | 194 | .261 | 2 | 100 | 53.87 | 7.787 | .787 | Marital Satisfaction | 1 | 100 | 118.93 | 21.806 | 2.203 | -1.981 | 194 | .05* | 2 |
| Avoidant Attachment Style | 1 | 100 | 30.88 | 9.324 | .942 | 1.390 | 194 | .166 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2 | 100 | 29.15 | 8.000 | .808 | | | | Gratitude | 1 | 100 | 35.76 | 4.262 | .431 | 1.179 | 194 | .240 | 2 | 100 | 34.97 | 5.033 | .508 | Expression of Gratitude | 1 | 100 | 13.71 | 1.464 | .148 | 3.112 | 194 | .01** | 2 | 100 | 12.98 | 1.822 | .184 | Forgiveness | 1 | 100 | 43.29 | 8.691 | .878 | -4.638 | 194 | .001*** | 2 | 100 | 48.70 | 7.631 | .771 | Dyadic Adjustment | 1 | 100 | 52.58 | 8.164 | .825 | -1.128 | 194 | .261 | 2 | 100 | 53.87 | 7.787 | .787 | Marital Satisfaction | 1 | 100 | 118.93 | 21.806 | 2.203 | -1.981 | 194 | .05* | 2 | 100 | 124.71 | 18.977 | 1.917 | | | | | | | | | | |
| Gratitude | 1 | 100 | 35.76 | 4.262 | .431 | 1.179 | 194 | .240 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2 | 100 | 34.97 | 5.033 | .508 | | | | Expression of Gratitude | 1 | 100 | 13.71 | 1.464 | .148 | 3.112 | 194 | .01** | 2 | 100 | 12.98 | 1.822 | .184 | Forgiveness | 1 | 100 | 43.29 | 8.691 | .878 | -4.638 | 194 | .001*** | 2 | 100 | 48.70 | 7.631 | .771 | Dyadic Adjustment | 1 | 100 | 52.58 | 8.164 | .825 | -1.128 | 194 | .261 | 2 | 100 | 53.87 | 7.787 | .787 | Marital Satisfaction | 1 | 100 | 118.93 | 21.806 | 2.203 | -1.981 | 194 | .05* | 2 | 100 | 124.71 | 18.977 | 1.917 | | | | | | | | | | | | | | | | | | | | | | | | |
| Expression of Gratitude | 1 | 100 | 13.71 | 1.464 | .148 | 3.112 | 194 | .01** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2 | 100 | 12.98 | 1.822 | .184 | | | | Forgiveness | 1 | 100 | 43.29 | 8.691 | .878 | -4.638 | 194 | .001*** | 2 | 100 | 48.70 | 7.631 | .771 | Dyadic Adjustment | 1 | 100 | 52.58 | 8.164 | .825 | -1.128 | 194 | .261 | 2 | 100 | 53.87 | 7.787 | .787 | Marital Satisfaction | 1 | 100 | 118.93 | 21.806 | 2.203 | -1.981 | 194 | .05* | 2 | 100 | 124.71 | 18.977 | 1.917 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Forgiveness | 1 | 100 | 43.29 | 8.691 | .878 | -4.638 | 194 | .001*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2 | 100 | 48.70 | 7.631 | .771 | | | | Dyadic Adjustment | 1 | 100 | 52.58 | 8.164 | .825 | -1.128 | 194 | .261 | 2 | 100 | 53.87 | 7.787 | .787 | Marital Satisfaction | 1 | 100 | 118.93 | 21.806 | 2.203 | -1.981 | 194 | .05* | 2 | 100 | 124.71 | 18.977 | 1.917 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dyadic Adjustment | 1 | 100 | 52.58 | 8.164 | .825 | -1.128 | 194 | .261 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2 | 100 | 53.87 | 7.787 | .787 | | | | Marital Satisfaction | 1 | 100 | 118.93 | 21.806 | 2.203 | -1.981 | 194 | .05* | 2 | 100 | 124.71 | 18.977 | 1.917 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Marital Satisfaction | 1 | 100 | 118.93 | 21.806 | 2.203 | -1.981 | 194 | .05* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2 | 100 | 124.71 | 18.977 | 1.917 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Table No.4, indicates the difference between males and females in marital satisfaction and its predictors, where 1=females and 2= males. There is a significant difference in marital satisfaction in males and females at 0.05 level. Males score higher on marital satisfaction as compared to females.

