

**PERCEIVED SOCIAL SUPPORT AND MARITAL SATISFACTION AMONG LOVE AND ARRANGED MARRIAGE COUPLES**

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**ABSTRACT**

The present aim was to find out the perceived social support on marital satisfaction among love and arranged marriage couples. Another purpose of this study was to find out the ratio of perceived social support on marital satisfaction among love and arranged marriage couples. The sample was comprised of (N=360) married couples. (N=180) love marriage couple (N=180) arranged marriage couples. Data related to study was collected required sample on personal level from their home. The Multidimensional scale of perceived social support and Test Your Own Marriage Satisfaction Scale are used in this study. Result indicates that there is significant positive relationship between perceived social support and Marriage Satisfaction. Finding also indicates that perceived social support is significant predictor of marital satisfaction among love and arranged marriage couples. Finding also used for further study.

**INTRODUCTION & LITERATURE REVIEW**

Social support gives an idea that a person's marriage is the most important relationship between a man and woman. Marriage provides a structure of life that plays an important role in producing or maintaining individual's psychological well being. For the success marital satisfaction is required. Marital satisfaction is effected different types of factors. Cost, creed, economic status, religious and other beliefs have influence on marriage. Perceived social support received from family and friends, increase the marital satisfaction.

**SOCIAL SUPPORT**

Social support is very important in one's life. It helps, encourages and appreciates to do different tasks. Social support affects our health and well being. Social support is defined as "the individual's beliefs that one is cared for and loved, esteemed and valued, and belongs to a network of communication and mutual obligations" (Cobb, 1976). Social support affects our health and well being. Social support is also defined as the sources provided others. Kahn (1979) describe social support as interpersonal interaction which include positive effect expression of one person with other person, the endorsement of another person's perception, behavior, expressed views and receiving or giving material or symbolic aid to another person.

Hupei (1998) describe Social support as well intentioned action, willingly given to a person with one who has a personal relationship, which produces positive response inn recipient. Hupei (1998) sum up all above definition in a theoretical view, (a) act of providing source (b) the result in which the recipient has a sense of being cared or well being(c) implied positive outcomes (d)

existence relationship recipient and provider. Social support is a construct. A construct is a variable that can't measure directly. For example, we can't see attitude, but we can measure and study it. It is a type of umbrella term that cover different other domains and variety of phenomena. As we cannot see support but we can see it outcomes. Social support is defined as the availability or existence of people on whom we can rely, people who care about us, love us (Saran son, Saran son & Pierce, 1990). Typically support comes from friends, family and other fellow works. There are different forms of Social support including emotional, instrumental, appraisal, informational, network and companionship (Barbour, 2003)

**Emotional support:** This is related to the security and comfort from other that ` leads to effected person to believe that he or she is loved and cared by valued and accepted for his or her own worth, this support results in high self esteem (wan, Jaccard, & Ramey, 1996)

**Instrumental support:** This support refers to act as given of one's time and loaning money. It is also called "tangible support "as it involve in giving of material resources or services (Wan et al., 1996)

**Informational support:** This is consisted of counsel and advices. Sometime people ask for advices and they want sometimes to listen. If you are a good listen than person considers you a good adviser (Barbour, 2003)

**Appraisal support:** This refers to evaluative feedback (Tardy, 1992). It is very necessary for all. Sometimes it is a form of encouragement. Typically we need positive as well as negative feedback.

**Companionship support:** It refers to having someone to share experiences of life. It provides feelings of belongings and distracts people from their problems (Wan et al., 1996).

A person who is similar to another person and who feels friendly towards that person and who trust and understand other person feelings might be willing to offer support. Bronstein, Joachim, Dangelmayer, Gabriele, Schulte's and Oliver (1996) conducted two studies to find out the important of social support related to the personal goals in term of individual's satisfaction with close relationship. In study 1, students' estimations of how much support they receive from partners for goals within and outside their relationship predicted individual's differences in both enactments of personal goals and relationship mood 4 weeks later. Study 2 found that different between giving and receiving goals support in marriage show differences in martial satisfaction of spousal. It is found that wives and husband satisfaction was related to spousal support of individuals goals and relationship goals outsides it marriage. Result are explored and discussed in term of a need for further analysis (Bronstein et al., 1996)

Social support has relation with loneliness. Social support refers to the available of interpersonal relationship. There are three unresolved issue. First, what is relationship between loneliness and perceive social support? The concept of perceived social support and loneliness can be viewed as positive. Result discussed to solve the question whether score on perceived social support and loneliness is highly correlated (Sara son & Sara son, 1985)

## Marriage

One of the most relationships between a man and woman is marriage. It involves emotional and legal commitment that is important in any adult life. There is no doubt that the choice of martial

partner us one of the most important decisions in one's life. Marriage is a best way of interaction with social environment. Marriage is religious obligation gifted by GOD. People marry for different reasons like: love, happiness, physical attraction, companionship, desire of children, or desire to escape from unhappy situation (Bernard, 1984). Every person has children to be satisfied with their marriage. Marriage satisfaction is necessary for individuals physical, psychology health and well being.

