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The Psychological and Emotional Impact of Marital Emotional Abuse on Women's Well- Being and Life Satisfaction

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ABSTRACT: It is very uncommon for spouses to be subjected to emotional abuse, which may inflict severe mental and emotional harm on the victims. The primary emphasis of this article is on the ways in which emotional abuse may have a negative impact on the health and happiness of women who are victims of domestic violence. The purpose of this study is to highlight the psychological effects of emotional abuse by conducting a review of prior research as well as its own results. Some of the psychological effects that are being highlighted include anxiety, despair, low self-esteem, and a reduced quality of life. According to the results, these women are subject to significant long-term impacts, which may make it challenging for them to establish relationships that are satisfying and to enjoy life in general. Furthermore, this study investigates the ways in which support networks and coping strategies may be of assistance to women in dealing with the aftermath of their experiences of emotional abuse. By analysing the responses of women who have been subjected to emotional abuse, the study offers a significant amount of important information into the value of external supports such as therapy, social networks, and community resources, as well as successful ways for emotional regulation. The findings indicate that emotional abuse in marriage is linked to poorer levels of life satisfaction, and that coping strategies and supportive environments are essential to the process of recovering from the effects of emotional abuse. In order to assist women in recovering from emotional abuse in marriage and improving their mental health, this article emphasises the need of increasing the number of educational opportunities, intervention programs, and support networks available to them.

KEYWORDS: Life Satisfaction, Psychological, Emotional Impact, Marital Abuse, Well-being, on Women.

I. INTRODUCTION

The term "marital emotional abuse" refers to the situation in which one partner in a marriage intentionally and systematically manipulates, dominates, and downgrades the other partner in the relationship. A broad variety of non-physical actions are included in the category of verbal abuse. These behaviours include, but are not limited to, gaslighting, emotional neglect, threats, verbal abuse, humiliation, and isolating the person who is being abused from relationships with loved ones. When compared to the impacts of physical abuse, the repercussions of emotional abuse are more subtle and less obvious; nonetheless, they are just as destructive and long-lasting with the same results. It is possible for the abused spouse to acquire a number of mental and emotional disorders, such as anxiety, depression, and post-traumatic stress disorder (PTSD), as a consequence of the slow erosion of their sense of self-worth that is brought about by the abuser's frequent emotional manipulation. In addition to having a negative impact on a victim's physical and mental health, emotional abuse may have a subtle but devastating effect on a victim's feeling of autonomy and dignity. It is difficult to overcome these consequences.

Importance of researching emotional abuse and affects women's happiness and well-being

A growing number of individuals are beginning to see the grave nature of the issue of emotional abuse, particularly in the context of interpersonal relationships. It is necessary to do research on this kind of abuse since it is so widespread and difficult to see. If we want to discover effective answers to the issue, we need to study it. Emotional abuse is often more horrific than physical assault because it causes psychological injury that is not only unseen but also severe and far-reaching. Women are more likely to be victims of emotional abuse due to a number of factors, including societal standards, gender disparity, and the emotional dynamics presented by traditional marital roles. The development of mental health issues such as depression, anxiety, chronic stress, and thoughts of suicide are among the consequences that



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may result from emotional abuse, which has far-reaching implications. Those women who have been subjected to emotional abuse often experience feelings of worthlessness, despair, and helplessness after the abuse. They are significantly restricted in their ability to operate on a day-to-day basis, to pursue professional goals, and to establish relationships that are considered important. Furthermore, women who have been subjected to emotional abuse often report lower levels of life satisfaction. This is a factor that is influenced by factors such as their physical health, their personal happiness, their relationships, and their financial stability. If assistance is not provided, the ongoing mental and emotional toll may result in a permanent loss of health as well as the capacity to take pleasure in life to its maximum extent. It is thus vital to do research on emotional abuse in order to discover the underlying difficulties that many women go through and to propose methods that may assist in their recovery and resistance from the effects of emotional abuse.

