

MARITAL SATISFACTION AND PSYCHOLOGICAL WELL-BEING: GENDER ROLE ATTITUDE AS MODERATOR AMONG MARRIED PEOPLE

Dr. SHAMAILA ASAD*#, SADAF REHMAN*, ANUM RABBANI* and SHUJAAT ABBAS*

*Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore, Pakistan.

#Corresponding Author Email: sadaf.rahman@riphah.edu.pk

ABSTRACT

The present study aimed to determine the relationship among marital satisfaction, gender role attitude, and psychological well-being among married people. It also aimed to identify the moderating role of gender role attitudes. Participants consisted of (N=428). Data was collected from married people of different cities of Punjab, Pakistan, through Google forms online survey. The nonprobability purposive sampling technique has been used for data collection. A sample of N=420 married men and women with age ranged between 20 to 40 years ($M_{age} = 28.9$, $SD = 2.4$) were included. Kansas Marital Satisfaction Scale (KMS) (Schumm et al., 1998), Gender Role Attitude scale (Jennifer S. Barber, 1998) and Psychological Well Being Scale (PWB) Carlo Ryff (1995) were applied to collect information. The findings revealed a significant positive relationship between marital satisfaction, gender role attitude, and psychological well-being. While, gender role attitude plays moderating role between marital satisfaction and psychological well-being in married men and women. Furthermore, marital satisfaction and gender role attitudes emerged as significant predictors of psychological well-being. Moreover, gender differences were found on marital satisfaction, gender role attitude and psychological well-being. The findings of this study will be helpful for counselors and couple therapists to address the issues related to lower psychological well-being within married individuals.

Keywords: Marital Satisfaction, Gender Role Attitude, Psychological Well-being

Introduction

Marriage is considered as an element of happiness, positivity, and a higher level of mental health. Married individuals seem to show more satisfaction with their lives compared to the divorced, separated ones, and widowed (Diener et al., 1999). According to Bradbury, Fincham, and Beach (2000), marital satisfaction refers to the level of happiness, and pleasure within a couple's relationships and this depends upon or is determined by their psychological well-being. Moreover, another factor that may influence marital satisfaction is gender roles and how individuals in a couple can carry these out in their marital relationship. According to Darvishpour (2002), gender role is another important impact in marriage and men seem to have more need for romantic relationships compared to women. Williams and McBain (2006) explained that gender roles, couple interaction, and marital satisfaction have strong interdependency.

In marital satisfaction, partners receive such standards of conduct to stay away from conflict and feel happy with one another within wedlock (Locke, 1968). As per Schoen (2002), marital satisfaction is the assessment of anybody's condition of marriage which mirrors the bliss and

working inside the marital relationship. Additionally, transformative points of view have characterized marital satisfaction as a psychological state which is controlled by checking the advantages and expenses of marriage for a particular individual (Shackelford & Buse, 2000).

Mackey, Diemer and O'Brien (2000) described that the more elevated level of relational conflict hurts marital satisfaction with the most significant level of contention which happens during the youngster raising years. Married individuals normally include clashes inside the gender role which causes consequences for their marital life and satisfaction in which, if drawn-out benefits are not conveyed, may cause an issue at any stage (Gottman & Krokoff, 1989). These issues might be portrayed as determination, withdrawal, defensiveness, conflict, and have got decided in the relationships because these components have the chance of avoidance to collaboration and adjusting in a helpful way (Gill, Christensen, & Fincham, 1999). Couples who deal with their conflicts could deal with their emotional conflicts and may probably foster better conduct (Mackey, Diemer & O'Brien, 2000). Gender role attitudes refer to views held by individuals regarding the roles men and women should play in society (Brooks & Bolzendahl, 2004). It is a term most often used with respect to the distinction between paid and unpaid work. There has been a conventional belief system limited to the gender role, for example, women are viewed as the help for marital relationships and family. Female is likewise viewed as the guardian for the family, whereas, males are considered as the earning body to their families (Brooks & Bolzendahl, 2004).

