



Impact on Arts of Living on Marital Adjustment of Couples

Deepali Srivastava

Research Scholar

ABSTRACT

This study investigates the impact of the Art of Living program on marital adjustment among couples. Sri Ravi Shankar, developed program by Art of Living program incorporates practices aimed at enhancing marital adjustment. This research employed a Pre and post approach, including quantitative measures of marital adjustment and qualitative interviews with participants who completed the program. Results indicate a statistically significant improvement in marital adjustment scores post-program, suggesting that the Art of Living techniques positively influence the relationship dynamics within couples. The findings reveal themes of Arts of Living program are positive impact o sexual adjustment, Social adjustment, Emotional adjustment and Marital

KEYWORDS: *Sexual adjustment, Social adjustment, Emotional adjustment and marital adjustment*

INTRODUCTION

Marital adjustment is a crucial aspect of married life, influencing the well-being and stability of couples. It encompasses the processes through which partners in a marriage adapt to each other's personalities, expectations, and lifestyles. Understanding and achieving marital adjustment is essential for building a harmonious relationship that can withstand challenges over time. Marital adjustment refers to the process through which couples navigate and adapt to various challenges and changes within their marital relationship. It encompasses the ability of spouses to effectively communicate, resolve conflicts, and maintain mutual satisfaction in their partnership. Understanding marital adjustment is crucial as it directly impacts the overall well-being of individuals, families, and society at large.

Marital adjustment is a multifaceted concept influenced by various factors and theories. Understanding these dynamics is essential for promoting healthy relationships and enhancing overall well-being. This review will provide a comprehensive analysis of current research on marital adjustment, offering insights into its complexities and implications for individuals, families, and society.

Marital adjustment refers to the ability of spouses to adapt to each other's emotional, psychological, and social needs within a marriage. It involves mutual accommodation,



compromise, and effective communication to maintain satisfaction and harmony in the relationship (Kurdek, 2005). Successful marital adjustment allows couples to navigate differences and conflicts constructively, enhancing intimacy and overall marital quality (Spanier, 1976). The significance of marital adjustment lies in its association with several critical outcomes for individuals and families. Research has consistently shown that higher levels of marital adjustment are linked to greater marital satisfaction, emotional well-being, and overall life satisfaction (Fincham&Beach, 1999; Stanley, Markman,&Whitton, 2002). Conversely, poor marital adjustment is often correlated with negative outcomes such as divorce, psychological distress, and even physical health problems (Whisman, 2007; Kiecolt-Glaser&Newton, 2001). Various theoretical frameworks have been proposed to understand the factors influencing marital adjustment. Social Exchange Theory (Thibaut&Kelley, 1959) posits that individuals assess the costs and rewards of their relationships, and marital adjustment occurs when the rewards outweigh the costs. Similarly, Attachment Theory (Bowlby, 1969) suggests that early attachment styles influence how individuals approach intimacy and conflict resolution in marriage, thus impacting marital adjustment (Hazan&Shaver, 1987). Additionally, the Family Systems Theory (Minuchin, 1985) emphasizes the interdependence of family members and how marital adjustment is influenced by broader family dynamics and systems.

Arts of Living

The concept of "Arts of Living" encompasses a broad spectrum of ideas, practices, and philosophies aimed at guiding individuals towards a life of fulfillment, balance, and meaning. Rooted in diverse cultural traditions and philosophical frameworks, the arts of living offer insights into how to navigate existence, cultivate virtues, and achieve personal and collective harmony. This exploration delves into the multifaceted nature of these arts, drawing from both historical perspectives and contemporary interpretations.

The concept of Arts of Living encompasses a broad array of skills and behaviors that individuals bring to their relationships and daily interactions. These skills include emotional intelligence, empathy, self-awareness, communication skills, problem-solving abilities, adaptability, and resilience (Goleman, 1995; Mayer&Salovey, 1997). These competencies are essential for navigating the complexities of intimate relationships and play a significant role in marital adjustment.

Throughout history, civilizations have developed intricate systems and teachings on how to live a good life. From ancient Greek philosophy to Eastern spiritual traditions, and from modern psychological insights to indigenous wisdom, the arts of living reflect humanity's



perennial quest for wisdom and well-being. These traditions often blend ethical guidance with practical wisdom, encouraging individuals to cultivate virtues such as wisdom, courage, temperance, and justice.

In contemporary discourse, the arts of living intersect with fields such as positive psychology, mindfulness practices, and self-help literature. Scholars and practitioners continue to explore how these ancient teachings can be integrated into modern lifestyles, addressing issues of stress, meaninglessness, and societal disconnection.

