

Marital Adjustment and Its Relation to Well-being

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Abstract

The concept of marriage in India is quite different from western countries. The reports related to marital conflict are the daily news in different media. Some of the important reasons for marital conflicts include due to dowry, parental conflicts, misunderstanding and lack of cooperation between couples. In this context the concept of marital adjustment is quite an emergent field of research in India. Although the concept of wellbeing is very subjective in nature, but broadly it comprises psychosocial, psychophysical and financial well-being with appropriate ecological balance. The present study is planned to find out three groups of couples, the marital age is 0 to 1 year and 1 to 5 years and 5 to 10 years. A total of 90 participants were participated in the present study. The results were analyzed using t test. It was found that people having good marital adjustment skills are better in wellbeing than to their counterparts. The findings of the study are discussed in the light of their implications for the married people and counselors.

Key Words: Marriage, Marital Adjustment. Wellbeing, Couples, Physical health and Mental health

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