The Value of Knowing Coping Mechanisms and Support Networks

For women who have been subjected to emotional abuse within the context of a marriage, the development of coping strategies and the establishment of support networks may prove to be of considerable assistance. With the assistance of good coping skills, women who have been subjected to emotional abuse may discover a way to recover and regain control of their lives. In order for women to work through and heal from the emotional trauma they have suffered, it is essential for them to use coping mechanisms such as therapy, mindfulness, or personal resilience. However, these techniques are influenced by a wide variety of factors, including cultural norms, individual perspectives, and the accessibility of information. In order to provide assistance to women who are coping with emotional abuse, it is essential to have support systems, whether they be formal or informal. Informal support networks, which may consist of close friends, family members, or community organisations, may provide individuals with a sense of belonging, validation, and emotional comfort. A number of official types of help, including counselling, support groups, and legal aid, are available to women in order to offer them with the professional guidance and resources they need in order to begin over. Whether or not these support networks are available to the woman has an effect on both her overall health and the rate at which she recovers from her illness.

To ensure the effectiveness of intervention programs, it is necessary to have a solid understanding of the ways in which women learn to cope and the relevance of support networks. The passage of this legislation sets the door for a more comprehensive plan to assist abused women in escaping hazardous conditions and beginning a new life. By doing more research on this subject, it may be possible to shed light on the most effective methods for empowering women, which is essential for their rehabilitation from emotional abuse. Given the current state of affairs, it is of the utmost importance to investigate the phenomenon of emotional abuse in marriage and the effects that it has on the health of women. Because of the long-term impacts of emotional abuse, it is essential to have conversations about those effects, as well as how to deal with them and how to get treatment. By placing our attention on these aspects, we will be able to assist women in recovering from emotional abuse, constructing more robust support networks, and increase their level of happiness.

II. LITERATURE REVIEW

The Effects of Abuse on the Emotional and Psychological Levels

According to the findings of studies conducted on the topic, victims of emotional abuse, particularly women, have impacts on their mental health that are severe. Physical and emotional abuse may be a contributing factor in the development of a wide range of mental health issues, including anxiety, depression, and post-traumatic stress disorder (PTSD). Moller-Leimkuhler (2005) discovered that women who have been emotionally abused often display signs of depression. These symptoms include uneasiness, hopelessness, and a diminished ability to take pleasure in the joys of life. There is also a widespread prevalence of anxiety, which may manifest itself in a variety of ways, including persistent worrying, panic attacks, and an unjustified fear of interacting with other people in the future. As a consequence of the symptoms of post-traumatic stress disorder (PTSD) that are brought on by emotional abuse, women may have flashbacks, intrusive thoughts, nightmares, and hyperarousal (Post et al., 2013).

There are substantial and long-lasting repercussions associated with emotional abuse, and these problems may not disappear just because the relationship ends. The victim's sense of self-worth is diminished as a result of emotional abuse, which often results in feelings of inadequacy and worthlessness. As stated by Briere (2002), individuals who have been subjected to emotional abuse often experience a decline in their sense of personal identity and a diminished sense of self-esteem. It is possible that the abilities of the lady to trust other people, her personal relationships, and her professional life will all be negatively impacted in the long run by these adverse effects. When women who have been emotionally



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abused internalise the negative messages they have received from their abuser, it may lead to the development of a vicious cycle of self-blame and insecurity. There is a possibility that the victim may continue to experience emotional and psychological harm even after the violent relationship has ended.

Coping Strategies

One of the most important factors in determining how women deal with the emotional toll of abuse is the coping techniques they use. Emotional regulation tactics, avoidance strategies, and confrontation strategies are the three categories that Lazarus and Folkman (1984) distinguish between. The process of processing and controlling the feelings that are evoked by abuse is referred to as emotional regulation. This includes aspects such as learning how to constructively express sentiments. Writing in a diary, practicing meditation, or participating in therapy are all examples of activities that may help women learn to recognise and comprehend their emotional reactions. Women who may feel overwhelmed by the situation or scared of addressing the abuser may employ avoidance methods such as denial, suppression, or disengagement. These strategies are used to avoid becoming involved with the abuser. Although avoidance may provide temporary respite, it has the ability to postpone the processing of emotions that are essential, which might possibly exacerbate mental health problems over a longer period of time (García et al., 2017). Confrontation tactics, on the other hand, include immediately addressing the abuse being perpetrated, either by facing the abuser or by obtaining assistance from other sources. Confronting the abuser, on the other hand, may be extremely taxing and may not necessarily result in a quick resolution, especially if the abuser continues to use manipulative strategies.