There is also a highly significant difference in males and females on forgiveness at 0.001*** level as a predictor of marital satisfaction. Males tend to forgive more as compared to females. On the other hand, females tend to express more gratitude as

compared to males, and a significant difference on expression of gratitude at 0.01** level as a predictor of marital satisfaction came out between males and females.

Table No. 5- Mean, S.D and t values for love and arranged marriage

| | | N | Mean | Std. Deviation | Std. Error Mean | t | df | Sig. (2 tailed) |
|---------------------------|---|-----|--------|----------------|-----------------|--------|-----|-----------------|
| Anxious Attachment Style | 1 | 87 | 12.73 | 4.280 | .467 | 2.939 | 195 | .01** |
| | 2 | 113 | 11.15 | 3.246 | .305 | | | |
| Avoidant Attachment Style | 1 | 87 | 33.43 | 8.589 | .937 | 4.833 | 195 | .001*** |
| | 2 | 113 | 27.64 | 8.112 | .763 | | | |
| Gratitude | 1 | 87 | 34.83 | 5.377 | .587 | -1.224 | 195 | .222 |
| | 2 | 113 | 35.66 | 4.144 | .390 | | | |
| Expression of Gratitude | 1 | 87 | 13.04 | 2.114 | .231 | -1.891 | 195 | .060 |
| | 2 | 113 | 13.51 | 1.428 | .134 | | | |
| Forgiveness | 1 | 87 | 42.89 | 9.776 | 1.067 | -4.448 | 195 | .001*** |
| | 2 | 113 | 48.18 | 6.899 | .649 | | | |
| Dyadic Adjustment | 1 | 87 | 51.80 | 9.120 | .995 | -1.950 | 195 | .053 |
| | 2 | 113 | 54.07 | 7.233 | .680 | | | |
| Marital Satisfaction | 1 | 87 | 115.38 | 24.545 | 2.678 | -3.570 | 195 | 0.01** |
| | 2 | 113 | 125.96 | 17.054 | 1.604 | | | |

Table No.5 shows the difference between in choice of marriage (love/ arranged) on Marital Satisfaction and its predictors. 1= arranged marriage, 2= love marriage

There is a significant difference in arranged and love marriage in Marital Satisfaction at 0.01** level. Couples in love marriage are found to be more satisfied in marriage as compared to those in arranged marriage.

There also came out to be a significant difference on couples in arranged and love marriage on Forgiveness at 0.001*** level, where couples in love marriage are seen to be more forgiving in relationship.

A significant difference was also found in Anxious Attachment Style at 0.01** level and Avoidant Attachment Style at 0.001*** level. The individuals in arranged marriage score higher as compared to those in Love marriage on Attachment styles.

Table No.6- Descriptive Statistics

| | N | Mean | Std. Deviation | Std. Error | Upper Bound | Minimum | Maximum |
|-------|-----|--------|----------------|------------|-------------|---------|---------|
| 1 | 87 | 126.25 | 16.518 | 1.771 | 129.77 | 77 | 157 |
| 2 | 55 | 120.82 | 21.232 | 2.973 | 126.80 | 54 | 149 |
| 3 | 58 | 114.59 | 25.496 | 3.348 | 121.29 | 41 | 151 |
| Total | 200 | 121.39 | 21.221 | 1.516 | 124.38 | 41 | 157 |

Table NO.6 shows the descriptive statistics of duration of marriage. The data was divided into three groups, where 1 refers to 5 years & below of marriage, 2 refers to 5-10 years of marriage and 3 refers to 10 & above years of marriage. N=200, Total Mean= 121.39 & S.D= 21.221.