This essay aims to explore the various dimensions of the arts of living, examining their historical roots, philosophical underpinnings, cultural expressions, and practical applications in everyday life. By examining these diverse perspectives, we can gain a deeper understanding of what it means to live well and the timeless wisdom that continues to inspire individuals across cultures and generations.

Arts of living on marital Adjustment

The term "arts of living" refers to the skills, behaviors, and attitudes that couples employ to foster a healthy and satisfying marital relationship. These arts encompass communication skills, empathy, emotional regulation, problem-solving abilities, and conflict resolution techniques (Hahlweg&Markman, 1988). Research suggests that couples who actively cultivate these skills experience higher levels of marital adjustment and lower rates of marital distress (Christensen et al., 2004).

The concept of marital adjustment is intricately linked to the broader context of "Arts of Living," which refers to the skills, behaviors, and attitudes individuals and couples employ in their daily lives to foster well-being and harmony in their relationships (Gottman&Silver, 1999). These arts include effective communication, empathy, compromise, and the ability to manage stressors and conflicts constructively.

Understanding how the Arts of Living impact marital adjustment is crucial for several reasons. First, it helps identify specific behaviors and skills that contribute to successful marital relationships, offering insights into interventions and therapies aimed at enhancing marital satisfaction (Markman, Stanley,&Blumberg, 2010). Second, it underscores the importance of ongoing learning and adaptation within relationships, as couples navigate various life stages and challenges.

Marital adjustment, a crucial component of successful marriages, encompasses various factors that contribute to the stability, satisfaction, and overall well-being of couples in their relationship. The term "Arts of Living" refers to the skills, attitudes, and behaviors individuals employ in their daily lives, which can profoundly influence marital adjustment. This



introduction aims to explore the impact of Arts of Living on marital adjustment among couples, drawing from a range of theoretical perspectives and empirical studies.

REVIEW OF LITERATURE

Barnes et al.,(2007) this study indicated that Practices like yoga and meditation, promoted by the Art of Living Foundation, have been associated with reduced stress and increased emotional regulation. These factors can contribute indirectly to better marital adjustment by enhancing individuals' ability to manage conflicts and emotions within relationships.

Brown and Gerbarg, (2005) this study the breathing exercises taught in Art of Living programs are designed to reduce stress and promote relaxation. Research has linked similar techniques to improved physiological responses to stress and better emotional well-being, which can foster a more supportive marital environment.

Carson&Langer, (2006) this study indicated that Mindfulness practices, which are part of the "Arts of Living," have shown promise in enhancing relationship quality. Mindfulness encourages couples to be present in the moment, non-judgmentally attentive to each other's experiences, and responsive rather than reactive.

Carson, J. W.,&Carson, K. M. (2018) this study indicated that Mindfulness practices, such as those taught in the Arts of Living, have been shown to positively influence marital adjustment. mindfulness enhances emotional regulation and empathy, which are crucial for managing conflicts and fostering intimacy in relationships.

Carson, J. W., Carson, K. M., Gil, K. M.,&Baucom, D. H. (2004) this study found that While not specifically about the Art of Living, this study investigates the effects of mindfulness training on relationship satisfaction and communication, which are crucial components of marital adjustment.

Dada, R.,&Menezes, R. G. (2016) This study looks at the Art of Living program's impact on psychological stress and well-being, suggesting that reductions in stress and improvements in overall well-being can positively influence marital adjustment.

Markman, H. J., Stanley, S. M.,&Blumberg, S. L. (2010) this study found that The Arts of Living often include communication skills training, which is essential for improving marital adjustment. Effective communication reduces misunderstandings and promotes constructive problem-solving.

Sharma, M. P.,&Khanna, A. (2017) This study explores the impact of Sahaj Samadhi Meditation, which is a form of meditation similar to those taught in programs like Art of Living, on marital adjustment. It found improvements in marital adjustment among practitioners.



Whisman, Beach,&Snyder, (2008) this study indicated that Interventions based on mindfulness and communication skills, similar to those in the Arts of Living programs, have shown long-term benefits for marital adjustment. These interventions not only improve immediate relationship dynamics but also strengthen resilience against future challenges.

Whitton et al., (2007) this study found that the Programs like those offered by the Art of Living Foundation often emphasize holistic well-being. Studies have shown that improvements in individual well-being, including mental health and stress reduction, can spill over into enhanced relationship quality and marital satisfaction.

STATEMENT OF THE PROBLEM

To Study the Impact of Arts of living on marital Adjustment of Couples.

