Marital Compatibility and Their Relationship To Personality Among Arranged Marriage Couples And Love Marriage Couples – A Pilot Study

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Abstract

The aim of the study is to assess the marital compatibility and their relationship to personality among arranged marriage and love marriage couples. A cross sectional, ex-post-facto research design was adopted for this study. Samples were collected by using convenience sampling. The sample comprised of 70 arranged marriage couples and 70 love marriage couples aged between 20 to 35 years with the married duration of 1 to 9 years. Marital compatibility was measured by using The ABC marital relationship scale (Nappinnai 2006) and personality was measured by NEO Personality inventory scale (Costa and McCrae 1985). Karl Pearson's product moment correlation and Independent sample t-test were used to assess the significant relationship and differences among the variables. The results of this study revealed that Love marriage couples scored higher on personality dimension of Neuroticism, Extraversion and Conscientiousness. Arranged marriage couples scored higher on personality dimension of Openness and Agreeableness. Love marriage couples scored higher on adjustment component of marital compatibility. Arranged marriage couples scored higher on harmony component of marital compatibility. There was no significant relationship between arranged marriage couples and love marriage couples on marital compatibility in the aspects of harmony, satisfaction and adjustment.
Key words: Arranged marriage, love marriage, marital adjustment, personality

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Introduction:

Marriage is said to be the sharing of love, affection, emotional support, loyalty, stability, security, romantic, sexual fulfillment, companionship and wellbeing between two partners. Marriage is an important event in one’s life and its multifaceted in nature (Skolnick 1996). Marriage acts as a buffer against mental health problems such as alienation, loneliness, unhappiness and depression. The act of marriage results in profound changes in perception about oneself, partners and the rest of the world. This may be conceptualized as representing transition in the intra and interpersonal and social sphere. Marriage requires mutual understanding, common goals, devotion and loyalty which explains that husband and wife seek ways to enrich one another’s life by developing pleasant associations such as good times together, shared enthusiasm for their mutual and separate goals, helping one another in difficult times, performing tasks together and the daily expression of love and mutual appreciation.

Marriage is significant phase in one’s life with certain psychological components like Marital satisfaction, marital adjustment and marital harmony. The term marital satisfaction refers to an individual’s subjective evaluation of the marital relationship. Research shows that marriages in which husbands and wife’s agree with one another about the division of labor in the home are likely to be more satisfied and stable (Bowen & Orthner 1983). Ernest and Leonard (1939) defined marital adjustment as the integration of the couples in a union in which the two personalities are not merely merged, or submerged, but interact to complement each other for mutual satisfaction and achievement of common objectives. According to Le Masters (1957) “marital adjustment can be conceptualized as the capacity for adjustment or adaptation or ability to solve problems rather than absence of problems”. Marital harmony is a realistic perception of perfect blend of mutual adjustment and satisfaction. It is the awareness of being mutually adjusted and satisfied and in making the partner feel the same. Landis (1963) has used the term “adjustment” to the state of accommodation, which is achieved in different areas where conflict may exist in marriage. According to a scientific inquiry, effective management of emotions is an important factor in maintaining marital harmony (Ciarrochi et al 2001). Emotional management involves the frequent expression of positive emotions like love and a
willingness to emphasize and engage with one’s partner in a climate of trust and affection. Studies conceptualizes certain other factors conducive for marital harmony such as the socio-cultural background of spouse, compatible attitudes of spouse towards husband-wife role, status complex and compatible attitudes of self towards spouse’s employment.

The term "Personality" is used to refer to the broad and reliable characteristics of the people activities. The taxonomy that has received the most attention from personality researchers over the past two decades is the five-factor model (Larsen & Buss, 2005). The facets are commonly referred to as Extraversion, Agreeableness, Conscientiousness, Emotional Stability, and Openness to Experience (Guenole & Chemyshenko, 2005). Extraversion includes characteristics such as talkative, sociable and adventurous (Barrick & Mount, 1991). Agreeableness includes adjectives such as, good-natured, cooperative, trusting, and forgiving (Barrick & Mount, 1991). As the name of the personality type implies, individuals high in Agreeableness tend to avoid conflicts and want everyone to get along. Therefore, the fundamental goal of agreeable individuals is cooperation and harmony in social interactions. Conscientiousness reflects: irresponsibleness, scrupulousness, perseverance, and organization (Barrick & Mount, 1991). Conscientious people are more successful in careers because they tend to be punctual, organized, reliable, and hardworking. Conscientious people also have higher grade point averages, job satisfaction, and healthier romantic relationships that are; therefore, more stable (Larson & Buss, 2005). Emotional Stability is represented by traits such as: nervousness, moodiness, and temperamentality (Goldberg, 1993). Emotionally stable people are less moody and anxious. Variability in mood is the pivotal characteristic for both Emotional Stability and Neuroticism. Emotionally stable people cope with life stresses in a way different from people who are emotionally unstable and research suggests this leads to better health and life success (Furnham& Kirkcaldy 2000; Larson & Buss, 2005). The fifth factor is Openness and includes traits such as: imagination, curiosity, and creativity (Goldberg, 1993). People who rate high on the openness scale tend to try novel foods and activities, be open about the idea of extramarital affairs and remember their dreams more than people low on Openness (Larson & Buss, 2005).