Table N0.7- ANOVA

| | Sum of Squares | df | Mean Square | F | Sig. |
|----------------|----------------|-----|-------------|-------|------|
| Between Groups | 3413.939 | 2 | 1706.969 | 3.903 | .022 |
| Within Groups | 84402.592 | 193 | 437.319 | | |
| Total | 87816.531 | 195 | | | |

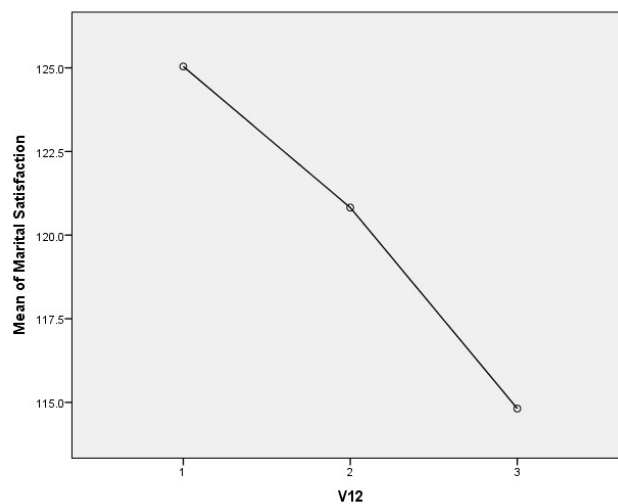
Table No.7 indicates the ANOVA scores, where the Sum of Squares = 87816.531, df between groups is 2, while that of within groups is 193. $F(2,193) = 3.903$, $p < 0.05$, which is significant.

Table No. 8 Post Hoc test

| (I) V12 | (J) V12 | Mean Difference (I-J) | Std. Error | Sig. | 95% Confidence Interval | |
|---------|---------|--------------------------|------------|------|-------------------------|-------------|
| | | | | | Lower Bound | Upper Bound |
| 1 | 2 | 4.218 | 3.624 | .476 | -4.34 | 12.78 |
| | 3 | 10.225* | 3.672 | .016 | 1.55 | 18.90 |
| 2 | 1 | -4.218 | 3.624 | .476 | -12.78 | 4.34 |
| | 3 | 6.007 | 4.183 | .324 | -3.87 | 15.89 |
| 3 | 1 | -10.225* | 3.672 | .016 | -18.90 | -1.55 |
| | 2 | -6.007 | 4.183 | .324 | -15.89 | 3.87 |

*. The mean difference is significant at the 0.05 level.

Table No. 8 shows the Post Hoc test to indicate the mean difference in duration of marriage. A difference in group 1 i.e 5years& below of marriage & group 3 i.e 10 years & above came out to be significant at 0.05 level.



The above Graph represents the impact of duration of marriage on marital satisfaction where, a decrease in the marital satisfaction with duration of marriage can be observed in the picture.

Chapter-6

Discussion of Results

The concept of marital satisfaction is an area of great importance for researchers and married couples (Fincham & Beach,2010). For the researchers, it helps in providing a deep understanding as to how the relationships work, and in identifying the factors that contribute to marital satisfaction. It also assists the counsellors to employ the strategies that benefit those seeking counselling, and educate them well enough to those factors that lead to marital dissatisfaction (King,2016). Researchers have referred to Marital satisfaction as a multidimensional concept that is studied to be affected by multiple number of factors such as, ones personality and attachment styles, the duration and age of marriage , communication and problem solving skills, economic factors , perception of self and others amongsts a large number of other factors at individual and societal level (Tavakol et.al.,2016). The present study was carried out to investigate the relationship between attachment styles, gratitude, forgiveness and dyadic adjustment on marital satisfaction. Apart from this, the gender differences in marital satisfaction, the difference in choice of marriage (love/arrange) and duration of marriage on marital satisfaction have also been studied.

Based on these past researches and literature, few hypotheses were framed and tested. The first one being, there is a negative relationship between Anxious Attachment Style and Marital Satisfaction. A correlational study using SPSS was done for the same. The correlation came out to be significant at 0.01 level. Thus the *first hypothesis* that there is a negative relationship between Anxious Attachment Style and Marital Satisfaction is accepted.

The *second hypothesis* was, ‘There is a negative relationship between attachment avoidance and marital satisfaction. The correlation came out to be significant at 0.01 level. Therefore, we accept the second hypothesis that there is negative relationship between Attachment Avoidance and Marital Satisfaction. Our results are consistent with another study conducted on 24 participants ranging between 25-45 years of age in India, where marital satisfaction was positively correlated with secure attachment style

