



Sexual Satisfaction and Marital Adjustment among Love Matched Marriage and Arranged Marriage Couples

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ABSTRACT

Marriage is an important institution and the basis of family. The happy and well-adjusted couples constitute my meaningful and mutually satisfying relationship. The study investigates the sexual satisfaction and marital adjustment among love matched marriage and arranged marriage couples. The sample size of 100 couples were selected among which 50 were love matched couples and 50 were arranged marriage couples between the age group of 30-40 years was selected using purposive sampling method. The data was collected using marital adjustment inventory for literate (Form A and B) by Dr. Har Mohan Singh (1971) and sexual satisfaction index by Hudson, W. W. (1992). Results reveals significant difference exist on measures of sexual satisfaction and marital adjustment among gender (males and females) and among marital types (love matched couples and arranged marriage couples).

Keywords: *sexual satisfaction, marital adjustment, love matched marriage and arranged marriage.*

Introduction

Marriage as a social institution constitutes the fundamental and basic community of humanity. Two individuals differing in sex are mutually attracted by a mysterious force of instinct and love and commit freely and totally to each other to form a creative dynamic unit; a micro community called family (Landis, 1975). It represents a lifelong, monogamous relationship ideal and is a central aim in life for many people (Pew Research

Center 2010). Being married is a dynamic relationship as a couple undergo their own transition into the new reality which they have entered. Besides sex and sexual attraction which are primary considerations, love, economic security, companionship, protection, emotional security, escape from loneliness and unhappy home situation, adventure of common interests, and children are the few other reasons that may constitute a person's disposition for marriage (Bowman, 1970).

In India among heterosexual couples two types of marriages are common – love matched marriage and arranged marriages. In love matched marriages, individuals prefer to choose their partners on their own, while in case of arranged marriages individuals prefer partners chosen by their family or parents. Arranged marriage prohibits youth participation in spouse selection thus encouraging early marriages arranged by parents. According to Hinduism, marriage is obligatory and sacramental, more than just a simple bond between two individuals. Marriage is a bond between families and a promise of continuity in patriarchal family lines with deep religious, social, and institutional significance (Banerjee, 1984, Bennett, 1983, Berreman, 1972, 1960, Pothen, 1989). Whereas the term love marriage is used to describe a marriage which is decided upon by the couple, without consulting their parents or families. These marriages may break caste, community and religion barriers. Arranged marriages are preferred over love marriages, to solidify family ties and create new ties, and as a deference to their parents' wishes.

Sexual satisfaction has been defined as "an affective response arising from one's subjective evaluation of the positive and negative dimensions associated with one's sexual relationship" (Byers, 1999). Sexual satisfaction is an important aspect of people's lives and has been shown to be closely related to their relationship satisfaction, sexual functioning, and quality of life (Byers, 2005; Byers & Rehman, 2014; Sánchez Fuentes, Santos-Iglesias, & Sierra, 2014; Ventegodt, 1998). Sexual satisfaction is clearly a strong correlate of relationship satisfaction (for reviews, see Impett, Muise, & Peragine, 2014; Sprecher & Cate, 2004).

Past research based mostly in North America has found men to be more sexually satisfied than women (Petersen & Hyde, 2010). Whereas, research in Spain has found that both men and women in Spain are sexually satisfied (Castellanos-Torres et al., 2013; Sierra et al., 2012), findings about gender differences have been mixed. Therefore, we examined whether there are gender differences in sexual satisfaction.

Marital adjustment is the state in which there is an overall feeling in husband and wife of happiness and satisfaction with their marriage and with each other". It therefore calls experiencing satisfactory relationship between spouses characterized by mutual concern,

care, understanding and acceptance (Sinha & Mukherjee, 1990). According to Locke and Wallace (1959), “marital adjustment is an adoption between husband and wife to the point where there is companionship, agreement on basic values of affection intimacy, accommodation and on certain other unidentified factors” Burgess and Cottrell (1939) had more details on the definition of marital adjustment as “the integration of the couple in a union in which the two personalities are not merely merged, or submerged, but interact to complement each other for mutual satisfaction and the achievement of common objectives” .

