RESEARCH ARTICLE

SOCIAL-PSYCHOLOGICAL FACTORS AFFECTING RELATIONSHIP SATISFACTION AMONG MARRIED INDIVIDUALS

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ABSTRACT

The objective of the present study is to understand how relationship satisfaction varies across perceived parenting styles and attachment styles among married couples; to understand if any relationship exists between family environment, family satisfaction, adjustment styles, and relationship satisfaction. To achieve this objective a correlational study was opted and a sample of 37 female and 10 male participants, who were selected using a purposive sampling technique, were studied. Relationship assessment Scale, Family Environment Scale, Satisfaction with Family Life Scale (SWFL), Relationship Questionnaire (RO), Parental Authority Questionnaire, and Dyadic Adjustment Scale were used in the present study to measure the variables. The data is analyzed using SPSS as the statistical measure to test the probability of the hypotheses. The results indicate that relationship satisfaction has a negative correlation with family conflict and a significant positive correlation with family satisfaction among married individuals.

INTRODUCTION

Marriage is considered a sacred relationship in India. It is one of the most important events in an individual's life. In certain cultures, the point of accomplishment or settling down is equated with being married. We recognize that humans have an intrinsic urge to engage in social interaction and build their network of relationships as we are social animals. Romantic relationships are a vital component of the everyday social network for the majority of adults. According to Robles *et al*. (2014), a fulfilling romantic relationship might boost trust and contentment between partners. Marriage is one type of love relationship. The pioneer of Positive Psychology in the 1990s, Seligman (2004), proposed that marriage has a direct correlation with happiness. According to Fincham and Beach (2010), the attitude a person has toward their marriage is a common definition of marital satisfaction. The level of satisfaction in a marriage may be a key sign of the effectiveness of a union. According to the Merriam-Webster Dictionary, marriage is the "state of being united to a person of the opposite sex as husband or wife in a consensual and contractual relationship recognized by law or the institutions whereby individuals are joined in marriage or an intimate or close union". Dr. S. Radha Krishnan defined marriage as, "not a mere convention but an implicit condition of human

society...it is an adjustment between biological purposes of nature and the sociological purposes of man...it is an institution and a device for the expression and development of love." Marriage as per Indian law means a contract between a man and woman united together to support each other in a shared household. Right, to marry is recognized under Article 21[1] of the Indian Constitution as well as Article 16[2] of the Universal Declaration of Human Rights, 1948. Any person's life is drastically altered by marriage, and it has its share of difficulties. Marriage in India involves not only the union of two people but also of their families. Families are vital to a person's growth. The atmosphere and dynamics of the family structure typically alter after marriage. This alteration might affect a person's pleasure in their marriage. The fundamental unit of society is the family, and interactions between family members are referred to as transactions. Positive family interactions result from a healthy family environment, whereas negative family interactions result from a negative family environment. Grolnick and Slowiaczek (1994) defined family environment as "the environment in which the family lives as a set of learning which has vital effects on the child." The family environment is a setting where individuals in interpersonal interactions cohere, express themselves, accept one another, and care for one another while working towards their own personal growth and the progress of the family as a whole.

The family environment includes elements such as the type of constellation, the number of children in the family, the marital relationships between husband and wife, the employment of the mother, the socioeconomic status, the relationships within the family, the family's religious background, and cultural elements that indirectly affect the couple's marital satisfaction (Holeyannavar & Khadi, 2018). Karambayya and Reilly (1992) discovered that family participation led to high levels of marital happiness and low levels of stress by using work and family involvement to predict job and marital satisfaction, stress, and work structure. We understand that family environments have a role in the marital satisfaction of an individual, the study is aiming to understand the relationship between family environment and family satisfaction, and their impact on marital relationship satisfaction among married individuals.

Parenting is a specific behavior – taken over or acquired – that a parent chooses to use in his/her child's care, raising, and education. The attachment and caregiving systems are often activated simultaneously. Darling and Steinberg (1993) distinguish between parenting practices and parenting styles. Parenting styles are described as the emotional environment in which parents raise their children, while parenting practices are the precise behaviors that parents employ to socialize with their kids. Diana Baumrind (1991) classified parents based on two dimensions, responsiveness, and demandingness, and defined three different kinds of parenting styles: "*Authoritative* style has a high responsiveness and high demandingness; *Authoritarian* style has low responsiveness and high demandingness; *Permissive* style, which is labeled by high responsiveness and low demandingness."

- **Responsiveness:** Refers to "parental responsiveness to the needs of children, the degree of support, warmth, and affection from parents to their children displays."
- **Demandingness:** "Concerns that parents have requirements for their children to be mature and responsible, and the rules and limits established and applied by parents for their children."