**Need for the study:**
The present study attempts to explore the marital compatibility which includes marital adjustment, marital satisfaction and marital harmony and its relationship to selected dimensions of personality namely neuroticism, extraversion, openness, agreeableness and consciousness among love marriage couples and arranged marriage

Aim:
To assess the Marital Compatibility and their Relationship to Personality among Arranged Marriage Couples and Love Marriage Couples.

Hypothesis for the study:
1) There will be no significant relationship between five dimensions of personality and three components of marital compatibility among arranged marriage couples and love marriage couples.
2) There will be no significant differences on marital harmony between arranged marriage couples and love marriage couples.
3) There will be no significant differences on marital satisfaction between arranged marriage couples and love marriage couples.
4) There will be no significant differences on marital adjustment between arranged marriage couples and love marriage couples.

Research Design: A cross sectional, Ex post facto research design was adopted for the study.

Sampling: Convenient sampling technique was used for this study. Samples were collected from urban city (Chennai).

Inclusion Criteria:
   i. Age of the marital couples: 20 to 35 years.
   ii. Duration of marriage: 1 year to 9 years.

Exclusion criteria:
   i. Age of the marital couples: above 35 years are not included
   ii. Duration of marriage: above 9 years are not included and
   iii. Couples with psychiatric illness / neurological illness are not included

Statistical Analysis:
Karl Pearson's product moment correlation and Independent sample t-test were used to assess the significant
relationship and differences among the variables.

Tools used:

1) The ABC Marital Relationship Scale, Nappinnai (2006): 50 items. The ABC Marital Relationship Scale was developed by Nappinnai. In the ABC scale of marital relationship, there are 3 subscales with 50 items of which 20 items measuring marital adjustment, 8 items ascertain marital satisfaction and 20 items authenticates marital harmony. There are 2 buffer items, which will be used to check the response set. The response format will be dichotomous and the scores for marital adjustment range from 20 – 40, which will indicate that higher the score better the marital adjustment the scores for marital satisfaction range from 8 – 16, which reveal the fact that more the score greater the satisfaction. The total score for marital harmony varies from 20 – 40 expressing greater the score more the harmony. The two buffer items score range from 2- 4. The test-retest reliability was found to be r= 0.91.

2) NEO FIVE FACTOR INVENTORY (NEO – FFI), Costa and McCrae (1985) : 60 items. The NEO Five Factor Inventory was developed by Costa and McCrae. There are 5 dimension with a total of 60 items of which 12 items measures Neuroticism , 12 items measures extroversion , 12 items measures openness , 12 items measures agreeableness , 12 items measures conscientiousness. The Cronbach α ranging from .89 to .93

Results and discussion:

Table 1.1: Frequency percentage distribution of sample with reference to Age N=140

<table>
<thead>
<tr>
<th>Categories</th>
<th>Arranged Marriage couples N=70</th>
<th>Love Marriage couples N=70</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20-25</td>
<td>44</td>
<td>28</td>
</tr>
<tr>
<td></td>
<td>62.9</td>
<td>40.0</td>
</tr>
<tr>
<td>26-30</td>
<td>25</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>35.7</td>
<td>57.1</td>
</tr>
<tr>
<td>31-35</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>1.4</td>
<td>2.9</td>
</tr>
<tr>
<td>Total</td>
<td>70</td>
<td>70</td>
</tr>
<tr>
<td></td>
<td>100</td>
<td>100</td>
</tr>
</tbody>
</table>
Table 2.1: Correlation between components of marital compatibility (Marital Satisfaction) and the dimension of personality

<table>
<thead>
<tr>
<th></th>
<th>Neuroticism</th>
<th>Extraversion</th>
<th>Openness</th>
<th>Agreeableness</th>
<th>Conscientiousness</th>
<th>P Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arranged marriage couples</td>
<td>-.270</td>
<td>.205</td>
<td>-.267</td>
<td>-.109</td>
<td>-.168</td>
<td>P&gt;0.05</td>
</tr>
<tr>
<td>Love marriage couples</td>
<td>-.260</td>
<td>.183</td>
<td>-.268</td>
<td>-.140</td>
<td>-.172</td>
<td>N S</td>
</tr>
</tbody>
</table>

From table 2.1 it can be seen that there is a low negative correlation between marital satisfaction on neuroticism, openness, agreeableness and consciousness between arranged marriage couples and love marriage couples.