Both adaptive and maladaptive kinds of coping methods are able to be distinguished from one another. Adaptive coping techniques are healthy reactions that help women to process their feelings and safeguard their mental health. These methods are essential for women. A few examples of these tactics include going to therapy, getting support from friends and family, and practicing mindfulness. Self-harm, drug addiction, and withdrawal are all examples of maladaptive coping techniques that are not only harmful but also often make mental health problems much more severe. According to the findings of research conducted by Hageman and Reese (2005), women who engage in maladaptive coping methods are more likely to suffer psychological discomfort over an extended period of time.

Support Systems

Support networks are an extremely important component for women who are coping with the effects of emotional abuse. Having social support from loved ones and trusted professionals may provide a number of advantages, including the feeling of being emotionally validated, feeling protected, and receiving help in practical ways. According to Bodenmann (2005), the protective effects of emotional abuse may be lessened with the assistance of loved ones and friends who can be trusted. When women get this sort of help, they report feeling less alone and more empowered to make decisions about their own health. In many cases, professional counselling or therapy that is administered by experienced specialists is a vital component of the healing process. When it comes to identifying unhealthy patterns in their relationships and formulating strategies to recover from emotional trauma, women may get aid from professionals in the field of mental health. Additionally, support groups provide a setting for the collective healing of individuals and the exchange of personal experiences.

On the other hand, women may experience social shame, which may hinder them from seeking out to support networks like this. Because they are scared that people would condemn them or because they do not feel that anybody would believe them, married women in many cultures may be too ashamed or humiliated to seek therapy for their abuse. This may be the case because they believe that nobody would believe them. According to the findings of study conducted by Sullivan et al. (2005), a significant number of women do not seek therapy because they are concerned about being stigmatised or being seen to be guilty for their own victimisation. Many victims of abuse and their mental health may continue to suffer for a longer period of time because of the guilt that is connected with seeking assistance. It may be even more challenging for women who have been victims of domestic violence to seek aid because they may feel trapped as a result of their financial dependence on the abuser, their fear of retaliation, or their isolation from society. The findings of studies on the subject of emotional abuse in marriage have shown that it has a terrible impact on the mental health of women. The effects of the event, which may include post-traumatic stress disorder (PTSD), anxiety, depression, and poor self-esteem, may continue to manifest for a considerable amount of time. A variety of coping strategies, some of which are adaptive and others of which are maladaptive, have an effect on the overall recovery process. In spite of the fact that support networks are very important, they are often ignored due to social guilt, which may make rehabilitation more



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difficult. For the purpose of assisting women who have been harmed by emotional abuse, the development of successful therapies is contingent upon our knowledge of these components.

OBJECTIVES

1. To study on Relevance of Studying Emotional Abuse and Its Impact on Women's Well-being and Life Satisfaction
2. To study on Importance of Understanding Coping Strategies and Support Systems

III. RESEARCH METHODOLOGY

The population of the research is composed of individuals who are less than forty years old and have previously been employed in an arranged marriage. The present study has a total of 73 participants, 36 of whom are male and 37 of whom are female, and they come from different districts in Kerala. The inclusion and exclusion criteria for this study were defined in advance. Through the use of convenience sampling, which is a non-probability sampling strategy, we were able to collect samples from the segment of the population that was located in the closest proximity to its location. Instruments used in research The following tools were used in order to evaluate the psychological well-being and emotional abuse of Keralites who had been married in arranged marriages.