Parents with a permissive-indifferent parenting style, often known as neglectful or uninvolved parents, according to Maccoby and Martin (1983), are disengaged and exhibit low levels of responsiveness and demandingness. Attachment styles are characterized as secure, preoccupied, dismissive, or fearful. With someone who has a favorable opinion of themselves and others, as well as the comfort and availability of proximity to others, secure attachment is low on anxiety and avoidance. Positive views of others and bad views of oneself are associated with preoccupied attachment, which also has higher anxiety and lesser avoidance. A high avoidance and low anxiety score is indicative of dismissing attachment. Finally, frightened attachment scores highly on the avoidant and anxiety elements of insecurity (Guerrero, 2015). Among the first scholars to examine Bowlby's theories in respect to romantic relationships were Hazan and Shaver (1987). They proposed that the attachment behavioral system, which gives rise to the emotional link between infants and their caregivers, is also responsible for some of the emotional bond that forms between adult love partners. Authoritarian and neglectful parenting styles were linked to insecure attachment, while authoritative and permissive parenting styles were linked to secure attachment in a study by Zeinali *et al.* (2011) to understand the mediational pathway among parenting styles, attachment styles, and self-regulation with addiction

susceptibility of adolescents. Based on perceived parenting styles and identity styles, Amininejad and Shahnazarie (2016) conducted a study in Iran to predict marital satisfaction. The findings revealed that marital satisfaction is significantly positively correlated with authoritarian parenting styles and negatively correlated with autocratic unresponsive parenting styles. Additionally, there is no real connection between a permissive parenting style and marital satisfaction. According to a 2016 study by Mohammadi *et al.*, lifestyle characteristics and attachment type can both predict marital satisfaction. There was a negative association between insecure attachment avoidant and anxious-ambivalent styles and marital satisfaction.

In order to comprehend the relationship between adult attachment styles in romantic relationships, perceptions of parents from childhood, and relationship satisfaction, Gleeson & Fitzgerald (2014) conducted a study. The findings revealed that those who are securely committed to their romantic relationships, particularly those in the avoidant-fearful category, are more pleased and view their parents more favorably when thinking back on their upbringing.

According to this research, a person's perceived parenting and attachment styles have an effect on how happy they are in their marriage, and vice versa. We observe a link between parenting and attachment philosophies, as well as marriage relationship satisfaction. This study tries to comprehend how their interactions affect the enjoyment of married relationships. In the secondary schools in the Obio/akpor local government area of Rivers State, Onyekuru, 2015 did a study on the relationship between parenting styles and marital adjustment of married teachers. The findings revealed a weak, favorable, and significant correlation between an authoritative parenting style and marital adjustment. The correlation between a strict parenting style and a successful marriage was negligible, favorable, and insignificant. A very weak, substantial, and positive connection existed between a permissive parenting style and marital adjustment. The parenting practices of married teachers and their marital adjustment showed a weak, favorable, and significant joint relationship. Lastly, we would like to understand the role of adjustment on relationship satisfaction among married individuals. Hence, an extensive literature review was conducted to understand the impact of family environment, family satisfaction, parenting style, attachment style, and dyadic adjustment on the relationship satisfaction of a married individual.

Review of Literature

Family Environment and Marital Satisfaction: The conditions and social atmosphere that exist within families make up the family environment (Balda *et al.*, 2019). According to Buehler and Gerard (2013), families play a crucial role in helping children navigate the socialization process during their early adolescence. Individuals may experience adjustment difficulties as a result of possible familial risk factors in this intricate socialization situation. Risk factors include the family's socioeconomic status, the psychological health of the parents, the strength of the marriage, and the parents' parenting abilities. An individual is first affected by their family. According to the Oxford Dictionary, the family is described as: "(1) the body of persons who live in one house of under one head, including parents, children, servants, etc., (2) the ground consisting of parents and their children, whether living together or not; (3) a person's

children reared collectively; and (4) those descended, or claiming descent from a common ancestry." Numerous elements, such as the makeup of the family constellation, the number of children, the husband and wife's marital status, the job status of the mother or father, and the family's socioeconomic and religious background, all have an impact on the family environment. Bhatia and Chadha, 2004 developed an Indian adaptation of the Family Environment Scale by Moos (1974) with the following "dimensions:

- **Relationship Dimensions**
  - Cohesion--Degree of commitment, help, and support family members provide for one another.
  - Expressiveness- The extent to which family members are encouraged to act openly and express their feelings and thoughts directly.
  - Conflict--Amount of openly expressed aggression and conflict among family members.
  - Acceptance and Caring Extent to which the members are unconditionally accepted and the degree to which caring is expressed in the family.
- **Personal Growth Dimensions**
  - Independence- Extent to which family members are assertive and independently make their own decisions.
  - Active-Recreational Orientation-Extent of participation in Social and recreational activities.
- **System Maintenance Dimensions**
  - Organization- Degree of the importance of clear organization structure in planning family activities and responsibilities.
  - Control- Degree of the limit set within a family."

