



HAPPINESS AMONG MARRIED AND UNMARRIED ADULTS

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Abstract

In this current research, the focus is on exploring the varying levels of happiness between married and unmarried adults, as well as between male and female adults. A sample group of 120 participants was carefully selected using random sampling methods. This sample group consisted of an equal distribution of married and unmarried adults, with 60 individuals in each category. For the purpose of these study psychological tests is used. Happiness questionnaire is a measure of happiness is used for this study. Research employed a 2x2 factorial design to analyze the data collected. The results revealed a significant difference in happiness levels between married and unmarried adults. However, no significant difference was observed between male and female adults in terms of happiness.

Keywords: Happiness, Marital status and Adults.

Introduction:

The psychological concept of happiness refers to the subjective experience of positive emotions, satisfaction, and overall well-being. It involves a combination of factors such as life satisfaction, positive emotions, engagement in activities that bring joy, and a sense of meaning and purpose in life. Researchers in the field of psychology study happiness to understand what contributes to it and how individuals can enhance their well-being. It is important to note that happiness is a complex and multifaceted concept that can vary from person to person. Research in psychology has shown that there is a correlation between happiness and marital status. Generally, married individuals tend to report higher levels of happiness and life satisfaction compared to those who are unmarried, divorced, or widowed. This could be attributed to the emotional support, companionship, and sense of security that a stable marriage can provide. However, it is important to note that individual experiences may vary, and factors such as the quality of the relationship, personal values, and life circumstances can also influence the relationship between happiness and marital status.

The concept of happiness plays a significant role in influencing our overall well-being, including our mental health. It has the power to positively impact both our mental and physical health. It is common for students to face various challenges during their academic journey, such as financial, social, health-related, and educational issues. These challenges can often hinder their ability to concentrate on their studies effectively. Finding happiness can provide students with the motivation and strength needed to overcome these obstacles. Moreover, happiness can serve as a driving force towards accomplishing personal ambitions and goals. When we prioritize happiness in our lives, it not only transforms our well-being but also paves the way for a positive and healthy lifestyle.

Sonja Lyubomirsky, a well-known happiness researcher and the author of "The How of Happiness" (2008), quantified the key components contributing to our overall happiness. According to her findings, our inherent happiness "set point" - determined by genetics and



birth - accounts for 50 percent of our happiness. Circumstances such as marital status, income level, and physical appearance only contribute 10 percent to our overall happiness. The remaining 40 percent of our happiness can be attributed to intentional activities and choices that we make in our daily lives to modify our happiness level. While many people believe that having free choice is essential for happiness, recent research on the topic has yielded some intriguing and contradictory results. Studies have indicated that factors such as economic progress, increased democracy, and greater social acceptance have led to a heightened perception of personal autonomy and free choice among individuals. This, in turn, has resulted in higher levels of happiness being reported worldwide.

People who believe that personal choices, rather than fate, control their future, often have a greater appreciation of freedom of choice than those who credit destiny as determining outcomes. (The people who don't depend on fate are thought of as having an internal locus of control, while those favoring luck and fate are said to have an external locus of control.) For example, - if we think of the novelist selling her first book. She could send the manuscript off and hope for the best or enlist every useful contact and friend of a friend in making sure the manuscript is given a fair read.

Review of Literature:

Arjun Kachave (2006). In this research that life satisfaction is high among working women for their family. Mental health is associated with their life satisfaction. Career women are having economic independence and they are satisfied for their life.

Kamp Dush, C. M., Taylor, M. G., & Kroeger, R. A. (2008) in this study all respondents experienced a decrease in life happiness between Wave 1 and the end of their observed time in their marriage, but respondents in the high marital happiness trajectory experienced the smallest decline. Respondents in both the high and middle marital happiness trajectories also experienced a decline in depressive symptoms across time.

Howell, P. (2021) Satisfaction/happiness and well-being are defined and/or measured by self-report and/or objective external measures. Self-report measures of satisfaction/happiness include sense of relationship satisfaction, level of commitment to the relationship, sense of well-being in the relationship, and overall sense of well-being as a person. External measures of satisfaction/happiness/well-being include number of years married, legal separation, or divorce filings.

Objectives:

1. To investigate the status of happiness among married and unmarried adults.
2. To investigate the status of happiness among male and female adults.

Hypotheses:

1. There will be significantly differ level of happiness between married and unmarried adults.
2. There will be significantly differ level of happiness between male and female adults.
3. There will be significant interaction effect of independent variables on happiness.