and a negative correlation was found between marital satisfaction and anxious insecure attachment styles, pertaining to need of constant validation from the partner, leading to less marital satisfaction (Shah et.al., 2018). A significant negative correlation between avoidant and anxious attachment style with marital satisfaction was also concluded in a study conducted on a sample of 146 couples (292 individuals) in Iran. One of the reasons attributed for marital dissatisfaction amongst individuals with insecure attachment styles (Avoidant and anxious) was a loneliness and a fear of rejection in the relationship (Mohammadi et.al., 2016). Individuals with anxious attachment styles feel that their relational needs are not met by their partners which confirms to their fears, that in turn contributes to their lower marital satisfaction (Hazan, 1994). Such individuals are likely to overreact to stressors and employ attachment hyper activating strategies in order to regulate their emotions like, clingy behavior and demand for care and attention (Shaver & Mikulincer, 2007). However, individuals with avoidant attachment styles make use of deactivating strategies, such as denying the need to attach themselves with others and being self reliant. These strategies are usually put into use in order to avoid pain and distress, that they have experienced in the past as a consequence of lack of availability of parents or caregiver (Shaver & Mikulincer, 2007).

The *third hypothesis* that was framed was, there is a positive relationship between Gratitude and Marital Satisfaction'. The correlation was done and the result came out to be significant at 0.01 level. Hence, the hypotheses is accepted.

Similar results were also observed in a study conducted on 240 Iranian Women, to study the effect of Gratitude on Marital Satisfaction. The results indicated a positive relationship between Gratitude and Marital Satisfaction. One of the reasons attributed to the same is that gratitude enables the individual to focus on the good in the relationship. It provides a conducive environment where we are conscious of the goodness in marriage, overlooking the negatives (Saeidi, Ebrahimi & Soleimanian, 2019).

The *fourth hypothesis* was 'There is a positive relationship between expression of gratitude and marital satisfaction'. The correlation came out to be positive and significant at 0.01 level. Therefore, the hypotheses is accepted. Our results are

consistent with a study conducted on 50 couples, showing a positive significant relationship between gratitude and expression of gratitude in marital satisfaction. One of the reasons for the same could be a higher perceived support and intimacy, observed amongst the grateful individuals contributing to marital satisfaction (Mitchell, 2005). Felt and expressed gratitude toward a spouse is likely to enhance positive interactions & reciprocity, as a result of increased positive experiences in a relationship, the individuals experience higher marital satisfaction (McCullough, Kilpatrick et al., 2001)

The *fifth hypothesis* was, there is a positive relationship between forgiveness and marital satisfaction. The result came out to be significant at 0.01 level. Therefore we accept the hypothesis. Our results are consistent with a study conducted on 200 married women in Iran. The Pearson correlation and a multiple regression analysis of data concluded a significant positive relationship between forgiveness and marital satisfaction ($p < 0.001$). The study also concluded forgiveness to be one of the best predictors of marital satisfaction (Mirzadeh & Fallachai, 2012). Similar results were obtained in another study conducted on 80 couples ($N=160$) in the city of Tehran, ranging between 18-31 years of age. Pearson correlation was done for analysis and a positive significant relationship between forgiveness and marital satisfaction was concluded ($p < 0.05$). Besides this, forgiveness index was also concluded to determine 0.40 variance in Marital satisfaction (Askari, 2016). Forgiveness in a relationship can help in handling marital conflicts, and reducing disagreement in a couple adding to marital satisfaction (Orathinkal and Vansteenwegen (2006).

The *sixth hypothesis* was, 'There is a positive relationship between Dyadic Adjustment and Marital Satisfaction'. After calculating the correlation, the result came out to be positive and significant. Hence, the hypothesis was accepted.

A similar study on the relationship between dyadic adjustment and marital satisfaction and subjective well-being, was conducted on a sample of 106 Brazilian men and women with a mean age of 42 (+&- 11 yrs.). Through correlation and multiple stepwise regression, it was ascertained that all the factors of dyadic adjustment show a significant positive correlation with marital satisfaction (Comin & Santos, 2012). As the partners

in an intimate relationship are mutually dependent on each other, therefore, dyadic adjustment is seen to have an impact on marital satisfaction (Razak et.al.,2015).

Similar results are also concluded in a study conducted on 69 married couples, where dyadic adjustment was positively related to marital satisfaction, and the research implies to look for dyadic coping strategies for greater marital satisfaction (Brown et.al.,2019)

The *seventh hypothesis* was, 'Marital satisfaction of females is lower than that of males. A significant difference was found in marital satisfaction in males and females at 0.05 level. Men were found to be more satisfied in marital relationship as compared to women. Therefore, we accept the hypothesis that marital satisfaction of females is lower than that of males.