The family environment in relation to relationship satisfaction among married couples is least explored (S. Prasanthi & Devi, 2008). The result revealed that family environment is a significant predictor of marital satisfaction (Hasan *et al*., 2021). A study by Pedro, M.F., *et al*., 2015 suggested that marital satisfaction mediated the association between romantic attachment and family functioning. A study by Holeyannavar & Khadi, 2018, indicated that the more conducive the family environment the higher the marital satisfaction of teachers in northern Karnataka and vice versa. The marital connection has long been seen to have a vital role in the emotional and relational structure of the family as a whole (Amato & Cheadle, 2008). It is viewed as the relational center of the family (Davies, *et al*., 2009). As a result, the emotional climate inside the family as a whole can be significantly impacted by the marriage relationship's quality (Waldinger *et al*., 2004). Regarding child, marital, and family functioning, marital conflict has been found to be a kind of emotional event that affects families significantly (Cummings & Davies, 1994). Family systems researchers have emphasized the importance of the marital diad to parenting and family functioning (Easterbrooks & Emde, 1988; Easterbrooks & Goldberg, 1990). Family obligations and coping mechanisms weaken when a marital relationship is troubled (Gilbert, Christensen, & Margolin, 1984). The Family Life Questionnaire was one of the first tools used to measure "a measure of harmony and satisfaction with family life" (Guerney, 1977, p. 344), and most scholars agree that the measurement of family satisfaction began in the 1970s (Andrews & Withey, 1976; Campbell, Converse, & Rodgers, 1976).

As we have established, that family is a major factor that plays a role in life and relationship satisfaction among married individuals, this study is an attempt to understand the role of family environment and family satisfaction in marital relationship satisfaction.

Parenting Styles, Attachment Styles, and Marital relationship satisfaction: Parenting styles, sometimes referred to as child-rearing styles, are collections of parenting actions that take place in a variety of contexts and establish a stable environment for raising children. Diana Baumrind observed parents' interactions with their preschoolers as part of a seminal set of research to learn about child upbringing (Baumrind, 1971; Baumrind & Black, 1967). Her findings, as well as those of others who have expanded on her work, show three characteristics that consistently separate an effective style from less effective ones: "(1) acceptance of the child and involvement in the child's life, which forges an emotional connection; (2) behavioral control of the child through expectations, rules, and supervision, which encourages more mature behavior; and (3) autonomy granting, which fosters independence. Baumrind (1967, 1971) proposed that parental control (such as demandingness, monitoring, and consistent discipline) and the quality of the parent-child emotional relationships (such as responsiveness, warmth, and availability) are both factors in how effective parenting styles are for a child's personality development." Baumrind made a distinction between three qualitatively distinct parenting styles (authoritative, authoritarian, and permissive) based on these presumptions:

- *"Authoritative parents* utilize firm, consistent control, centered around integrating the child into the family and society and insisting that the child meet increasing standards of maturity as he or she gets older. Communication styles with children are characterized by warmth, clarity, reciprocality, and verbal give and take between parent and child. Children of authoritative parents are most likely to exhibit a healthy balance between high levels of agency (i.e., achievement-oriented, high self-esteem, independent) and communion (i.e., sociable, interpersonally cooperative, friendly).
- *Authoritarian parents* are also firm in their control practices. However, their control strategies differ qualitatively from those of authoritative parents. Strict, unquestioned obedience to parental authority is expected, with any assertion of individuality by the child met with swift and severe punishment. Furthermore, authoritarian parents evidence detachment and lack of warmth. These children are at greater risk for internalizing symptoms, self-devaluation, social submissiveness, low self-efficacy, and diminished autonomy (Baumrind, 1967, 1971, 1991).
- *Permissive parents'* evidence of high acceptance is linked to the parents' frequent displays of warmth and affection; yet, there is also evidence of limited authority and rule enforcement. Children are left to control their own behavior and make judgments regarding their own behaviors as a result of the lax supervision and discipline (e.g., bedtime and meals; Maccoby & Martin, 1983). As a result, although they have high levels of self-worth and self-esteem, children of permissive parents struggle with maturity, impulse control, social responsibility, and achievement."

In an extension of Baumrind's work, Maccoby and Martin (1983) claimed that parenting styles can be described in terms of two parenting traits: (a) demandingness and (b)

responsiveness, organized along linear continuums. From the intersection of these two aspects, four parenting philosophies—authoritative, authoritarian, indulgent, and indifferent–uninvolved—emerged, with the first three resembling Baumrind's authoritative, authoritarian, and indulgent. The final style was distinguished by an emotional connection to the child. This parenting approach views contact with the kids as an inconvenience and handles them in a way that ends the interaction as fast and painlessly as possible. Of all the parenting styles, this one predicts the most unfavorable results, such as poor levels of social and intellectual competence—as well as delinquency, alcoholism, and drug abuse (Baumrind, 1991; Patterson, DeBaryshe, & Ramsey, 1989).

An important understanding of the nature of the emotional bonds between parents and children can be found in the attachment theory developed by John Bowlby and Mary Ainsworth (Bowlby, 1969; Ainsworth, Blehar, Waters, & Wall, 1978). The literature (Belsky *et al*., 1996; Thompson, 2000) makes it clear that attachments are important for children's (and adults') adjustment, despite variability in the stability of attachment over time and in the prediction of later behavior based on earlier attachment (Cassidy & Shaver, 1999). According to attachment theory, babies have a natural propensity to bond with and seek out their carers (parents) for comfort and essential requirements. Individual differences in attachment, which refer to patterns of interpersonal connections, are influenced by both genetic and environmental factors (Ravitz *et al*., 2010). Caretakers' importance in early development is emphasized by Bowlby (1969) and Ainsworth *et al* (1978). Bowlby's "secure base" theory postulated that our internal working models (IWM) are wired to differ in how we interact with others and how we perceive the world. Since then, psychologists have studied attachment by focusing on romantic relationships in adulthood as well as general forms of attachment rather than just early childhood or infancy (Shaver, Belsky, & Brennan, 2000). Both Bowlby (1969) and Ainsworth (1978) conceptualize attachment as a life span theory. The foundation of object relations theory is attachment theory, which holds that an individual's internal working models from early interactions with caregivers serve as a template for understanding relationships with others in the future. According to the object relations paradigm, the mother-child bond is essential to regulatory processes. Behaviors can be generalized from this relationship, and psychopathology and contemporary attachment issues can be treated (Bitter, 2013; Farmer, 2009).