In the first study that Jacobson and Gottman (1998) conducted on battered married women, they found that extreme emotional violence is more likely to induce women to leave a relationship than severe physical abuse. There were four different sorts of emotional abuse that were identified. These included the destruction of pets and property, sexual coercion, attempts to isolate the victim, and humiliation. The destruction of property was often employed as a method of intimidation, and the terrible treatment of pets was evidence of a callous disregard for the suffering of sentient beings. In certain cases, the use of physical force is not required for sexual coercion or rape to take place inside a marriage. This kind of emotional abuse is known as sexual coercion, and it occurs when the victim is made to feel guilty, embarrassed, or afraid of rejecting their partner. Numerous women had feelings of claustrophobia and loneliness as a consequence of their attempts to isolate themselves, which resulted in a reduction in their level of independence. Inflicting severe emotional abuse was most often accomplished via the use of humiliating criticism, both in public and in private settings.

Quantify the overall health of the PGI Ten statements are included in each of the four areas that make up the post-traumatic stress disorder (P.G.I.) scale. These categories include physical (for example, suffering discomfort due to illness or pain), mood (for example, being usually happy), anxiety (for example, being plagued by nervousness), and self/others (for example, feeling useful or needed). Individuals are considered to be in a better financial position when their overall and domain-specific scores are higher. The questionnaire was developed by Verma and Verma (1989), the authors. Using the Kuder Richardson correlation - 20 formula, it was established that the test-retest reliability had a value of .98, which indicated that it had high validity and very substantial reliability. The split-half test developed by Gutman yielded a total reliability coefficient of 0.86 (ten items in part one = .76 and ten items in part two = .78). That is the overall reliability coefficient. The findings indicated that there was a significant association between the scale and the Brad buff scale, in addition to the overall satisfaction rating.

Steps to take For the purpose of this study, the participants were selected based on the inclusion-exclusion criteria. Prior to collecting any data, we made certain to get the informed consent of each and every individual. In addition to the socio-demographic data sheet, students were also provided with two questionnaires that assessed their emotional intelligence and the manner in which they express themselves via humour. It was requested of the participants that they complete the scale by utilising Google Forms. We reassured the participants in accordance with the ethical criteria that were established for the project.

IV. RESULTS

1. When it comes to couples that are married via an arranged marriage, there is a negative association between emotional abuse and psychological wellness.
2. When it comes to emotional abuse, there is no discernible gender gap in planned marriages.
3. When it comes to emotional abuse, there is no discernible gender gap in planned marriages.



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Table 1: The average and standard deviation of planned marriages for both men and women

Variables	Gender	N	Mean	SD
Emotional Abuse	Male	36	36.54 11.72	16.795 17.535
	Female	37		
Psychological well-being	Male	36	11.72 11.05	6.227 6.741
	Female	37		
Total for Emotional Abuse	Males and females	73	38.74	17.201
Total for psychological well-being	Males and females	73	11.38	6.456

Table 2: Relationship between psychological health and emotional abuse

N=70, M=36.F=37	Emotional Abuse	Psychological well-being
Emotional Abuse		-.234**

Note: **. Correlation is significant at the 0.01 level.

Table 3:t-test for gender-based psychological health and emotional abuse

	Gender	N	Mean	Std. deviation	T	Sig (2 tailed)
Emotional Abuse	Male	36	41.00	16.795	1.109	.271
	Female	37	36.54	17.535	1.110	.271
Psychological well-being	Male	36	11.72	6.227	.440	.662
	Female	37	11.05	6.741	.440	.661

Table 1 displays the descriptive data that was collected. The average number of people who experienced emotional abuse was 38.74 out of 73, and the standard deviation was 17.201. A mean score of 11.38 and a standard deviation of 6.456% were found for the category of mental health. It was shown that men were more likely to experience emotional abuse than women (41.00 for men and 36.54 for women). According to Karakurt et al. (2013), previous research has shown that emotional abuse is more prevalent in males than it is in females. This finding is in line with the findings of the current study. We can see how emotionally abusive relationships impair the mental health of both the men and women who have lived through them by looking at Table 2, which lists the effects of these marriages. The significance level for both psychological well-being and emotional maltreatment was found to be .0001, which is lower than the threshold of 0.01, which is the threshold for statistical significance. That the sample as a whole feels a link between emotional abuse and psychological health is suggested by the fact that this relationship exists. Because of this, we are able to conclude that the null hypothesis, which asserts that there is no connection between emotional maltreatment and psychological health, is not true. A correlation coefficient of -.234 indicates that there is a negative association between emotional abuse and mental health. This is something that we can perceive. Therefore, those who have been subjected to severe emotional abuse are more likely to suffer from mental disease as a consequence of their experiences. A modest size of the connection is indicative of a poor degree of connectivity between the two parties. When dealing with people who have been emotionally abused, it is possible to intervene in order to enhance their mental health and provide them the ability to



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make constructive contributions to both themselves and society. In addition, there are actions that may be taken to reduce the number of instances of emotional abuse that occur in society.