Our results are consistent with a study conducted on 653 married participants, where a significant difference in marital satisfaction in males and females was found, where men were found to have more marital satisfaction as compared to women (Rostami et.al.,2014). Apart from this a number of studies have been conducted where women have likely to have reported significantly lower marital satisfaction as compared to men (Stevenson & Wolfers, 2009; Whiteman et.al.,2007).

Bernard (1972) has famously quoted that there are two marriages in every marital union, his and hers, where his is better than hers. One of the reasons attributed to the same is the view that marriage is oppressive to women, in a male dominated society. Women with a subordinate role in marriage, do not have an equal control in family and money matters, and are more likely to experience interpersonal violence in marriage (Finlay & Clarke, 2003). This inequality in decision making, division of labor, child care and household tasks are likely to add to lower marital satisfaction in women in comparison to men (Stevens et.al.,2005).

The *eighth hypothesis* was 'Individuals in love marriage have higher marital satisfaction as compared to those in arranged marriage'. A significant difference in marital satisfaction in love and arranged marriages was found at 0.01 level. Those in love marriage are seen to have higher marital satisfaction than those in arranged marriage. Therefore, we accept the hypotheses that individuals in love marriage have

higher marital satisfaction as compared to those in arranged marriage. One of the reasons for the same can be a higher level of forgiveness, expression of gratitude and dyadic adjustment that has also been seen in individuals in love marriage in the study.

The findings of our study are also consistent with a study conducted on 329 respondents in Nepal, where marital satisfaction was higher for individuals who were in love marriage in comparison to those in arranged marriage (Allendrof and Ghimire (2013). One of the reasons for lower marital satisfaction in individuals in arranged marriage could be the lack of opportunity with the individuals in arranged marriages to choose their marital partner, the one with whom they are compatible (Niehuis et.al., 2016) . Similarly, gender difference in marital satisfaction in love and arranged marriage has also been witnessed. Women in love marriages have been reported to experience higher marital satisfaction than those in arranged marriage (Xiaohe and Whyte (1990).

The *ninth hypothesis* was, ‘The duration of marriage has an impact on marital satisfaction’. The result came out to be significant at 0.01 level, therefore we accept the hypothesis. The marital satisfaction in the 0-5 years of marriage came out to be more as compared to the marital satisfaction in 5-10 and 10 & above years of marriage. The expression of gratitude, forgiveness and dyadic adjustment was also observed to be higher in 0-5 years of marriage, which could be one of the reason for higher marital satisfaction in these years.

The time spent by marital partners have been seen to correlate with satisfaction in marriage (Lavner & Bradbury, 2010). Past research has suggested the marital satisfaction to be highest at the time of wedding and tends to decline with years (Burgess & Wallin, 1953). Marital satisfaction has also been seen to be higher in the early years of marriage and later to witness a decline after child birth (Patrick et.al.,2007).

Chapter 7

Conclusion, Implication, Limitations and Future Direction

7.1 Conclusion

Various factors contribute to marital satisfaction. The variables in the present study, namely, gratitude, expression of gratitude, forgiveness and dyadic adjustment are positively correlated with marital satisfaction, whereas, anxious attachment style and avoidant attachment style is negatively correlated with marital satisfaction. Apart from this dyadic adjustment is the largest predictor of marital satisfaction, followed by forgiveness, anxious attachment style and expression of gratitude. There is also a significant difference in marital satisfaction in males and females. Women have been reported to have lower marital satisfaction as compared to males. Significant difference in males and females have also been reported in variables, like forgiveness and expression of gratitude. Women express more gratitude in relationship as compared to females and males are more forgiving in a relationship as compared to females.

Apart from this, the difference in marital satisfaction between love and arranged marriage was also studied. Individuals in arranged marriage have been seen to have a lower marital satisfaction in comparison to those in love marriage. Individuals in arranged marriage were also high on attachment anxiety and attachment avoidance that have been negatively correlated with marital satisfaction. While those in love marriage scored higher on forgiveness, dyadic adjustment and expression of gratitude.

Lastly, the impact of duration on marriage on marital satisfaction was studied. Those in first 5 years of marriage reported a higher marital satisfaction than those in 5-10 & 10 and above years of marriage.