The adult attachment was also explored by Hazan and Shaver (1987, 1990), but with somewhat different methodologies. They created a quick self-report instrument to gauge adult romantic attachment that was based on Ainsworth's typology of infant attachment. When it came to all of their significant romantic relationships, participants were asked to indicate which of three attachment-type descriptions—secure, avoidant, or anxious-ambivalent—they most closely resembled. This brief measure and various extensions of it have been shown to significantly predict relationship outcomes (such as satisfaction, breakups, and commitment), patterns of stress management, couple communication, and even phenomena like religious experiences and career development patterns in a variety of studies since 1987 (N. Levy & J. Blatt, 1998). Bartholomew suggested (Bartholomew & Horowitz, 1991) that the four categories for adult attachment styles could be arrayed in a two-dimensional space, with one dimension being the

model of self (positive vs. negative) and the other being the model of others (positive vs. negative) (N. Levy & J. Blatt, 1998). According to Bartholomew (Bartholomew & Horowitz, 1991), the four categories for adult attachment styles could be arranged in a two-dimensional space, where the positive and negative models of oneself and others' models, respectively, would occupy one dimension (N. Levy & J. Blatt, 1998). Secure attachment experiences with a partner and responsive caregiving to a partner were found to be favorably connected with authoritative parenting styles and adversely associated with authoritarian and permissive parenting styles, according to a study (Doinita & Maria, 2015). Avoidance and anxiety attachment was linked to lower levels of responsive caregiving in research by Millings, Walsh, Hepper, and O'Brien (2013). Responsive caregiving was linked to lower levels of authoritative parenting and higher levels of authoritarian and permissive parenting. In their final model, they found that responsiveness to partners did not differ between mothers and fathers in how it mediated the links between parenting and attachment.

Perris and Anderson (2000) explored parenting styles and attachment in an adult population using a sample consisting mostly of married participants. Using three separate attachment measures, it was discovered that there was a negative correlation between emotional warmth and insecure attachment and a positive association between parental warmth and secure adult attachment. This study also found differences in the relationship between gender and attachment, with women suffering rejection and men experiencing overprotection showing a greater correlation with attachment measurements.
Despite the fact that everyone has a certain type of attachment style, it is thought that individual distinctions in attachment styles are strongly influenced by the compassionate actions of figures of attachment rather than by the child's own characteristics (Clements & Barnett, 2004). According to Poorhussein (2000), parenting style is one of the aspects that affect a person's attachment style and whether it is secure or insecure. There is a considerable beneficial association between an authoritative parenting style and a secure attachment type, according to several studies (Doyle *et al*., 2003; Heer, 2008). According to a 2011 study (Hatamy *et al*.), people with avoidant attachment styles are more prone to engage in marital infidelity. Additionally, it revealed that devoted individuals have secure attachments in comparison with those with avoidant attachment styles.

Culture has an impact on parenting techniques. Parenting styles are frequently influenced by the parents' personal upbringing and cultural background. However, because the majority of research on parenting styles originates from Western nations, the mainstream understanding of parenting has been influenced by Western cultural attitudes and images about parenting. The consequences of sociocultural disparities in parenting and its impact on the child have not been thoroughly explored in the Indian context because it is believed that parenting has a similar meaning across cultures. As a result, there are still unresolved questions surrounding the variation in parenting style impacts within the context of cultural background (Sahithya *et al*., 2019). A study by Awuah, D., 2013 suggested that parenting style is not found to be related to marital satisfaction whereas it is significantly related to attachment style. In their 2009 study, Madey & Rodgers investigated whether love-related factors including closeness, passion, and commitment directly predict relationship pleasure or whether

they operate as a mediator through mediating relationship satisfaction. The results show that commitment and intimacy act as a mediating factor between relationship happiness and secure attachment. Secure connection and passion, on the other hand, both provided certain paths to relationship fulfillment when passion was included. According to a 2016 study by Mohammadi *et al.*, lifestyle characteristics and attachment type can both predict marital satisfaction. Between insecure attachment anxious-ambivalent and insecure attachment avoidant styles and marital happiness, there was a negative correlation. Secure attachment style and marital satisfaction, however, had no significant link. The findings also indicated that early relationships within the context of the home environment support particular attachment styles (avoidant insecure and ambivalent insecure), which have an impact on the interpersonal relationships between spouses as adults. On the other hand, the findings demonstrated that lifestyle has a much smaller impact on interpersonal connections than do attachment patterns.