Marriage is a social system by which a man and woman come close to each other and they live together. Satisfactory relations are required relation are required for the mental and physical health of individuals, but stressful and unsatisfied relations to increase the level of emotional and marital disturbance. The relationships between a husband and wife are complex. It involves behavior disposition, personal characteristic as well as attitude and expectations about you, the person in marriage. It involves society and occupation influences every day hassles, unexpected stressful life event both pleasant and unpleasant (Spaniel, 1976).

### **Marital Satisfaction**

The initial bond of depend upon marital adjustment between two partners. Sinah and Mukerej (1990) define marital adjustment as "the state in which there is overall feelings in husband and wife of happiness and satisfaction with other". So it called experiencing satisfaction relationship between spouses characterized by mutual concern, understanding, care and acceptance. There is not much more different between marital adjustment and marital satisfaction. These are just two names of the same things. Different researchers give different definition of marital adjustment and marital satisfaction.

Marital satisfaction was define as an attitude of greater or lesser favorable towards own marital relationship, whereas marital adjustment refer to those process that are presumed to be necessary to achieve a harmonious and functional marital relationship (Locke, 1951; Spanner & Cole, 1976). According to Spanner & Cole, (1976) marital adjustment is a process, the outcomes of which are determine by the degree of (a) troublesome marital differences, (b) inter spousal tension and personal anxiety, (c) consensus on matters of importance to marital functioning.

### **Social Support and Marital Satisfaction**

Some sociologist theories proposed the concept of love and marriage in order to better undesirable their construction. Macro theories such as functionalism, post modernism and conflict theory are used to understand and analyze love in relation to marriage. And the way in which their position in society has changed also measured (Fowler, 2007). Research on social support in marriage indicates that there is a link between marital satisfaction and social support and it's stronger in wives as compared to husband. Hypothesis was made on the bases of finding as studies of interpersonal perception (Acitelli & Antonucci, 1994).

The goal of the present study is to examine relationship between social support and marital conflict in Korean immigrants. But the culture values like life stress and male dominate are major factor that affect the marriage conflict. Social support plays an important role in reducing this indicate (Lee, 2005).

It is proposed that within closer relationship, cognitive disposition manifest as perceive support that is beliefs that one partner is willing and able to provide support if necessary ( Murray & Holmes, 1997). Research on perceive social support show over time (Sara son, Sara son, & Shearin, 1986). And it also direct reflection of other actual supportive behavior (Barrera, 1986; Belcher & Costello, 1991)

### **Rationale of Study**

The aim of the study was to investigation the relationship between social support and martial satisfaction and how they predict martial satisfaction among love marriage couples and arrange marriage couples. These two variables are necessary for martial adjustment and satisfaction. Social support also counts for martial satisfaction. A study examine the role of perceive adequacy of social support provided by family and spouses for marital satisfaction. Married individuals from a collage sample (N=177) record the adequacy of social support behavior provided by family and spouses on a daily basis for 7 days. Perceive social adequacy was correlated in the expected direction with martial quality, martial satisfaction, and depression symptmatology, perceive stress. Result indicated that Perceive social adequacy account for significant unique variance in marital satisfaction, and depression symptmatology, perceive stress, even after controlling for social desirability (Dehle, Larsen & Landers, 2001).

In Pakistan, our culture and society is very rich in regional setup and sub culture context. Difference of culture and society has an impact on martial satisfaction of couples. Pakistani society is an Asian society and it tightly holds the traditions and values in contrast to western societies i.e., in our culture family bonds are more strong and number of family members are greater that greater that western societies.

Martial satisfaction is different in culture context. Marriage across different context show low level of satisfaction. As per my information this study seems to be the first attempt in Pakistan that is planned to study perceives social and martial satisfaction of love and arrange marriage couples. It would be helpful to know whether perceive social support is good predictors of successful marriage or not.

### **METHODOLOGY**

#### **Objectives**

There are two basis objectives in order to conduct this research.

- ✓ To find out the relationship between perceive social support and martial satisfaction.
- ✓ To examine the role of perceive social support in the prediction of martial satisfaction among love and arrange couples.
- ✓ To find out the ratio of between perceive social support and martial satisfaction among love and arrange couples.

## Hypothesis

There are certain hypotheses for this research.