Recently, women gender role has been moved towards the dual career couple movement. In which two married couples are relied upon to proceed with marital relationship job (Helmreich, Spence, & Gibson, 1982). Nonetheless, there is an idea that the wife is required to stay at home and to deal with the house, family, and their kids while the husband is viewed as the top of the family and to acquire for them however it has been directed to wonder that men and women are similarly capable to run the costs of the family and are equivalent in every one of the areas (Botkin, Weeks, & Morris, 2000). However, we can assume that in any case, numerous youngsters (men) will share their childcare similarly with wives (Askari, Liss, Erchull, Staebell, & Axelson, 2010), these couples share the equivalent burden of kid care and other responsibilities (Kimmel, 2009). Nonetheless, these days men in general give more childcare when contrasted with the past (Cabrera, Tamis-LeMonda, Bradley, Hofferth, & Lamb, 2000; Pleck, 2010). This principle distinction with respect to gender roles has been drawn between the open arena and the jobs recommended to the private circles likewise (Baber & Tucker, 2006; Scott, 2010). The attitudes towards the gender role are likewise expanding consistently in the community of liberals (Brewster & Padavic, 2000; Brooks & Bolzendahl, 2004; Cotter, Hermsen & Vanneman, 2011). Psychological well-being is referring to a person's enhancement and capacity to adapt to troubles throughout everyday life (Dagenaisdesmarais & Savoie, 2012). Psychological well-being and subjective well-being are frequently referred to as hedonic well-being, and the qualification may have its underlying foundations in Aristotelian philosophy.

Moreover, in one study a constructive outcome proposed that positive influence is anything but an essential need for well-being (Ryan & Deci, 2001).

It is a way of life to be happy. Especially in terms of living a life that is ideally suited to health and wellness; uniting body, mind, and soul; personally possessing a purposeful attitude and a desire to enjoy life more completely; and living a functioning existence in all social, personal, and environmental dimensions (Myers et al., 2003). An individual's health and well-being, as well as his or her lifestyle, are inextricably linked. The goal of well-being is to identify elements that promote health and to improve people's lifestyles in that direction. Individuals' life patterns do not determine their fate (Doan, 2006). According to the psychological well-being theory, an individual's psychological health is determined by how well he does in particular parts of his life. Individuals should have positive relationships with others, be in command of their surroundings, accept themselves and their past, have a purpose and meaning in their lives, have personal development, and the ability to make their own decisions (zen, 2005). Ryan and Deci (2001) suggested that for a person to encounter a feeling of development, trustworthiness, and well-being, the essential psychological needs for self-governance, capability, and relatedness should be fulfilled at all ages. Therefore, the current study was planned and investigates the association between marital satisfaction, gender role attitude, and psychological well-being. It also aimed to determine the moderating role of gender role attitudes in the relationship of marital satisfaction and psychological well-being.

Methodology

A quantitative research, with correlational research design was conducted to investigate the relationship among marital satisfaction, gender role attitudes, and psychological well-being. A total of N=428 married people (men & women) participated in this study. Sample size was calculated using from a-priori free sample size calculator (Soper, 2018). A convenient sampling strategy was used for sample selection. Due to the pandemic situation, data was collected through Google forms. This study includes married men and women from different districts of Punjab. Data were collected from married individuals having at least one child. People with severe illness, disease, divorce and widows were not included. Standard demographic questions including age, gender, family members, number of children, years of marriage, occupation, work experience, job status, education, family system, and socioeconomic status was developed by the researcher. Kansas Marital Satisfaction Scale (Schumm, 1998) consisted of 3 items, Gender Role Attitude Scale (Barber, 1998) consisted of 20 items and Ryff's Psychological Well-being Scale (1995) was used in this study. However, the data of 428 was retained for this study and analyzed by using SPSS and PLS. Participants were enquired about marital satisfaction, gender role attitude, and psychological well-being through a questionnaire. All ethical considerations were followed throughout the study procedure.

Results

Descriptive of the study describe that the majority of the participants were female (54.2%). Most of the participants (60%) were self-employed. Majority of the participants (52.8%) completed their education till master’s level. Majority of the participants (55.6%) belong to the nuclear family system. Majority of the participants (93.0%) belonged to the middle class family system.

Table 4.1 Pearson Product Correlation Analysis among Marital Satisfaction, Gender Role Attitude and Psychological Well-Being (N=428)

Variables	N	M	SD	1	2	3
1. Marital Satisfaction	428	35.67	7.48	-	.49**	.55**
2. Gender Role Attitude	428	50.21	12.43		-	.63**
3. Psychological Well-Being	428	55.42	16.00			-

Note. **= $p < 0.01$, *= $p < 0.05$, N = total no. of participants, M = mean, SD = standard deviation

Table 4.1 demonstrated that there is significant positive relationship among marital satisfaction, gender role attitude and psychological well-being which indicated ($p < .000$), that if the marital satisfaction will be high then gender role of attitude will be more positive which causes for better psychological well-being.

Table 4.2 Predictors of Psychological Well-Being (N=428)

Variables	B	SE	Model β	C.I 95%	
				LL	UL
Constant	.918***	2.95		-4.881	6.717
Marital Satisfaction	.68	.08	.32	.514	.853
Gender Role Attitude	.60	.05	.47	.502	.707
R ²	.47				
ΔR^2	.47				

Note. *= $p < .05$, **= $p < 0.1$, ***= $p < .001$, CI= confidence interval, B= Unstandardized Regression Coefficient, β = Standard Regression Coefficient, ΔR^2 =Change in R², CI= Confidence Interval.