These studies help us to determine that parenting style influences the attachment style of an individual but how it affects relationship satisfaction among married individuals hasn't been explored. The relationship between parenting and attachment style in the Indian context is still not a well-researched area. Most researchers deal with the relationship of how relationship satisfaction and the attachment style of a married couple influence their parenting style. This paper is also an effort to understand how parenting style influences attachment style and how they both impact relationship satisfaction among married couples.

Adjustment and Marital relationship satisfaction:
According to Thomas (1977) Marital adjustment is "the state in which there is an overall feeling in husband and wife of happiness, satisfaction with their marriage and with each other". When a couple marries, they typically have high standards for one another. Psychologists have classified six aspects of marital adjustment, including sex, money, in-laws, social life, religion, and mutual friends (Lazarus & Delingis 1983). Ten areas of adjustment to marriage are defined by another psychologist: values, growth of the couple, communication, resolution of conflicts, affection, roles, cooperation, sex, money, and parenthood (Margolin, 1980). Spanier (1976) developed the Dyadic Adjustment Scale (DAS) based on the concept of marital adjustment. According to this author, there are two distinct ways to think about marital adjustment: as a qualitative evaluation of a condition or as a process. Among these, the most important is that a process might be best researched in stages, which is why this author thinks that characterizing marital adjustment as a process has multiple implications. According to several publications, the DAS conducted its first confirmatory component analysis in 1982, and the findings indicated that four variables accounted for 94% of the covariance between the items. The overall scale's Cronbach's alpha coefficient was.91. The scale is composed of the following elements:

- **"Dyadic consensus:** measures the couple's perceived level of agreement on a range of fundamental problems, including money, religion, leisure, friends, convention, and life philosophy, among other topics. It alludes to the couple's agreement over their shared sense of affection in the relationship as well as their shared decisions and marital routines;

- **Dyadic satisfaction:** Measures how people perceive topics such as divorce, leaving the house after a disagreement, regretting the marriage, fighting, getting along, and trusting the spouse, among other things (Hernandez & Hutz, 2008). Each dyad member's assessment of the marriage in comparison to other relationships in their family and social network is known as dyadic satisfaction;

- **Dyadic cohesion:** assesses the couple's ability to communicate their feelings to one another emotionally. This refers to the intimacy and closeness felt by the couple as a shared commitment to the relationship and its continuation, a sense of sustaining the relationship and the link in order to limit interference from others in the partnership;

- **Dyadic expression of affection:** evaluates the perception of the spouses' agreement with regard to shows of affection, sex, a lack of love, and sex denials (Hernandez & Hutz, 2008). According to Spanier (1976), this is the subjective view of a couple's agreement or disagreement on issues pertaining to the nature and frequency of displays of affection and sexual desire. According to Perlin (2006), "over the last two weeks, whether the couple has presented problems related to being too tired for sex and not demonstrating love" is how the DAS measures the expression of affection through the degree of agreement or disagreement in relation to the demonstrations of affection and sexual relations."

Scorsolini-Comin & dos Santos (2012) carried out a study to investigate the relationships between married Brazilians' subjective well-being, dyadic adjustment, and marital satisfaction. Certain factors showed stronger correlations than others, such as the expression of affection with the marital interaction or dyadic satisfaction with the emotional aspects. It was suggested that, when it came to the marital experience, all the factors of marital satisfaction (emotional aspects of the spouse, structural aspects of the marriage, and marital interaction) were correlated to the factors of marital adjustment (dyadic consensus, dyadic cohesion, and dyadic satisfaction).

In terms of actor and partner effects, Ünal & Akgün, 2020 did a study mediating the influence of marital adjustment on the link between conflict resolution strategies and marital satisfaction. The results showed that husbands and wives' positive approaches to problem-solving through marital adjustment (using DAS) predicted their own marital satisfaction. Furthermore, through marital adjustment, husbands' methods to problem-solving—both productive and destructive—predicted their wives' pleasure in the marriage. These studies help us to establish the relationship between adjustment and marital relationship satisfaction.

Through the review of the literature, we understand that parenting styles influence attachment style and family environment. We have established that attachment style impacts the marital satisfaction of an individual. We also understand that adjustment plays a role in a family environment, family satisfaction, and marital relationship satisfaction. We have also looked at studies where we see how marital satisfaction impacts parenting style and family environment. We also saw that there is limited literature available about the role of these variables on marital relationship satisfaction. Hence, this study is an attempt to understand the interaction between parenting style, attachment style, family environment, family satisfaction, and adjustment.

It also looks into the impact of these factors on the marital relationship satisfaction of an individual.

