

## **Life Satisfaction and Self-Efficacy among Married Males and Females**

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**Abstract:** Marriage is very important part of life in Indian society. It is important because everyone needs a life partner for the emotional support, growth of family, development of personal life etc. The purpose of present study is to find out the difference between married male and females on life satisfaction and self-efficacy. For this purpose data has been collected through the purposive sampling, total sample comprising of 90 married persons which are further divided into 45 males and 45 females belonging to middle socio economic status group within the age range of 40-50 years was taken. General Self Efficacy Scale (Ralf Schwarzer and Matthias Jerusalem) and Life Satisfaction Scale (Q.G. Alam and Dr. Ramji Srivastava) were administered to assess the life satisfaction and self-efficacy of married males and females. t-test and Pearson correlation statistical analysis were used to analyze the results. Obtained Pearson r value indicates that there is positive significant relationship between life satisfaction and self-efficacy. Results also indicate that there is significant difference between life satisfaction and self-efficacy among married males and females.

**Keywords:** Marriage, Life Satisfaction, Self-Efficacy.

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### **I. INTRODUCTION**

#### **Marriage**

Family is the basis of every culture and it is the foundation of Indian society and the basis of family is marriage. Marriage is a social contact of two individuals. In a marriage two opposite sex people live together and share their experiences with each other, it's an legal relationship. Married couples enjoy healthy relationships, in Indian culture marriage considered as a lifelong relationship. But there is always a coin has two sides, means during the journey of married life every couple face many problems and these problems affect the healthy relationship of married individuals. Sometimes these problems break the relationship also. It is very crucial time to handle these obstacles and to maintain their relationship stable as well. There is a similar study done by Bradbury et. al., (2000) and according to their study, marriage affects the need of other members of family as well as the communication between couples.

Many women manage their carrier and married life. Most important thing in married life is marital satisfaction and adjustment. It means that married person feels marital satisfaction and adjustment in their life, Study given by Johnson (2015) showed negative correlation of high expectation with marital satisfaction. It simply means that if expectations are high in married life then there is lack of satisfaction and vice versa. Ubesequera D.M. & Jiaojiang Luo (2008) gives a literature review on Marriage and Family life satisfaction evidenced that our pattern of marriage influence our family life satisfaction and also influence the relationship. It means marriage and family act as a social institution while pattern of marriage and family life satisfaction act as a function.

#### **Life Satisfaction**

Life satisfaction is a state of mind or degree to which a person positively evaluates their overall quality of life as-a-whole. Many researchers found that there is a positive relationship between life satisfaction and marriage (Diener et. al., 2000). Research findings given by Bailey and Snyder (2007) shows that people who are satisfied with their life also have hope and also shows married people are hopeful than divorced or widowed. Married individuals are more satisfied with their life than widowed or divorced. Research conducted by Shefali and Navya (2016) shows the attitude of urban and rural mid adults towards marriage and life satisfaction is same and gender difference is not there. There is also no gender difference in level of life satisfaction in rural and urban mid adults. So we can say that both males and females are similarly had the same attitude toward marriage and life satisfaction.

But there is also another factor which affect the level of life satisfaction in married men and women, the factor is source of income. We all know that income is simply and directly related with the economic part of married life. If couple had enough source of income, then they are satisfied with their married life because economic conditions are related with economic status, high level of confidence and mainly in a materialistic world to fulfill their dreams and their needs. Findings by Hasnain et. al. (2011) suggested that good source of income is the major reason for life satisfaction in women. It means married working women are more satisfied than non-working married women. There is also another study who support the previous study which was given by Zainah et. al. (2012), their study basically based upon mid adult married couple and findings suggested that income and length of the marriage as well directly affect the life satisfaction.

There is also important factor that affects the quality of married life is the age, when person get married. When people get married in early age in their life, then there is little chances to enjoy healthy married life personally, socially, mentally and physically as well because in early marriage people are not mature enough to take that kind of responsibility and even feel some difficulties to handle the responsibility toward a life partner, their family, their friends and also their culture. It's quite difficult for a female to adapt herself, adjust herself according to their culture, their likes and dislikes specifically in Indian culture. Early married couples are not mature enough to take strong decisions related to their married life, study given by Arshad et. al. (2014) support the concept of early marriage and late marriage and show that age of a person at the time of marriage affect the marital adjustment and life satisfaction. Late marriages show high level of life satisfaction and marital adjustment than early marriage. Marriage has a positive connection with life satisfaction.