7.2 Implication

An important implication of the study is to have a deeper understanding of factors contributing towards marital satisfaction and dissatisfaction amongst the couples. It is

widely beneficial for the therapists and family counsellors apart from an individual themselves in order to gain a deeper insight into the foundation of marital life so that that factors leading to divorce or unhappy marriages can be managed and factors contributing towards marital satisfaction can be enhanced. Having an understanding of the predictors of marital satisfaction an intervention in the similar direction can be undertaken. Therefore, growing research in this area is crucial and beneficial for providing effective relationship management techniques and strategies.

7.3 Limitations & Future Direction

The present study was designed to study the effect of forgiveness, gratitude, expression of gratitude, attachment style, and dyadic adjustment as predictors of marital satisfaction. However, there is no single indicator of marital satisfaction. There are various other factors that contribute towards it and the scope of the study can be extended to a large area.

Secondly, the study was conducted in the Covid era and the data was collected in an online mode. As a result snowball sampling method was employed for the purpose of data collection.

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*APPENDIX A**CONSENT FORM*

In order to participate in this research study, it is necessary that you give your informed consent.

By signing this statement, you are indicating that you understand the nature of the research study and your role in that research and that you agree to participate in the research. Please consider the following points before signing:

- ✓ I understand that I am participating in psychological research;
- ✓ I understand that my identity will not be linked with my data, and that all information I provide will remain confidential;
- ✓ I understand that my participation in this research project is voluntary, that my refusal to participate will involve no penalty or loss of benefits to which I am otherwise entitled, and that I may discontinue participation at any time without penalty.
- ✓ I understand that I will be provided with an explanation of the research in which I participated and be given the name and contact information of an individual to contact if I have questions about the research.
- ✓ I understand that certain facts about the study might be withheld from me, and the researchers might not, initially, tell me the true purpose of the study.
- ✓ By signing this form, I am stating that I am 25 years of age or older and married, that I understand the above information, and that I consent to participate in this study being conducted at Thapar Institute of Engineering and Technology.

Participant's Full Name:

Contact no.: _____

Email- id _____ Date: _____

Appendix B

ENRICH Marital Satisfaction Scale Items

Please read each of the following questions carefully before answering

Response choices

| 1 | 2 | 3 | 4 | 5 |
|----------------------|------------------------|-------------------------------|---------------------|-------------------|
| Strongly Disagree | Moderately Disagree | Neither Agree nor Disagree | Moderately Agree | Strongly Agree |

1. My partner and I understand each other perfectly
2. I am not pleased with the personality characteristics and personal habits of my partner.
3. I am very happy with how we handle role responsibilities in our marriage
4. My partner completely understands and sympathizes with my every mood.
5. I am not happy about our communication and feel my partner does not understand me
6. Our relationship is a perfect success.
7. I am very happy about how we make decisions and resolve conflicts.
8. I am unhappy about our financial position and the way we make financial practice.
9. I have some needs that are not being met by our relationship.
10. I am very happy with how we manage our leisure activities and the time we spend together.
11. I am very pleased about how we express affection and relate sexually
12. I am not satisfied with the way we each handle our responsibilities as parent
13. I have never regretted my relationship with my partner, not even for a moment
14. I am dissatisfied about our relationship with my parents, in-laws/friends
15. I feel very good about how we each our religious beliefs and values.

Appendix C

Marital Offence –Specific Forgiveness Scale

Each of the following statements describes possible feelings, thoughts, and behaviors you might currently experience in response to the offence. Please indicate the extent to which you agree

| 1 | 2 | 3 | 4 | 5 | 6 |
|-----------------|-----------------|-----------------|-----------------|--------------|-----------------|
| <i>Strongly</i> | <i>Disagree</i> | <i>Somewhat</i> | <i>Somewhat</i> | <i>Agree</i> | <i>Strongly</i> |
| <i>Disagree</i> | | <i>Disagree</i> | <i>Agree</i> | | <i>Agree</i> |

_1. Since my wife/husband behaved that way, I have been less willing to talk to her/him.

_2. Although she/he hurt me, I definitely put what happened aside so that we could resume our relationship.

_3. Since my wife/husband behaved that way, I get annoyed with her/him more easily.

_4. I make my wife/husband feel guilty for what happened.

_5. Since my wife/husband behaved that way, I have done my best to restore my relationship with her/him.