METHODOLOGY

Objective

- To Understand how parenting styles and attachment styles vary across relationship satisfaction among married couples.
- To understand the relationship between family environment, family satisfaction, adjustment styles, and relationship satisfaction.
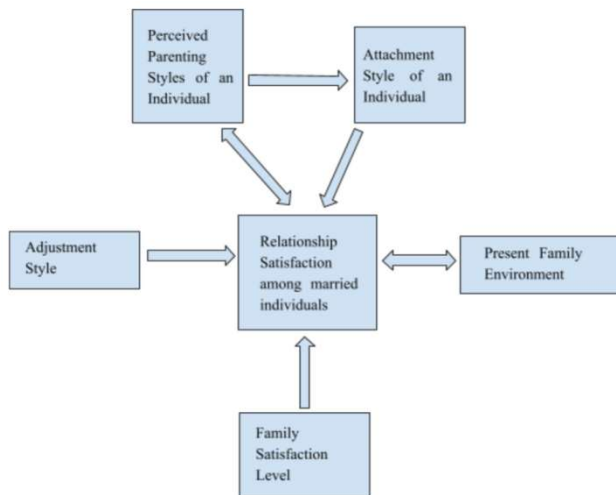

Figure 1. Proposed Hypothesis Model

Hypothesis Model

1. **H01:** There is no significant relationship between Family Environment and Relationship Satisfaction among Married Individuals
1. **H01.1:** There is no significant relationship between Family Cohesion and Relationship Satisfaction among Married Individuals
2. **H01.2:** There is no significant relationship between Family Expressiveness and Relationship Satisfaction among Married Individuals
3. **H01.3:** There is no significant relationship between Family Conflict and Relationship Satisfaction among Married Individuals
4. **H01.4:** There is no significant relationship between Family Acceptance and Caring and Relationship Satisfaction among Married Individuals
5. **H01.5:** There is no significant relationship between Family Independence and Relationship Satisfaction among Married Individuals
6. **H01.6:** There is no significant relationship between Family Active-Recreational Orientation and Relationship Satisfaction among Married Individuals
7. **H01.7:** There is no significant relationship between Family Organization and Relationship Satisfaction among Married Individuals
8. **H01.8:** There is no significant relationship between Family Control and Relationship Satisfaction among Married Individuals

2. **H02:** There is no significant relationship between Family Satisfaction and Relationship Satisfaction among Married Individuals
3. **H03:** There is no significant variance in Relationship Satisfaction across Mother Parenting Styles among Married Individuals.
4. **H04:** There is no significant variance in Relationship Satisfaction across Father Parenting Styles among Married Individuals.
5. **H05:** There is no significant variance in Relationship Satisfaction across Attachment Styles among Married Individuals.
6. **H06:** There is no significant relationship between Adjustment Style and Relationship Satisfaction among Married Individuals
7. **H07:** There is no significant variance in Relationship Satisfaction across Family Structure among Married Individuals.
8. **H08:** There is no significant variance in Relationship Satisfaction across Marriage type among Married Individuals.

Variables

Independent variable

- Parenting style
- Attachment Style
- Family Environment
- Family Satisfaction
- Adjustment Style

Dependent variable

- Marital Relationship Satisfaction

Tool Description

- **Relationship Assessment Scale:** "Hendrick, S. S., created the scale in 1988. a 7-item questionnaire to gauge general relationship satisfaction. Each question is answered on a 5-point scale by respondents, with 1 representing the lowest level of satisfaction and 5 the highest. Cronbach's alpha coefficients for the RSS range from.88 to.94, indicating that it has strong internal consistency (Hendrick, Dicke, & Hendrick, 1998; Fincham & Linfield, 1997)."

- **Family Environment Scale**: "The Family Environment Scale by Bhatia and Chadha, which is based on the Family Environment Scale of Moos 1974, is a useful scale for gauging the family environment in the Indian context. There are 69 Items on this scale. On the scale, both the Face validity and the Content validity were examined. With the aid of the Split Half Method, the dependability of the scale was computed, and it was discovered to be = 0.95 (Hazarika & Hazarika, 2020)."

- **Satisfaction with Family Life Scale (SWFL):** "The scale was developed by Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. in 1985. The SWFL scale is composed of five items that require respondents to agree or disagree with global statements about family life on a 7-point Likert-type scale ranging from 1=strongly disagree to 7=strongly agree. Evidence of internal consistency is strong, with Cronbach's alpha coefficients ranging from $\alpha = .91$ to .94"

- **The Relationship Questionnaire (RQ):** "The scale was developed by Bartholomew, K. & Horowitz, L. M. in 1991. This is a 4-item questionnaire designed to measure adult attachment style. The RQ extends the original attachment Three-Category Measure (Hazan & Shaver, 1987) by rewording the descriptions of each of the attachment styles, and by adding a fourth style –dismissing-avoidant. The relationship between reliability and stability was discussed, and where the "true" stability could be estimated independent of unreliability, it was found to be very high (r's ranging from .72 to .96). The results highlight the importance of using multiple indicators in assessing adult attachment and using continuous rather than categorical ratings in the assessment of stability."

- **Parental Authority Questionnaire:** "John Buri developed the scale. Each of the six PAQ scales had the following Cronbach (1951) coefficient alpha values:.75 for the mother's permissiveness,.85 for the mother's authoritarianism,.82 for the mother's authoritativeness,.74 for the father's permissiveness,.81 for the father's authoritarianism, and.85 for father's authoritativeness. Given that there are just 10 items on each scale, the test-retest reliability coefficients, and Cronbach alpha values are both very respectable (Buri, 1991)."