Table 2.2: Correlation between components of marital compatibility (Marital Adjustment) and the dimension of personality

<table>
<thead>
<tr>
<th></th>
<th>Neuroticism</th>
<th>Extraversion</th>
<th>Openness</th>
<th>Agreeableness</th>
<th>Conscientiousness</th>
<th>P values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arranged marriage couples</td>
<td>.205</td>
<td>0.247</td>
<td>-.269</td>
<td>-.273</td>
<td>-.179</td>
<td>P&gt;0.05 N S</td>
</tr>
<tr>
<td>Love marriage couples</td>
<td>.183</td>
<td>0.256</td>
<td>-.239</td>
<td>-.159</td>
<td>-.105</td>
<td>N S</td>
</tr>
</tbody>
</table>

Table 2.2 it can be infer that there is a low negative correlation between marital adjustment on openness, agreeableness and consciousness between arranged marriage couples and love marriage couples.
Table 2.3: Correlation between components of marital compatibility (Marital Harmony) and the dimension of personality

<table>
<thead>
<tr>
<th></th>
<th>Neuroticism</th>
<th>Extraversion</th>
<th>Openness</th>
<th>Agreeableness</th>
<th>Conscientiousness</th>
<th>P values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arranged marriage couples</td>
<td>-.267</td>
<td>.169</td>
<td>.152</td>
<td>-.173</td>
<td>-.161</td>
<td>P&gt;0.05</td>
</tr>
<tr>
<td>Love marriage couples</td>
<td>-.269</td>
<td>.239</td>
<td>.249</td>
<td>-.120</td>
<td>-.144</td>
<td>N S</td>
</tr>
</tbody>
</table>

Table 3.3 it can be inferred that there is a low negative correlation between marital satisfaction on neuroticism, agreeableness and consciousness between arranged marriage couples and love marriage couples.

From the table 2.1, 2.2 and 2.3 it could be confirmed that a low negative correlation found to be among the study variables hence hypothesis 1 is partially accepted.

Table-3.1: showing means, S.D and t-test of Marital Harmony scores of Arranged marriage couples and Love marriage couples

<table>
<thead>
<tr>
<th>Marital Harmony</th>
<th>Mean</th>
<th>S.D</th>
<th>t-value</th>
<th>P-Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arranged marriage</td>
<td>2.63</td>
<td>0.487</td>
<td>3.55*</td>
<td>P&lt;0.0005</td>
</tr>
<tr>
<td>Love marriage</td>
<td>2.34</td>
<td>0.478</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Significant at 0.05 level

Table 3.1 shows the mean score of arranged marriage couples and love marriage couples as (2.63) and (2.34) respectively on marital harmony. The t-value 3.55 is found to significantly difference at the 0.05 level hence...
hypothesis 2 stating there will be no significant differences on marital harmony between arranged marriage couples and love marriage couple is rejected.

From the above data it could be inferred that marital harmony found to be difference between love and marriage and arranged marriage couples.

**Table-3.2: showing means, S.D and t-test of Marital Satisfaction scores of Arranged marriage couples and Love marriage couples**

<table>
<thead>
<tr>
<th>Extraversion</th>
<th>Mean</th>
<th>S.D</th>
<th>t-value</th>
<th>P-Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arranged marriage</td>
<td>2.47</td>
<td>0.431</td>
<td>1.25*</td>
<td>P&lt;0.005</td>
</tr>
<tr>
<td>Love marriage</td>
<td>2.56</td>
<td>0.415</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Significant at 0.05 level

Table 3.2 shows the mean score of arranged marriage couples and love marriage couples as (2.47) and (2.56) respectively on marital satisfaction. The t-value 1.25 is found to significantly difference at the 0.05 level hence hypothesis 3 stating there will be no significant differences on marital satisfaction between arranged marriage couples and love marriage couple is rejected.

From the above data it could be inferred that marital satisfaction found to be difference between love and marriage and arranged marriage couples.
Table 3.3 shows the mean score of arranged marriage couples and love marriage couples as (2.37) and (2.64) respectively on marital adjustment. The t-value 3.29 found to significantly difference at the 0.05 level hence hypothesis 4 stating there will be no significant differences on marital adjustment between arranged marriage couples and love marriage couple is rejected.

From the above data it could be inferred that Marital adjustment found to be difference between love and marriage and arranged marriage couples.

The present study was done to assess the marital compatibility and relationship to personality among arranged marriage couples and love marriage couples. The results obtained in this study suggested that there was a significant different between arranged marriage couples and love marriage. Love marriage couples scores higher than arranged marriage couples in personality dimension of neuroticism extraversion and conscientiousness because love marriage couples are emotional stability, responsibility, assertiveness and confidence in their marital life. Arranged marriage couples are brave and moral supports from family. Usually neuroticism people will not be extravert but in this study Love marriage couples are different. Arranged marriage couples scores higher in openness and agreeableness because they have moral support from family and they will be friendliness, creativity and empathy. Love marriage couples scored higher on adjustment component of marital compatibility. Arranged marriage couples scored higher on harmony marital compatibility.
Limitation of the study:
The collected sample size was small and since it’s a convenient sample with the particular inclusion criteria it cannot be generalized.

Conclusion:
Within the limitation of the present study, following conclusion was drawn:

(i) Love marriage couples scored higher on personality dimension: Neuroticism, Extraversion and Conscientiousness.

(ii) Arranged marriage couples scored higher on personality dimension: Openness and Agreeableness.

(iii) There is no correlation between marital compatibility and personality among couples.

(iv) There was no significant relationship was found between arranged marriage couples and love marriage couples on marital compatibility in the aspects of harmony, satisfaction and adjustment.

References:


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