OBJECTIVE OF THE STUDY

- To investigate the influence of Arts of Living practices on the sexual, social, and emotional adjustment of couples.

HYPOTHESIS OF THE STUDY

- Participation in the Art of Living program does not significantly affect the sexual adjustment of couples.
- Participation in the Art of Living program has no significant impact on the social adjustment of couples.
- Participation in the Art of Living program does not influence the emotional adjustment of couples.
- Participation in the Art of Living program does not influence the Marital adjustment of couples.

METHODOLOGY

PARTICIPANTS

- **Sample Size:** Approximately 30 married couples will be recruited for the study.
- **Criteria for Inclusion:** Couples aged 25-50 years, married for at least 5 years, residing in urban areas, and consenting to participate.
- **Criteria for Exclusion:** Couples undergoing marital therapy or counseling currently.

**RESEARCH DESIGN:-**

This study Pro and Post research design to measure the impact of arts of living program on marital adjustment.

VARIABLES USED FOR STUDY**a. Dependent Variable:**

- Marital Adjustment 1; Sexual 2; Social 3; Emotional
- Administer pre-test (before intervention), post-test (immediately after), and follow-up tests (e.g., 14 day after intervention).

b. Independent Variable:

- Participation in Arts of Living program (intervention group)

c. Control Variables:

- Demographic information (age, education, socio-economic status).

Data Collection Instruments**Marital adjustment Questionnaire**

- Marital adjustment Questionnaire is developed by Dr. Pramod Kumar (1999). The questionnaire consists of 25 highly discriminating “Yes-No” Type items questionnaire has three factors 1; Sexual 2; Social 3; Emotional. The split half reliability 0.49 (n=60 and index reliability 0.70) test retest reliability was found to be 0.71, (n=60 and index reliability 0.84). The face validity of the questionnaire appears to be high.

Arts of Living Program:

- Develop or select an established program focusing on arts-based activities (e.g., painting, music therapy, dance therapy).
- Ensure the program is designed to enhance communication, empathy, and emotional expression.

PROCEDURES OF DATA COLLECTION:-

For the present study By following these procedures, you can systematically collect and analyze data to evaluate the effects of the Art of Living laughter program on married couples over the one to ten-year marriage span. Adjust the specifics (like the exact measures and timing of data collection) based on your study's design and objectives. .

STATISTICAL ANALYSIS

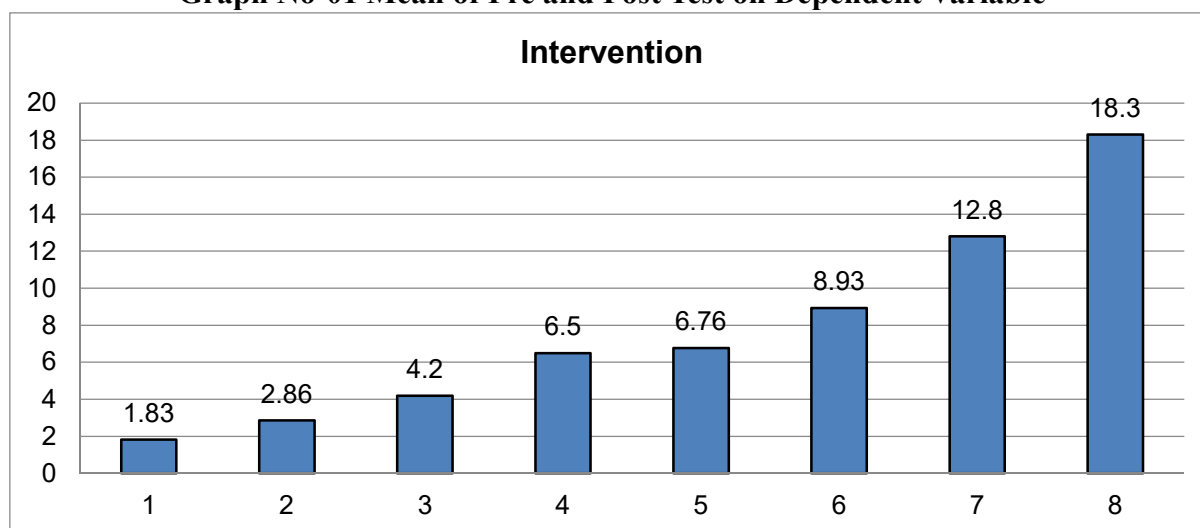
Conduct appropriate statistical analyses to compare the baseline and post-program data. This might include paired t-tests on the nature of your variables.