- **Dyadic Adjustment Scale:** "Dyadic Adjustment Scale - DAS: This scale was developed by Spanier (1976) to evaluate the perception of couples regarding their emotional relationships. The scale consists of 32 items. It has four factors, namely: consensus (13 items), cohesion (five items), satisfaction (10 items), and expression of affection (four items). In the original study (Spanier, 1976), the psychometric properties found, with regard to the internal consistency of the scale, were: Cronbach's alphas of .90 (dyadic consensus), .94 (dyadic satisfaction), .86 (dyadic cohesion), and .73 (expression of affection) (Spanier, 1976)."

Design

Correlational design: The study is a correlational study as an attempt is made to understand the relationship between family environment, family satisfaction, parenting style, attachment style, dyadic adjustment, and relationship satisfaction.

Sampling: For data collection non-probability convenience and purposive sampling were used. The sample consisted of N=47 with Males (N=10) and Females (N=37). The data was collected through an online questionnaire. The data was diversely distributed across the country. One short (general health questionnaire-WHO) GHQ-12 was used to screen for any chronic physical and psychological illnesses. The data was collected via online questionnaires. The sample chosen for this research included individuals above the age of 21 years who had a good comprehension of the Indian Language along with being a resident of Indian Nationality. They should be married for/between 0-10 years. Individuals having a chronic physical and psychological illness or illiterate population were excluded from the study. The population that is below the age of 21 and marriage duration above 10 years was not included, also, NRIs and non-Indian Nationals were not considered for the study.

- **Inclusion Criteria:** Individuals should be above the age of 21 years. Married for/between 0-10 years. Good comprehension of the English Language and a resident of India.

- **Exclusion Criteria:** Individuals below the age of 21 years and married for over 10 years, NRI and non-Indian Nationals, Individuals having a chronic physical and psychological illness, and illiterate individuals.
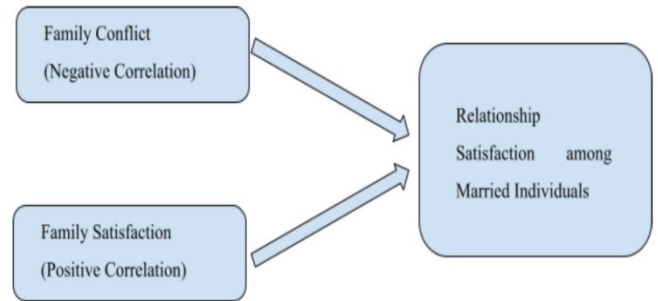

Figure 2. Results Emerged after Analysis

RESULTS

Table 1. Distribution of the Sample

Table 1.1. Gender

Gender	Male	Female	Total
No. of Participants	10	37	47

Table 1.2: Duration of Marriage (Years)

Range	0-10
Median	4

Table 1.3: Family Structure and Marriage

	Category	No. of Participants
Family Structure	Joint Family	22
	Nuclear Family	25
Marriage Style	Love Marriage	12
	Arrange Marriage	35

Table 2: Bivariate Correlations (Kendall Tau)

Table 2.1. Correlation between Relationship Satisfaction and Family Environment

	Relationship Satisfaction (r)	Significance (P)	Null Hypothesis (accepted/rejected)
Cohesion	-0.142	0.177	H01.1 Accepted
Expressiveness	-0.170	0.109	H01.2 Accepted
Conflict	-0.99	0.350	H01.3 Accepted
Acceptance and Caring	-0.116	0.271	H01.4 Accepted
Indepence	-0.085	0.426	H01.5 Accepted
Active-Recreational Orientation	-0.076	0.476	H01.6 Accepted
Organization	-0.160	0.151	H01.7 Accepted
Control	-0.224*	0.40	H01.8 Rejected

Table 2.2. Correlation between Relationship Satisfaction, Family Satisfaction and Dyadic Adjustment

	Relationship Satisfaction (r)	Significance (P)	Hypothesis (accepted/rejected)
Family Satisfaction	0.490**	< 0.001	H02 Rejected
Dyadic Adjustment	-0.203	0.053	H05 Accepted

Table 3. Difference in mean scores of Relationship Satisfaction across Parenting Styles (Mann-Whitney U Test)

	Significance	Decision
Mother Parenting Styles	0.936	Retain the null hypothesis (H03)
Father Parenting Styles	0.231	Retain the null hypothesis (H04)

Table 4. Difference in mean scores of Relationship Satisfaction across Attachment Styles (Kruskal-Wallis Test)

	Significance	Decision
Attachment Styles	0.409	Retain the null hypothesis (H05)

Table 5. Difference in mean scores of Relationship Satisfaction across Family Structure (Mann- Whitney U Test)

	Significance	Decision
Family Structure (Joint and nuclear family structures)	0.599	Retain the null hypothesis (H06)

Table 6. Difference in mean scores of Relationship Satisfaction across Marriage type (Mann- Whitney U Test)

	Significance	Decision
Marriage Style (Love and Arrange marriage type)	0.32	Retain the null hypothesis (H07)