Participants:

For this research work a simple random sampling technique is used. All sample included in the study collected from Jalna districts only. The sample is consisting of total 120 subjects including four groups i.e. 60 married and 60 unmarried adults. Both groups is made with equal number of male (n= 30) and female (n= 30) adult subjects. Age range of the sample between 25 to 45.

The sample depicted as follows;

Sample Distribution

	Married	Unmarried	Total
Male	N=30	N=30	N=60
Female	N=30	N=30	N=60
Total	N=60	N=60	N=120

Variables:

Various independent and dependent variables which is taken into consideration in the present investigation is described in Following Table;

List of Independent variable

NO	Name of Variable	No. Of level	Name of Level
1	Marital status (A)	2	Married and Unmarried
2	Gender (B)	2	Male and Female

List of Dependent variables

NO	Name of Variable
1	Happiness

Research Design:

To reach out the objectives of present investigation 2X2 factorial design is used as depicted below;

2 X 2 Factorial Designs

	A1	A2
B1	A1 B1	A2 B1
B2	A1 B2	A2 B2

Where

A1B1- Married male adults.

A1B2- Married female adults.

A2B1 – Unmarried male adults.

A2B2 – Unmarried female adults.

Psychological Devises:

The following psychological devises are used in the present research work.

Happiness Questionnaire; Hills and Argyle, 2002

This scale consists of 29 items; each presented as a single statement which can be endorsed on a uniform six-point Likert scale. This scale consists of 29 items; each presented as a single statement which can be endorsed on a uniform six-point Likert scale. It is used to measure the happiness quotient of an individual. Items marked (-) was scored in reverse. It indicates components of the OHQ short scale. His sum of the item scores is an overall measure of happiness, with high score indicating greater happiness. Reliability of the scale is alpha= 0.92;

since this scale was originally developed outside India so the internal consistency of the scale has been found out, with N = 124, and the Cronbach alpha value is 0.832.

Statistical analysis:

The obtained data is analyzed as follows; Looking to the objectives of the present investigation analysis of collected data was done by employing 2X2 ANOVA in order to study the effect of various independent variable namely marital status and gender on happiness and life satisfaction of married and unmarried adults.

Table 1
ANOVA Results of Happiness of married and unmarried adults

Source of Variable	Some of Squares	df	Means Squares	f Ratio	Level of Significant
Marital status	3060.30	1	3060.30	5.61	0.05
Gender	644.03	1	644.03	1.18	
Marital status * Gender	410.70	1	410.70	0.75	
Error	63260.13	116	545.34		
Corrected total	6737.16	119			

Table No. 2
Mean and SD values of married and unmarried adults on Happiness.

Groups	Mean	SD	N
Married	107.13	26.72	60
Unmarried	97.03	19.38	60
Male	104.40	25.72	60
Female	99.76	21.66	60

Table No. 1 and 2 shows that is the ANOVA results of happiness for independent variable marital status and gender. F ratio of happiness for marital status is $F = 5.61$ ($df = 1$ and 116) which is significant at the 0.05 level of the significant. It means married adults differ significant as compared unmarried adults with respect of happiness. By the same point of view table no. 2 shows that the mean and SD score of married adults on happiness is respectively 107.13 and 26.72 and unmarried adults mean and SD is 97.03 and 19.38. Thus it can be stated that significant difference exist between married and unmarried adults on happiness. Thus hypothesis no. 1, "There will be significant difference between married and unmarried adults on happiness" is accepted.

Previous study done by the Vyas Komal R. and Prajapati Mukesh concluded the same results according to present study. Nabilah Bilqus Nudhar (2018) study showed that single women tend to be happier than married women. Study done by the Ummuhabeeba T.P. and Roniya Raphy M. (2023) concluded that the there is no significant difference between married and unmarried people.



F ratio of happiness for gender is $F = 1.18$ ($df = 1$ and 116) which is no significant both level of the significant. It means male and female adults are not differing significant on happiness. By the same point of view table no. 2 shows that the mean and SD score of male adults on happiness is respectively 104.40 and 25.72 and female adults mean and SD is 99.76 and 21.66. Thus it can be stated that there is no significant difference exist between male and female adults on happiness. Thus hypothesis no. 2, “There will be significant difference between male and female adults on happiness” is rejected.

Table no. 2 also shows that f ratio for happiness with regards to marital status and gender (AXB) is 0.75 which is not significant both the level of significant. It means that significant interaction effect does not exists between marital status and gender on happiness. Thus hypothesis no 3 is “There will be significant interaction effect of independent variables on happiness” is rejected.

Conclusion:

There is significant difference is found among married and unmarried adults on happiness. Level of happiness is higher in married adults as compared to unmarried adults. There is no significant difference between male and female adults on happiness. There is significant interaction effect of independent variables on happiness

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