RESULTS AND

Table No. 01 - Mean SD and t Value of Pre and Post Test on Dependent Variable.

Table No.	Factor	Intervention	Mean	SD	N	DF	't' Value	Sign.
Table No. 01(A)	Sexual adjustment	Pre-Test	1.83	.698	30	58	5.60	0.01
		Post Test	2.86	.730	30			
Table No. 01(B)	Social adjustment	Pre-Test	4.20	1.44	30	58	6.64	0.01
		Post Test	6.50	1.22	30			
Table No. 01(C)	Emotional adjustment	Pre-Test	6.76	1.73	30	58	4.91	0.01
		Post Test	8.93	1.68	30			
Table No. 01(D)	Marital adjustment	Pre-Test	12.80	2.61	30	58	5.58	0.01
		Post Test	18.30	1.95	30			

Graph No-01 Mean of Pre and Post Test on Dependent Variable



DISCUSSION

Observation of the table No.01(A) and Graph No-01 indicated that Sexual adjustment of the mean and SD value obtained by the Pre-Test $1.83 \pm .698$, and Post Test was $2.86 \pm .730$. It is observed that the calculated 't' value (5.60) is High than the table value ($0.01 = 3.23$ and at $0.05 = 2.66$ levels). That is to say that this hypothesis is rejected and Alternative hypothesis is accepted there are Post Test score High Level Sexual adjustment than Pre-Test score. it means that Arts of Living program are positive impact o sexual adjustment of couples. the Art of Living program isn't exclusively focused on sexual adjustment, its holistic approach to personal development and relationship enhancement can contribute positively to couples' sexual lives. By fostering communication, reducing stress, promoting emotional connection,



and providing education, these programs can help couples navigate challenges and deepen their intimacy, thereby potentially improving their overall sexual adjustment.

Observation of the table No.01(B) and Graph No-01 indicated that Social adjustment of the mean and SD value obtained by the Pre-Test 4.20 ± 1.44 , and Post Test was 6.50 ± 1.22 . It is observed that the calculated 't' value (6.64) is High than the table value (0.01 = 3.23 and at 0.05 = 2.66 levels). That is to say that this hypothesis is rejected and Alternative hypothesis is accepted it mean that Post Test score High Level Social adjustment than Pre-Test score. it means that Arts of Living program are positive impact o Social adjustment of couples. "Art of Living" programs contribute positively to the social adjustment of couples by fostering improved communication, reducing stress, and enhancing overall relationship satisfaction. These programs equip couples with practical skills and strategies that not only address immediate concerns but also promote long-term relational health and well-being.

Observation of the table No.01(C) and Graph No-01 indicated that Emotional adjustment of the mean and SD value obtained by the Pre-Test 8.93 ± 1.68 , and Post Test was $2.86 \pm .730$. It is observed that the calculated 't' value (4.91) is High than the table value (0.01 = 3.23 and at 0.05 = 2.66 levels). That is to say that this hypothesis is rejected and Alternative hypothesis is accepted it mean that Post Test score High Level Emotional adjustment than Pre-Test score. it means that Arts of Living program are positive impact o Emotional adjustment of couples. the Art of Living program offers couples valuable tools and techniques to enhance their emotional adjustment and relationship satisfaction. By focusing on communication, stress reduction, trust-building, conflict resolution, emotional resilience, and shared growth, couples can cultivate a healthier and more fulfilling relationship over the long term.

Observation of the table No.01(D) and Graph No-01 indicated that Marital adjustment of the mean and SD value obtained by the Pre-Test 12.80 ± 2.61 , and Post Test was 18.30 ± 1.95 . It is observed that the calculated 't' value (5.58) is High than the table value (0.01 = 3.23 and at 0.05 = 2.66 levels). That is to say that this hypothesis is rejected and Alternative hypothesis is accepted it mean that Post Test score High Level Marital adjustment than Pre-Test score. it means that Arts of Living program are positive impact o Marital adjustment of couples. Art of Living programs can have a significant positive impact on marital adjustment by equipping couples with practical skills, fostering emotional growth, and promoting a deeper connection. By investing in these programs, couples can enhance their relationship satisfaction and build a resilient foundation for long-term happiness together.



CONCLUSION

- 1) Arts of Living program are positive impact on sexual adjustment of couples.
- 2) Arts of Living program are positive impact on Social adjustment of couples.
- 3) Arts of Living program are positive impact on Emotional adjustment of couples.
- 4) Arts of Living program are positive impact on Marital adjustment of couples.