DISCUSSION

The development of close romantic ties is one of the central tasks of young adulthood according to Erikson, 1963. It is believed that those who successfully form deep relationships during this period grow into highly functioning, psychologically and socially skilled members of society. According to Proulx, Helms, and Buehler (2007), people who are in fulfilling romantic relationships typically report having better overall physical and psychological health than those who do not form these kinds of connections. The study was conducted to find out if the family environment, family satisfaction, and dyadic influences relationship satisfaction along with understanding if parenting style and attachment style are associated with relationship satisfaction among married individuals. Earlier studies have suggested that family environment is a significant predictor of marital satisfaction (Hasan *et al*., 2021). A study conducted by Mohammadi *et al*., 2016 suggested that attachment style and lifestyle factors can predict marital satisfaction. According to a study by Parade *et al*. (2012), parental warmth was indirectly linked to relationship satisfaction through family cohesion during adolescence, but harsh parenting was directly linked to children's relationship satisfaction, both independently and in combination with it. Ünal & Akgün, 2020 suggested that marital relationship satisfaction is influenced by dyadic adjustment. The gap continues to exist in the Indian context. There is insufficient research on how family environment, family satisfaction, and dyadic adjustment impact relationship satisfaction among married individuals. Some research indicates the influence of parenting style on attachment style but the combined effect or the impact of parenting style on relationship satisfaction among married couples still lacks research.

A total number of 47 individuals participated in the present study; of them, 10 were male and 37 were female (Table-1.1). All the participants were married for/between 0-10 years of marriage with an average of 4 years (Table-1.2). There were (Table-1.3) participants from the joint family (N=22) and nuclear family (N=25) structure; along with love marriage (N=12) and arranged marriage (N=35).

The bivariate correlation between Family Environment and Relationship Satisfaction (Table-2.1)- Cohesion (r=-0.142, P=0.177), Expressiveness (r=-0.170, P=0.109), Conflict (r=-0.990, P=0.350), Acceptance and Caring (r=-0.116, P=0.271), Independence (r=-0.085, P=0.426), Active-Recreational Orientation (r=-0.076, P=0.476), Organization (r=-0.160, P=0.151) and Conflict (r=-0.224*, P=0.40); Family Satisfaction (Table-2.2) and Relationship Satisfaction (r=0.490**, P=,0.001); Dyadic Adjustment (Table-2.2) and Relationship Satisfaction (r=-0.203, P=0.053). The results suggest a negative correlation exists between conflict and relationship satisfaction; and a significant positive correlation between family satisfaction and relationship satisfaction in the present sample.

Results indicate no significant variance (F=0.936) across Mother's perceived parenting style and Father's perceived parenting style (F=0.231) (Table-3). There is no significant variance (F=0.409) across the Attachment Style (Table-4). Hence, relationship satisfaction does not vary across the attachment style, or perceived parenting style of a married individual. Table-5 indicates that there is no significant variance (F=0.599) across family structure and marriage style (F=0.320). Suggesting that relationship satisfaction is almost equal across joint and nuclear families as well as love and arranged marriage.

The results of the present study contradict the past findings. The results suggested that family environment has no significant correlation except for the conflict factor contradicting the findings of Hasan *et al*., 2021 suggesting that family environment is a strong indicator of relationship satisfaction. The study conducted by Mohammadi *et al*., 2016 indicating that attachment style and lifestyle factors can predict marital satisfaction was also contradicted by the present result. The study by Ünal & Akgün, 2020 was contradicted as the results of the present sample suggest no correlation between dyadic adjustment and relationship satisfaction. The results are in congruence with the findings of the study by Awuah, D., 2013 suggesting that the parenting style is not found to be related to marital satisfaction.

The findings indicate a negative correlation between conflict with relationship satisfaction. Indicating that higher conflict in a family setting lower relationship satisfaction. One of the important findings of the study is the significant positive correlation between family satisfaction and relationship satisfaction among married individuals. These results of the present study, could imply that the marital relationship is a significant, complex, and dynamic entity. The union of two individuals and their families might impact or evolve their attachment as well as their perceived parenting style; as an individual's environment and needs change. The new environment and responsibilities could in turn result in modeling the elders of the household and changing perspective. This could also be a result of a lack of awareness about the nuances of their relationships or merely developing a new understanding of this relationship. Some of the limitations of the study include having a limited sample size. The questionnaire was a lengthy one which could have resulted in boredom, affecting their responses. There could also be social desirability while answering some of the questions.

The implication of the study: Marital relationship is a complex relationship and not well researched in the Indian context, exploring the factors related to relationship satisfaction among married individuals suggested by the past literature allows us to develop a background to have a better understanding of the relationship, the concerns and possible solutions for the same. This study was conducted to enhance the existing literature and to have an insight into relationship satisfaction among married individuals.

Suggestions for future research: This brings us to a crossroads with previous studies and future research may mitigate the contradictions. A diverse and larger sample may be surveyed to understand the sociocultural nuances that may be the source of these contradictions. Further research may be conducted to explore the relationship between family satisfaction and relationship satisfaction among married individuals. A study could be conducted to identify the factors contributing to family satisfaction and understand the mediating role of those factors. Future studies can be conducted to understand why relationship satisfaction does not vary across parenting and attachment styles and to explore the contradictions in this study through a qualitative study.

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