Naess et. al. (2015) did study on marital transitions and life satisfaction; it's a longitudinal study which conducted on large sample from Nord Trøndelag Health Study, Norway. This paper is based upon marriage and cohabitations and revealed that marriage enhance individual's life satisfaction. Both males and females feels more satisfied whether marriage and cohabiting as compared to non-partner and based on this longer observation research we can say that marriage enhance the life satisfaction. Here one more study which is again related with cohabitation, Soons et. al. (2009) also did European Social Survey on married individuals and cohabiting in 30 countries and reported that married individuals are higher in happiness and life satisfaction. Stutzer and Frey (2006) did a German Socio-Economic Panel Study, this longitudinal panel study indicates that married people or cohabiting are more satisfied with their life than not married.

But we can't conclude that life satisfaction in marriage is related with some specific factor, there are a lot of factors in married life which enhance the life satisfaction. It means, life satisfaction in married individuals are depends upon many factors. There are many umbrella terms for an individual to enjoy life satisfaction in their married life. A literature review given by Nema & Bansal (2015) shows the same thing that many factors like work condition, family environment, social environment, financial status, marital relationship and many more factors affect married person's life satisfaction and adjustment.

### **Self-efficacy**

Bandura (1977) says that self -efficacy is related with person's positive attitude which affects coping mechanism. Self-Efficacy means faith in own capabilities and it is related with goal and belief in positive performance. Bandura defines self-efficacy beliefs: belief is related with person's idiosyncratic expectation about their own belief in their ability (Bandura A., 1997 & 1977). Self-efficacy belief is based on social cognitive theory and this theory is based upon the Bandura's theory and according to Bandura's theory self-efficacy is related with person's own ability to analyze the possible outcomes and conditions (Bandura, 1986). Self-efficacy beliefs is an positive attitude of a person toward problem that person face in their life, it also implies on the married couples also. Married couple's belief in their abilities to deal positively and effectively with their problems, have faith to overcome from these problems successfully.

Married individuals with high self-efficacy have highly motivated to resolve their interpersonal and communicational problems more effectively. Hamidian and Mousavi (2015) did a similar study on emotional intelligence and marital satisfaction and self-efficacy as the mediator, effect of general self-efficacy on marital satisfaction is significantly positive and the findings suggested that those married couples have strong belief in their abilities to resolve daily problems and routine activities effectively enjoy higher marital satisfaction. Another study was given by Azar and Vasudeva (2006) on employed and unemployed married women in Iran, suggested that professionally employed women were high on self-efficacy and self-esteem as compared to unemployed and non-professionally employed women. On the other hand, non-professionally employed and unemployed women not differ significantly on self-efficacy. It means that married employed women are high in self-efficacy because they are not depends on others.

Asano et. al. (2016) conducted a multilevel study, in study 1; close same sex friends have been selected. In study 2, romantic heterosexual couples have been selected and measured shared relationship of both studies and in his longitudinal study results showed that efficacy expectations between individuals in a relationship increased, their life satisfaction also increased. People successfully maintain their relationships, if

they have abilities to organize desired outcomes. Study which was conducted on 250 married people showed that self-efficacy and social adjustment are correlated significantly (Sarpoulaki & Kolahi, 2016). Self-efficacy is also an important factor of married life. Self-efficacy in married life affects the quality of relationship. There is study given by Erus and Canel (2016) on perceived problem solving skills of married persons predict their self-efficacy beliefs towards marriage. It was a descriptive study and findings of this study suggested that problem solving abilities increased the marital self-efficacy beliefs of married individuals. It means problem solving skills predict the marital self-efficacy beliefs.

Johnson D (2015) also support the role of self-efficacy in marital life in his dissertation, he found that high relationship value of self-efficacy was the best predictor of person's expectations in marriage. On the basis of these studies we can say that self-efficacy is very essential variable or factor in married life. For a successful and healthy marriage, people must have the high quality of self-efficacy. It's a belief of a person in himself or herself that they will definitely deal with problems that comes in their married life, if they have the quality of self-efficacy.

## II. METHODOLOGY

### Participants

A total sample of 90 married individuals selected from the middle socio economic status for the present study. Out of these 90 married individuals, 45 were male and 45 were females. The participants' age range was between 40-50 years. Purposive sampling was used in the study.

### Problem:

By keeping the above review of literature in mind the present study was entitled a study of life satisfaction and self-efficacy.

### Objectives:

1. To see the relationship between self-efficacy and life satisfaction.
2. To assess and compare the life satisfaction of married males and females
3. To assess and compare the Self-Efficacy of married male and females.

### Hypothesis:

1. There shall be a significant relationship between life satisfaction and self-efficacy.
2. Married females would score higher on life satisfaction than married males.
3. Married females would score higher on self-efficacy than married males.