REFERENCES

- Bowlby, J. (1969). Attachment and loss: Vol. 1. Attachment. New York: Basic Books.
- Carson, J. W., & Carson, K. M. (2003). Mindfulness-based relationship enhancement. In S. M. Johnson & N. S. Jacobson (Eds.), *Integrative couple therapy: Promoting acceptance and change* (pp. 263-282). Guilford Press.
- Carson, J. W., & Carson, K. M. (2018). *Mindfulness-Based Relationship Enhancement*. In K. W. Brown & S. C. Murray (Eds.), *The Wiley Blackwell Handbook of Mindfulness*, pp. 590-609.
- Carson, J. W., & Langer, E. J. (2006). Mindfulness and self-acceptance. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 24(1), 29-43.
- Carson, J. W., Carson, K. M., Gil, K. M., & Baucom, D. H. (2004). Mindfulness-based relationship enhancement. *Behavior Therapy*, 35(3), 471-494.
- Carter, E. A., & McGoldrick, M. (1980). "The family life cycle: A framework for family therapy." Guilford Press.
- Christensen, A., Atkins, D. C., Baucom, D. H., & Yi, J. (2010). Marital status and satisfaction. *Current Opinion in Psychology*, 1, 26-30.
- Dada, R., & Menezes, R. G. (2016). Impact of Art of Living programme on psychological stress and well-being. *Industrial Psychiatry Journal*, 25(2), 181-185
- Davis, M. H. (1996). *Empathy: A social psychological approach*. Boulder, CO: Westview Press.
- Fincham, F. D., & Beach, S. R. (1999). Conflict in marriage: Implications for working with couples. *Annual Review of Psychology*, 50, 47-77.
- Fincham, F. D., & Beach, S. R. (1999). Marital conflict: Implications for working with couples. *Annual Review of Psychology*, 50(1), 47-77.
- Fincham, F. D., & Beach, S. R. (2010). Marriage in the new millennium: A decade in review. *Journal of Marriage and Family*, 72(3), 630-649.
- Goleman, D. (1995). *Emotional Intelligence*. Bantam Books.



- Gottman, J. M. (1994). What predicts divorce? The relationship between marital processes and marital outcomes. Hillsdale, NJ: Lawrence Erlbaum Associates.
- Gottman, J. M. (1994). What predicts divorce? *The relationship between marital processes and marital outcomes*. Hillsdale, NJ: Lawrence Erlbaum Associates, Inc.
- Gottman, J. M., & Levenson, R. W. (1992). Marital processes predictive of later dissolution: Behavior, physiology, and health. *Journal of Personality and Social Psychology*, 63(2), 221–233.
- Gottman, J. M., & Silver, N. (1999). *The Seven Principles for Making Marriage Work*. Crown Publishers.
- Gross, J. J. (1998). The emerging field of emotion regulation: An integrative review. *Review of General Psychology*, 2(3), 271-299.
- Halford, W. K., Markman, H. J., Kline, G. H., & Stanley, S. M. (2003). Best practice in couple relationship education. *Journal of Marital and Family Therapy*, 29(3), 385-406.
- Hazan, C., & Shaver, P. (1987). Romantic love conceptualized as an attachment process. *Journal of Personality and Social Psychology*, 52(3), 511-524.
- Kiecolt-Glaser, J. K., & Newton, T. L. (2001). Marriage and health: His and hers. *Psychological Bulletin*, 127(4), 472-503.
- Minuchin, S. (1985). *Families and family therapy*. Cambridge, MA: Harvard University Press.
- Seligman, M. E. P. (2011). *Flourish: A Visionary New Understanding of Happiness and Well-being*. New York, NY: Atria Paperback.
- Sharma, M. P., & Khanna, A. (2017). Impact of Sahaj Samadhi Meditation on Marital Adjustment. *Indian Journal of Health and Wellbeing*, 8(2), 223-226.
- Spanier, G. B. (1976). Measuring dyadic adjustment: New scales for assessing the quality of marriage and similar dyads. *Journal of Marriage and Family*, 38(1), 15-28.
- Thibaut, J. W., & Kelley, H. H. (1959). *The social psychology of groups*. New York: Wiley.
- Whisman, M. A. (2007). Marital distress and DSM-IV psychiatric disorders in a population-based national survey. *Journal of Abnormal Psychology*, 116(3), 638-643.
- Whisman, M. A., Beach, S. R. H., & Snyder, D. K. (2008). *Marital Therapy for Depression: A Review*. In S. R. H. Beach & M. A. Whisman (Eds.), *Marital and Family Processes in Depression: A Scientific Foundation for Clinical Practice* (pp. 221-244).