Table 4.2 depicted that marital satisfaction and gender role attitude are significant predictors of psychological well-being. This shows that increase in marital satisfaction and gender role attitude causes better psychological wellbeing. The regression model was found significant ($F(2,418) = 190.15, p < .000$). The model explains 47% of variance (Adjusted R² = .47) in psychological wellbeing. The value of R² change is .47.

Table 4.3 Gender Differences on Marital Satisfaction, Gender Role Attitude and Psychological Well-Being (N=428)

Variables	Women		Men		T	P	95% CI		Cohen's d
	M	SD	M	SD			LL	UL	
Marital Satisfaction	35.73	8.29	25.61	5.41	.16	.00	-1.308	1.550	0.0
Gender Role Attitudes	53.15	11.98	46.70	12.08	5.47	.01	4.132	8.759	0.0
Psychological Well being	58.36	16.48	51.94	14.71	4.21	.05	3.420	9.407	0.1

Note. M=Mean, SD=Standard Deviation, t = Magnitude of difference, CI=Confidence Interval, LL=Lower limit, UL=Upper limit, Cohen's d = Effect size, p>0.05

Table 4.3 depicts the gender differences among marital satisfaction, gender role attitudes and psychological well-being. The findings showed that there is significant gender difference in marital satisfaction, gender role attitudes and psychological well-being as women have more marital satisfaction, gender role attitudes and psychological well-being than men.

Table 4.4

Moderating Effect of Gender Role Attitude on marital satisfaction and psychological well-being (N=428)

	Path coefficient	t value	p Values
Gender Role Attitude x Marital Satisfaction -> Psychological Well-being	0.139	1.747	0.040

***Significant at 1 %.

The above table shows the significant moderating role of gender role attitude on marital satisfaction and psychological well-being. Whereas the path coefficient (0.139) shows significant correlation between marital satisfaction, psychological well-being, and gender role attitudes.

Figure 1 Emerged model of Study

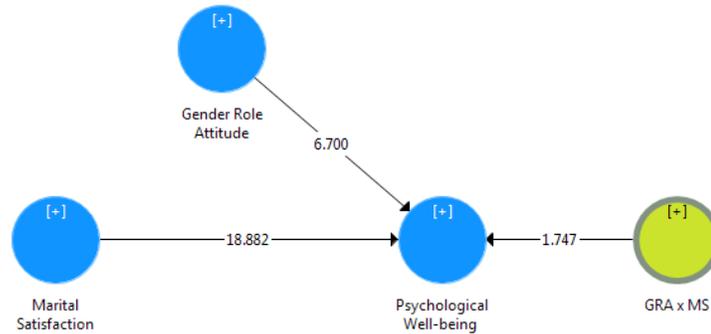
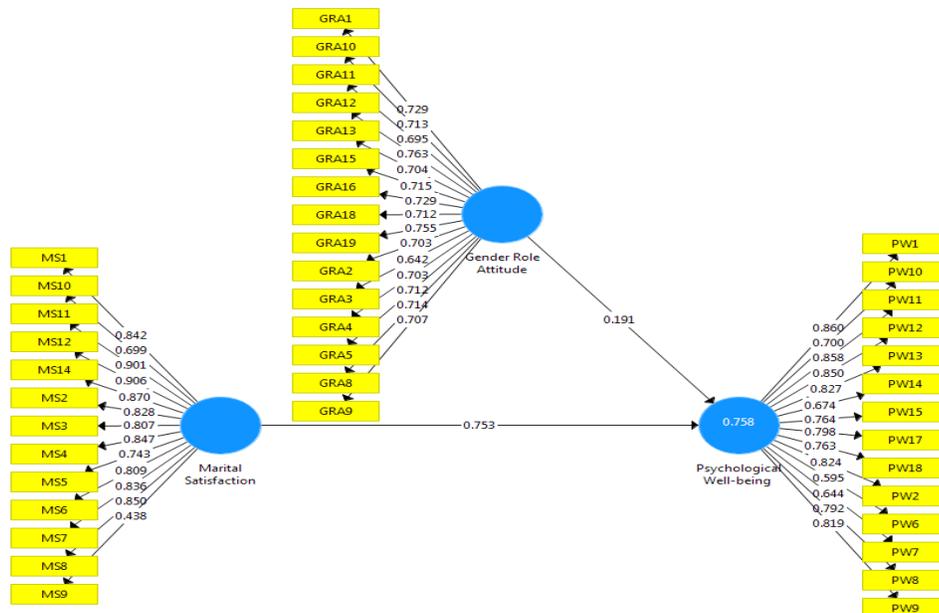