An independent sample t test was conducted to compare the mental health of men and women who have gone through an arranged marriage in connection to emotional abuse. The results of this test are shown in Table 3, which illustrates the findings of the test. Abuse of the emotions had a mean value of 41.00 (standard deviation = 16.795) for males and 36.54 (standard deviation = 17.535) for women. Based on the results of the questionnaire about emotional abuse, it seems that the overall scores of the males in this study were higher than those of the women. When it came to men's mental health, the average score was 11.72 (standard deviation = 6.227), while the average score for women was 11.05 (standard deviation = 6.741). At the end of this study, the overall psychological well-being score of the male participants was found to be greater than that of the female participants, according to the PGI General Well-being Measure.

V. DISCUSSION

Abused women may develop a variety of mental health conditions, including anxiety, depression, post-traumatic stress disorder (PTSD), and other conditions. The emotional scars they wear may make it difficult for them to trust themselves and feel appreciated. It is very uncommon for women to experience emotional abuse in their personal and social lives, and this anguish continues to be experienced long after the abusive relationship has ended. A significant number of women show reluctance to seek therapy either because they are embarrassed by the social stigma that is connected with reporting abuse or because there are no obvious signs that they are being abused. It is imperative that specific networks be established in order to provide emotional and psychological support to these women. Controlling one's emotions and reaching out to social supports are two examples of coping methods that might be helpful in mitigating the effects of emotional abuse. Emotional abuse did not have a t-value that was statistically significant ($t=1.109$; $p=.271>0.05$). Within the context of arranged marriages, the findings indicate that there is no statistically significant difference in the amount of emotional abuse experienced by males and females at the 0.05 level. Consequently, the null hypothesis is believed to be correct. There is not much of a difference in the level of emotional abuse between men and women who have been involved in arranged marriages, according to the mean value that was obtained from both groups. At the 0.05 level of statistical significance, the t-value that was obtained for psychological well-being ($t=0.440$; $p=0.440>0.05$) does not exhibit any correlation with the significance level. In light of the fact that there was not a statistically significant difference in the psychological well-being of men and women who had participated into arranged marriages at the 0.05 level, we are going to accept the null hypothesis and state that there is not going to be any. It would seem that there is not much of a difference in terms of psychological well-being between males and females, according to the mean value.

VI. CONCLUSION

Women who are subjected to emotional abuse within the context of their relationships are at a significant risk of experiencing serious damage to their mental and emotional well-being. In contrast to the impacts of physical violence, the ramifications of emotional abuse on women's mental health, self-esteem, and overall satisfaction in life are far-reaching and are commonly neglected. Abused women may develop a variety of mental health conditions, including anxiety, depression, post-traumatic stress disorder (PTSD), and other conditions. The emotional scars they wear may make it difficult for them to trust themselves and feel appreciated. It is very uncommon for women to experience emotional abuse in their personal and social lives, and this anguish continues to be experienced long after the abusive relationship has ended. A significant number of women show reluctance to seek therapy either because they are embarrassed by the social stigma that is connected with reporting abuse or because there are no obvious signs that they are being abused. It is imperative that specific networks be established in order to provide emotional and psychological support to these women. Controlling one's emotions and reaching out to social supports are two examples of coping methods that might be helpful in mitigating the effects of emotional abuse. With the appropriate sort of treatment and support, women have the potential to begin the process of recovery, regain their self-esteem, and begin anew. In order to improve the well-being and life satisfaction of women who are subjected to emotional abuse in marriage, it is necessary to have an awareness of the psychological and emotional impacts of this kind of abuse and to have a reaction to these effects.



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