- ❖ There would be significant relationship between perceive social support and martial satisfaction.
- ❖ Perceive social support would be positive prediction of martial satisfaction among love and arrange couples.
- ❖ Perceive social support and martial satisfaction would be highly in arranged marriages couples than love marriages couples.

## OPERATIONAL DEFINITIONS

- **Perceive social support:** Social support is defined as “the individuals’ beliefs that one is cared, love, valued and belongs to a network of communication and mutual obligations (Cobb, 1976). Scores obtains from MPSS (Zimet, Dahlem, &Farley, 1988) was an index of martial satisfaction.
- **Martial satisfaction:** Martial satisfaction was defined as an attitude of greater or lesser favorability towards own marriage relationship (Roach, 1981). Scores obtains from TMSS (Lazarus, 2000) was an index of martial satisfaction.
- **Love marriage:** Marriage in which people are in love before marriage is called as love marriage.
- **Arrange marriage:** Marriage in which people got married according to the choice of their parents or family is knows to be arranging marriages.

## Sample

The research aimed to study the of perceives social support and martial satisfaction among love and arrange couples. The sample of (N =360). Arrange married couples include (N= 160) love marriage couples are (N=160). Participant’s age ranged 20 to 60 years and length of current marriage ranged from 1 to 20 years data collection is from Sargodha.

## Instruments

A testing booklet was designed consider of Perceives Social Support Scale, and Test Your Own Marriage Satisfaction Scale.

1. **Multidimensional scale of perceive social support:** The Multidimensional scale of perceive social support was develop by Zimet, Dahlem, Zimet and Farley in 1988. The Multidimensional scale of perceive social support (MSPSS; Zimet et al., 1988) is a 12 item scale, rated on a 7 point liker scale, ranging from (1) very strongly disagree to (7) strongly agree. It measure social support from three sources: family, friends and special person by three sub scales: FA(family),FR( friend),and SO( significant other), each with four item. The total social support is the sum of the score from 12 items. The higher sum of the12 items, the higher level of social support. The MSPSS does not take long to complete and since it does not required advanced level reading skills, it is suitable for

many population of different ages and different educational levels (Zimet et al., 1988). In their initial study with university students, Zimet and his colleagues reported a Cronbach's alpha level of .88 for the scale. They also checked the test-retest reliability of and reported this as .85 (Zimet et al., 1988).

2. **Test Your Own Marriage Satisfaction Scale:** The Test Your Own Marriage Satisfaction Scale consider of 11 item scale rating on 7 point likert from (1) very strongly disagree to (7) strongly agree. This scale was developed by Lazarus in 2000 and adopted From Martial Myth Revisited: A Fresh Look at Two Dozen Mistaken Beliefs about Marriage. In this initial study, Lazarus (2000) reported Cronbach's alpha reliability of .91 for this scale (Lazarus, 2000)

## Research Design

Current study was aimed to check the prediction of perceives social support and martial satisfaction. In the research cross sectional research design was used. At first, pilot study was done in which validity and reliability of used tests was checked. The main study was done in which prediction of perceives social support was measured on martial satisfaction. In this study, reliable and standardized test was used to find our result.

## Procedure

The sample study was personally contacted in Sargodha by the research plan was explained to them and they had assured that data collected from them only be used for research purpose. The test booklet comprised of two scale contain 12 item of The Multidimensional scale of perceive social support and 11 item of Test Your Own Marriage Satisfaction Scale was administers individually on 30 married couples. Sample was selected from local area Sargodha and brief interview was taken from participants in order to get information about their marriage and marriage type. Before administering the three instrument of study required personal information was obtain on demographic sheet. Information consent was signed from each participant of the couple and they were ensured that information and responses would be kept confident and used only for research purpose. In the end participants were thanked for the participants.

## RESULTS

The purpose of the present was to know the effect of perceives social support and martial satisfaction. Intention of this study was to known that perceives social support predict martial satisfaction or not. After the completion of data collection differences statistical analyze this data and find result. Reliability coefficient, Pearson correlation and liner regression were used as statistical analysis.

Table 1: *Perceived social Support and Marriage Satisfaction Scale mean, SD among love and arrange marriage couples (N=160)*

Variables	No. of total Items	<i>M</i>	<i>SD</i>	<i>A</i>
MSPSS	12	71.89	14.46	.69
MS	11	60.95	12.57	.91

*Note.* Please read MPSS AS Multidimensional scale of perceive social support & MS as Your Own Marriage Satisfaction Scale. Table 1 demonstrates the mean and standard deviation and alpha reliability for the total scale of the study. Highly mean value on MSPSS indicates its high prevalence. Alpha reliability of these scale were satisfactory ranging .69 and .91

Table 2: *Inter scale correlation between subscale of MPSS and MS (N=160).*

Scale	MPSS	MS
MPSS	.42**	.54**
MS	-	-

\*p<.05, \*\*p<.01, \*\*\*p<.001

*Note.* Please read MPSS AS Multidimensional scale of perceive social support & MS as Your Own Marriage Satisfaction Scale. Table 2 display the correlation between of perceives social support and martial satisfaction. All scales are significantly correlated with each other. Perceive social support significantly correlate with martial satisfaction. All the result are significant and positively correlate at 0.01 level (p<.01).