Figure 2 Structural Model for Gender Role Attitude as a Moderator between Marital Satisfaction and Psychological Well-being



Discussion

Findings of the present study showed a positive relationship among marital satisfaction, gender role attitude and psychological well-being. Study by Hu, Li, Ye and Wang (2020) supports the

finding of the present study that husband-wife congruence of gender-role attitudes augments wives 'role overload and further leads to family interference at work. As indicated by Shackelford and Bus (2000) marital satisfaction is the mental state which is controlled by observing the advantages and expenses of marriage for an explicit individual. Married individuals typically will in general include clashes inside the gender role which causes impacts on their marital life and satisfaction in which if the drawn-out benefits are not conveyed may cause issue at any stage (Gottman & Krokoff, 1989). According to Darvishpour (2002), gender role is another important impact in a marriage and men seem to have more needs for romantic relationships as compared to women. Moreover, there is a significant relationship between gender role and couple interaction and marital satisfaction (Williams & McBain, 2006).

The findings of the present study showed that gender role attitude moderate between marital satisfaction and psychological well-being. While the path coefficient shows significant relationship between marital satisfaction, psychological well-being and gender role attitude. As indicated by Bradbury, Fincham and Beach (2000), marital satisfaction refers to the level of happiness, and pleasure within a couple's relationships and this depends upon or is determined by their psychological well-being, as well as environmental factors. Moreover, another factor that may influence on marital satisfaction is gender roles and how individuals in a couple can carry these out in their marital relationship. Moreover, there is a significant relationship between gender role and couple interaction and marital satisfaction (Williams & McBain, 2006).

Findings of the present study showed that marital satisfaction and gender role of attitude are significant predictors of psychological well-being among married people. Litzinger and Gordon (2005) examined the effect of communication satisfaction in the context of marriage. Marital communication affects the relationship between spouses. Further, Punyanunt-Cater (2004) presented that affectionate communication has been shown to be related to relational satisfaction among married couples. Richmond (1995) explained that amount of communication regarding sex; home life and taking vacations can enhance marital satisfaction. However, a study by Taniguchi and Kaufman and Taniguchi (2014) examined the association between gender role attitudes, spousal arguments, and marital satisfaction among Japanese couples.

Findings of the present study showed that there are significant gender differences among marital satisfaction, gender role of attitude and psychological well-being. Findings revealed that women have more marital satisfaction, gender role attitudes and psychological wellbeing than men. According to Kaufman and Taniguchi (2006) change in gender role attitude is assumed to show higher level of marital satisfaction among the husbands with an egalitarian attitude and tend to show less level of divorce. Mickelson, Claffey and Williams (2006) explained that the gender role attitude in women and men are entirely different as in the traditional families, the gender role attitude for the woman is responsible for household work. Kiecolt-Glaser and Newton (2001) discussed the egalitarian gender role attitudes that women consider the households as shared responsibilities that the spousal support of husbands to their wife's

progress in marital quality and satisfaction also concluded that men are more sensitive to the stresses and daily life hassles as compared to women. Women are stronger and can durably take such acute stresses and adjust with the marital conflicts as compared to men. Simpson and Gangestad (2001) also proposed that men and women have different life challenges and choices. Murray, Bellavia, Rose, & Griffin (2003) also found the significant differences in the gender while dealing with the couple's marital satisfaction.

The result of this study shows that marital satisfaction, gender role attitudes and psychological well-being are significantly correlated among married women and men. This review has concentrated on evolving research on marital satisfaction and its effect on psychological well-being. People with high marital satisfaction show positive psychological well-being, and the other way around people with low marital satisfaction have low psychological well-being. The result of the study shows that there is a significant relationship between marital satisfaction and psychological well-being. Furthermore, gender role attitude plays moderating role between marital satisfaction and psychological well-being. Moreover, women have more marital satisfaction, gender role attitudes and psychological well-being than men and marital satisfaction and gender role attitude are significant predictors of psychological wellbeing.

Limitations and Suggestions

1. In this study, only married men and women of Punjab were included, whereas data could be collected from all over Pakistan.
2. Small sample size has been used in this study however, large sample could be used.
3. Its quantitative study there was dependency on statistical software for results calculations so further qualitative study should be conducted to explore lived experiences of those married people.

Implications

The findings of this study would be helpful for counselors and couple therapist to addresses the issues related to lower psychological well-being within the married individuals. It will be a helpful addition in gender studies, on how gender roles can influence marital satisfaction. It can also be used as prevention to lower down divorce rates, by providing awareness campaigns and talks on importance of gender role attitudes for better psychological well-being.

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