Goel and Narang (2012) carried out a study on marital adjustment, mental health and frustration reactions in males and females of middle age, from Delhi, India. The sample comprised of 150 males and 150 females (n=300) which are bank employees, doctors and lecturers, within the age range of 40-55 years from Delhi, India. It was seen that Females showed high level of recreational adjustment as compared to males but males were having better group oriented attitude than females.

Objective

It is to investigate the marital adjustment and sexual satisfaction among love marriage and arranged marriage couples.

The present aims are

1. To measure the gender differences in marital adjustment.
2. To measure gender differences in sexual satisfaction.
3. To measure marital adjustment related differences among love marriage and arranged marriage couples.
4. To measure sexual satisfaction related differences among love marriage and arranged marriage couples.

Hypothesis

1. H_0 = There is no gender differences present in marital adjustment
2. H_0 = There is no gender differences present in sexual satisfaction.
3. H_0 = There is no marital adjustment related differences among love marriage and arranged marriage couples.
4. H_0 = There is no sexual satisfaction related differences among love marriage and arranged marriage couples.

Method

Variable

Independent Variables: Marital type (Love matched marriage, arranged marriage) and Gender (Male, Female)

Dependent Variables: Marital adjustment and Sexual satisfaction

Sample

A sample of 100 couples were selected for the present study using purposive sampling method in the age group of 30-40 years from the district of Jodhpur City. Among which 50 were love-matched couples and 50 were arranged marriage couples.

Measures

- Marital adjustment Inventory for literate (Form A and B) Dr. Har Mohan Singh (1971) it contains ten questions which should be replied in yes or no. It contains two forms form A for husbands only and form B for wives only. This scale measures adjustments among husband and wife in 10- 10 different situations.
- Sexual satisfaction Index by Hudson, W. W. (1992). It contains 25-questions measure of the degree, severity or magnitude of a problem in the sexual component of a couple's relationship. There are two cutting scores for this measure. The first is a score of 30 (± 5). Scores below this point indicate an absence of a clinically significant problem. Scores above 30 indicate the likelihood of a clinically significant problem. The second cutting score is 70. Scores above this point nearly always indicate that clients are experiencing severe stress with a clear possibility that some type of violence could be considered or used to deal with problems.

Result and Discussion

Table 1 Gender and sexual satisfaction.

Type of marriage	Sex	N	Mean	SD	t
Love Matched Couples	Male	50	35.02	3.49	8.08***
	Female	50	30.38	2.07	
Arrange Marriage Couples	Male	50	29.84	1.92	7.33***
	Female	50	27.3	1.52	
All Married Couples	Male	100	32.43	3.82	7.97***
	Females	100	28.84	2.38	

p>.05, **p>.01 and *p>.001*

Table 1 shows the Mean SD and 't' values of Sexual Satisfaction among male and females of love matched couples and arranged marriage couples. On sexual satisfaction Index lower scores shows higher sexual satisfaction and higher scores shows clinically significant problem. For males and females of love matched couples the results are highly significant. Sexual satisfaction shown by females is higher than that of males (mean of males = 35.02 whereas mean of females= 30.38) the calculated 't' value is 8.08. Similarly for males and females of arranged marriage couples the results were also found highly significant. Sexual satisfaction shown by females is higher than that of males (mean of males=29.84 whereas mean of female=27.3) the calculated 't' value is 7.33. Males and females of both love matched and arranged marriage couples the results were highly significant. Sexual Satisfaction shown by females is higher than that of males (mean of males=32.43 whereas mean of female=28.84) the calculated 't' value is 7.97. The above results implies that females are more sexually satisfied than the males. This may be obtained because of two reasons. First men and women are socialized to a traditional sexual script that places more restrictions on female sexuality than on male sexuality (McCormick, 2010). Second society expectations inhibit women's communication about sexual preferences, discount the importance of their sexual pleasure, and restrict their access to sexual pleasure and satisfaction (Tiefer, Hall, & Tavaris, 2002).

Table 2 Marriage type and sexual satisfaction.