Table 3: *Gender Difference in, perceived socialsupport and martial satisfactions among love and arrange marriage (160)*

Variable	Males(n=80)		Females(80)		t	p	95%C.L	
	M	SD	M	SD			LL	UL
pss	27.93	4.84	27.50	6.00	.569	.06	-2.37	2.16
ms	66.28	8.80	64.54	7.40	1.54	.24	-1.05	1.91

The result given in Table 3 suggests no significant differences in marital satisfaction, perceived social support reported by the male and female .Descriptive statistics suggest that the males slightly higher level of marital satisfaction as compared to the female (Mean=66.28 and 64.54)

Table 4: *Simple regression for MPSS as predictor of Martial Satisfaction among love and arrange couples (N=160).*

Predictor Variables	B	SE	$\beta$	$R^2$	$\Delta R^2$	F
MPSS	3.7	.29				
MS	.47	.05	.64***			

\*\*\*p<.001

Table 3 demonstration the analyses of simple regression for of perceive social support and martial satisfaction among love and arrange marriage couple. It shows are significantly correlated result. Table indicate that ms {B=3.5, t+ 12.91, p= .001} and MPSS {B= .47, T=9.82, P=.001} are the significant Predictor of marital satisfaction among love marriage couples and

table also demonstration 41% variance in martial satisfaction that would be attribute to MS ( $R^2=.41$ ) and 20% variance in martial satisfaction that would be could be attribute to MPSS ( $R^2=.20$ )

## **DISCUSSION**

The purpose of the present was to know the effect of perceives social support and martial satisfaction among love and arrange marriage couples. More specifically, one of the goals of current study was to examine the relationship between perceives social support and martial satisfaction among love and arrange marriage couples. Mean and stander deviation of all scales was computed. Highly mean value on MPSS indicated its high prevalence (Table 1)

The present study was carried out to find out the relation between perceive social support and martial satisfaction. Our first hypotheses was supported and accepted perceive social support are significantly correlate each other. Finding of Inter scale revealed that perceive social support and martial satisfaction it shows are significantly correlated relationship. The primary object of the study find out the relation between perceives social support and martial satisfaction. To achieve this object, relationship hypothesis was formulated. Pearson correlation was used and result was satisfactory. It shows that first hypothesis of this study was accepted and all scales are significant with each other (see table 2). In a previous research conduct on the perceive social support and martial satisfaction to check the moderate effect on parental stress in Hong Kong, a sample of 1683 parents from primary school and integrated family services center. Analysis indicated the significant positive relationship perceive social support was significant and positively correlated with marital satisfaction (Fung & Pikyi, 2007). The research supports our finding that perceive social support has significant relationship with martial satisfaction (see table 5).

Research on different topics was conducted which indicated that martial satisfaction has also relationship and link with personality traits was conducted in which finding suggested that martial adjustment is correlated with husband who are relatively introverted and wives are relatively extraverted (Barry,1970; Bentler & Newcomb, 1978).

In spite of all these analysis, further analysis was made in order to check the predictor of social support on the martial satisfaction among all love and arrange marriage couples. That's why; simple regression analysis was used on all love and arranges marriage couples. Result demonstration that perceives social support is significant martial satisfaction among love and arranges marriage couples (see table 3)

There are several reasons behind the acceptable of these hypotheses. As couples fall in love they more expectations on each other. As they receive more support they are much satisfied with their martial life. Some says that love marriage couples are much satisfied from their life as compared to other and some say reverse. Several factor influence martial satisfaction: couple's family background, socioeconomic status, age and duration of marriage with passage of time. Couples weather love and arrange marriage have equal level of martial satisfaction as proved in this study.

A previous study was conducted by Jamie & Hassel (2006) on martial satisfaction among newly married couples association with religiosity and romantic attachment style. Result indicates that

couples with congruent religious commitment reported higher marital satisfaction than couples with large discrepancies in religious commitment. This study also support our current research finding in which perceives social support are significant predict marital satisfaction. In current study predictor variable significant predictor marital satisfaction among love and arrange marriage couples. Finding support our hypotheses and positive relationship was found.

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