### Tools used:

#### 1. General Self Efficacy Scale: Ralf Schwarzer and Matthias Jerusalem

General Self-General Self-Efficacy (GSE) scale was developed by Jerusalem and Schwarzer. This scale is applicable for general adult population and also for adolescents but not applicable below the age of 12 years. It has 10 items with four point scale with the response categories i.e. (1) not at all true, (2) hardly true, (3) moderately true and (4) exactly true. For scoring, all the ten items are added to yield the final composite score with a range from 10-40. High score indicate that general self-efficacy is high. This scale is accessible in 33 languages. This scale is self-administered. Cronbach alpha reliability ranged from .76 to .90.

#### 2. Life Satisfaction Scale : Q. G. Alam and Dr. Ramji Srivastava

This scale has 60 items with responses Yes or No. There is no time limit yet it takes almost 20 minutes for the completion. Test-Retest reliability of this scale was .84 and time gap was 6 weeks. Validity of the scale has correlation with Saxena's Adjustment Inventory and Srivastava Adjustment Inventory, quotient .74 and .82 was obtained respectively. This scale has face validity. Scores are converted from raw scores to T scores.

### Procedure:

First of all goal of the study were explained to the subjects to maintain a proper rapport. Each participant contacted separately and assured them about the privacy of their information. After establishing a rapport, study related information was collected from the individual participant. All the subjects were approached individually and requested to fill up the questionnaires i.e. life satisfaction scale and self-efficacy scale. For the present study the sample was purposively selected from Haryana. All the subjects were requested to follow the standard instruction given on the questionnaire. Scoring of the questionnaires was done according to the manuals. These scores were in tabulated form and suitable statistics was employed as per the objectives employed.

## III. RESULTS AND DISCUSSION

### Statistical analysis

In the present study, for the first hypothesis, Pearson r was applied and for the second and third hypothesis Mean, S.D and t-test was applied for the statistical analysis of the data.

1. The present investigation has been proposed to examine the relationship between life satisfaction and self-efficacy. To fulfill the objective Pearson correlation test was used. The obtained value of Pearson correlation is .225\* (at 0.05 level) which is highly significant.

The result shows that there is a significant positive relationship between life satisfaction and self-efficacy that is .225\* (at 0.05 level). The results clearly indicate that there is a significant relationship between life satisfaction and self-efficacy among married males and females. Life satisfaction and self-efficacy are closely related. When life satisfaction of couples is high, their self-efficacy would also be high and if the married couples are not satisfied with their life their self-efficacy will be poor. Both are significantly positively related. So our first hypothesis that stated "There shall be a significant relationship between life satisfaction and self-efficacy of married males and married females" got accepted.

**Mean, S.D and 't' value of Life satisfaction among married males and females**

Variable	Gender	N	Mean	S D	t
<b>Life Satisfaction</b>	<b>Male</b>	<b>45</b>	<b>41.80</b>	<b>4.14</b>	<b>1.928</b>
	<b>Female</b>	<b>45</b>	<b>43.35</b>	<b>3.48</b>	

**Table 1**

2. The findings as shown in table 1 indicate that the mean score of life satisfaction of married males was 41.80 while the mean score of married females on life satisfaction was 43.35 and t value is 1.928. The result clearly indicates that there is significant difference in life satisfaction of married males and females. It means that married females are more satisfied with their life than married males. It means that married females score higher than married males and there is gender difference exists on the life satisfaction. Married females are more satisfied with their life. So, our second hypothesis has been accepted which indicates that "Married females would score higher on life satisfaction than married males".

**Mean, S.D and 't' value of Self-Efficacy among married males and females**

Variable	Gender	N	Mean	S D	t
<b>Self-Efficacy</b>	<b>Male</b>	<b>45</b>	<b>31.42</b>	<b>4.82</b>	<b>3.110</b>
	<b>Female</b>	<b>45</b>	<b>34.40</b>	<b>4.23</b>	

**Table 2**

3. The findings shown in table 2 indicate that the mean score of married males on self-efficacy was 31.42 while the mean score of married females was 34.40 and t value was 3.110. It indicates that there is significant difference in married males and married females on self-efficacy. It means that married females score higher on self-efficacy than married males. There is also gender difference exists on the dimension of self-efficacy. So our third hypothesis that "Married females would score higher on self-efficacy than married males" has also been accepted. We can say that females have the ability to deal with marital problems more effectively than males.

#### IV. CONCLUSION

At the end, make a long short story, means Obtained results of the present study shows that there exists gender differences in life satisfaction and self-efficacy and both the variables are positively related. Life satisfaction has close relationship with self-efficacy. Those individuals who are satisfied with their life also have high self-efficacy. The findings indicate that the two variables are related with each other and there is significant difference between them also. This positive correlation of life satisfaction and self-efficacy reveals that both the variables affect each other. Results also reveals that females are more satisfied with their married life and also have high self-efficacy value than married males.

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