Type of marriage	Sex	N	Mean	SD	t
Love Matched Couples	Male	50	35.02	3.49	9.19****
Arrange Marriage Couples		50	29.84	1.92	
Love Matched Couples	Females	50	30.38	2.07	9.22****
Arrange Marriage Couples		50	27.3	1.52	

p>.05, **p>.01 and *p>.001*

Table 2 shows the Mean SD and 't' values of Sexual Satisfaction among love matched marriage and arranged marriage males and females. For males of love matched marriages and arranged marriage the results are significant. Sexual Satisfaction shown by arranged marriage males is found higher than that of love matched couples (mean of males of love matched marriage=35.02 whereas mean of males of arranged marriage =29.84) the calculated 't' value is 9.19. For females of love matched couples and arranged marriage couples the results are highly significant. Sexual Satisfaction shown by arranged marriage females is found higher

than that of love matched couples (mean of females of love matched marriage =35.02 whereas mean of females of arranged marriage marriage=29.84) the calculated 't' value is 10.43. This may be due to the fact that in arranged marriages with time the couple start exploring each other, knowing each other's interests and sexual preference as compared to love matched couples. This sets loved matched couple to let-down after the honeymoon period is over.

Table 3 Gender and marital adjustment.

Type of marriage	Sex	N	Mean	SD	t
Love Matched Couples	Male	50	55.62	3.07	3.25**
	Female	50	57.98	4.11	
Arrange Marriage Couples	Male	50	58.42	4.01	9.98***
	Female	50	65.70	3.24	
All Married Couples	Male	100	54.52	5.29	7.97***
	Females	100	61.84	5.35	

p>.05, **p>.01 and *p>.001*

Table 3 shows the Mean SD and 't' values of marital adjustment among male and females of love matched couples and arranged marriage couples. For males and females of love matched couples the results are significant. Marital adjustment shown by females is higher than that of males (mean of males = 55.62 whereas mean of females= 57.98) the calculated 't' value is 3.25. Similarly for males and females of arranged marriage couples the results were highly significant. Marital adjustment shown by females is higher than that of males (mean of males=58.42 whereas mean of female=65.70) the calculated 't' value is 9.98. For males and females of both love matched and arranged marriage couples the results were highly significant. Marital adjustment shown by females is higher than that of males (mean of males=54.52 whereas mean of female=61.84) the calculated 't' value is 9.72. The present results are similar to previous studies in which it was found that wives had better marital adjustment than their husbands, whereas husbands showed better efficiency and mental health (Jaisri & Joseph, 2014)

Table 4 Marriage type and marital adjustment.

Type of marriage	Sex	N	Mean	SD	t
Love Matched Couples	Male	50	55.62	3.07	3.92***
Arrange Marriage Couples		50	58.42	4.01	
Love Matched Couples	Females	50	57.98	4.11	10.43***
Arrange Marriage Couples		50	65.70	3.24	

p>.05, **p>.01 and *p>.001*

Among males of love matched couples and arranged marriage couples the results are significant. Marital adjustment shown by arranged marriage males is found higher than that of love matched couples (mean of males of love matched couples =55.62 whereas mean of males of arranged marriage couples=58.42) the calculated 't' value is 3.92. Among females of love matched couples and arranged marriage couples the results are highly significant. Marital adjustment shown by arranged marriage females is found higher than that of love matched couples (mean of females of love matched couples =57.98 whereas mean of females of arranged marriage couple=65.70) the calculated 't' value is 10.43. Arranged marriage couple before marriage simply doesn't know each other so well as compared to those who had love marriages. They tend to adjust according to each other and the families. Their expectations from each other at the starting of relationship is lower. In arranged marriages the expectations are low thus shows more adjustment towards each other and their expectations are more likely to be met or exceeded leaving the newly-wed highly satisfied. Where as in love marriages high expectations often develop during an elaborate dating period, with the culture placing great weight on the romantic love ideal. When these expectancies are not met then this reduces the marital satisfaction as well as adjustment among couples.

Conclusion

Based on the present study following conclusions were made:

1. Gender differences are present in marital adjustment
2. Gender is no gender differences present in sexual satisfaction.
3. Marital adjustment related differences exists among love marriage and arranged marriage couples.
4. Sexual satisfaction related differences exist among love marriage and arranged marriage couples.

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Web links :

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