_6. I would like to behave toward my wife/husband in the same way that she/he behaved toward me.

_7. Because of what happened, I find it difficult to be loving toward her/him.

_8. I still hold some grudge against my wife/husband because of what she/he did.

_9. I forgave her/him completely, thoroughly.

_10. I soon forgave her/him.

Appendix D

The Gratitude Questionnaire (GQ6)

Using the scale below as a guide, write a number beside each statement to indicate how much you agree with it.

| | | | | | | |
|---|-----------------|------------------------------|----------------|---------------------------|--------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <i>Strongly Strongly Disagree Agree</i> | <i>Disagree</i> | <i>Slightly Disagree</i> | <i>Neutral</i> | <i>Slightly Agree</i> | <i>Agree</i> | |

- ___ 1. I have so much in life to be thankful for.
- ___ 2. If I had to list everything that I felt grateful for, it would be a very long list.
- ___ 3. When I look at the world, I don't see much to be grateful for.
- ___ 4. I am grateful to a wide variety of people.
- ___ 5. As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.
- ___ 6. Long amounts of time can go by before I feel grateful to something or someone.

Expression of Gratitude in Relationship Scale

Read the questions carefully and answer the following

| | | | | |
|--------------|---|---|---|------------------------|
| 1 | 2 | 3 | 4 | 5 |
| <i>Never</i> | | | | <i>very frequently</i> |

- _ 1. I express my appreciation for the things that my partner does for me.
- _ 2. I let my partner know that I value him/her.
- _ 3. When my partner does something nice for me I acknowledge it.

Appendix E

Adult Attachment Style Scale

Please read each of the following statements and rate the extent to which it describes your feelings about close relationships in general. That is, we want you to think about how you feel in all close relationships including your romantic relationships, friendships, and family relationships. Please use the scale below and indicate the degree to which each statement is characteristic of you by placing a number between 1 and 5 in the space provided to the right of each statement.

| | | | | |
|----------|---|---|---|----------|
| 1 | 2 | 3 | 4 | 5 |
| Strongly | | | | Strongly |
| Disagree | | | | Agree |

- _1. I find it relatively easy to get close to others.
- _2. I do not often worry about being abandoned.
- _3. I find it difficult to allow myself to depend on others
- _4. People are never there when you need them.
- _5. In relationships, I often worry that others do not really love me.
- _6. I find that others are reluctant to get as close as I would like.
- _7. I am comfortable depending on others.
- _8. I do not often worry about someone getting too close to me.
- _9. I am somewhat uncomfortable being close to others.
- _10. I am nervous when anyone gets too close.
- _11. In relationships, I often worry that others will not want to stay with me.
- _12. I want to merge completely with another person.
- _13. My desire to merge sometimes scares people away.
- _14. I am comfortable having others depend on me.
- _15. I know that others will be there when I need them.
- _16. I find it difficult to trust others completely.
- _17. Often, people want me to be closer than I feel comfortable being.
- _18. I am not sure that I can always depend on others to be there when I need them.

Appendix F

Revised Dyadic Adjustment Scale

Most persons have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your partner for each item on the following list.

| | | | | | |
|-----------------|---|---|---|---|---------------|
| 0 | 1 | 2 | 3 | 4 | 5 |
| <i>Always</i> | | | | | <i>Always</i> |
| <i>Disagree</i> | | | | | <i>Agree</i> |

_1. Religious Matters

_2. Demonstration of affection

_3. Making major decisions

_4. Sex relations

_5. Conventionality

_6. Career Decisions

| | | | | | |
|----------------|---|---|---|---|--------------|
| 0 | 1 | 2 | 3 | 4 | 5 |
| <i>All the</i> | | | | | <i>Never</i> |
| <i>Time</i> | | | | | |

_7. How often do you discuss or have you considered divorce, separation, or terminating your relationship?

_8. How often do you and your partner quarrel?

_9. Do you ever regret that you married (or lived together)?

_10. How often do you and your mate "get on each other's nerves"?

| | | | | |
|---|---|---|---|---|
| 0 | 1 | 2 | 3 | 4 |
|---|---|---|---|---|

Never

Everyday

_11. Do you and your mate engage in outside interests together?

0

1

2

3

4

5

Never

More Often

_12. Have a stimulating exchange of ideas

_13. Work together on a project

_14. Calmly discuss something