

## A Study on Marital Satisfaction of Women Working in Southern Railways Tiruchirappalli

K.S.Velmurugan<sup>1</sup>, Dr.K.Maheswari<sup>2</sup>

<sup>1</sup>Ph.D Research Scholar, Department of Social Work, Bharathidasan University Constituent College, Kurumbalur, Perambalur, Tamil Nadu, India - 621 107.

<sup>2</sup>Head & Assistant Professor, Department of Social Work, Bharathidasan University Constituent College, Kurumbalur, Perambalur, Tamil Nadu, India- 621 107.

### Abstract

Marital satisfaction is an essential element for successful family life and personal growth. The fulfillment and positive development will be possible only when the relationship between couples is coherent and satisfactory (Azeez, 2013). Different factors have significant influence on the marital satisfaction, like personality of the partner, nature of job, child rearing responsibility, sexual satisfaction and communication patterns are some of the examples. The active engagement of women's in the employment sector and their dual role has significant correlation with the marital satisfaction, especially in a society like India. This study is aimed to assess marital satisfaction of women working in southern railways, Tiruchirappalli. Objective of the study includes socio demographic of the respondents and assessment of marital satisfaction of women working in southern railways, Tiruchirappalli. The researcher has used descriptive research design and simple convenient sampling method was adopted to enquire 56 respondents for the study. The researcher used self prepared interview schedule pertaining to socio-demographic characteristics and a standardized tool on the marital satisfaction developed by Brunda Amirthraj and Indira Jai Prakash (1985). Majority of the respondents (78.6%) educational qualification had professional course, nearly half of the respondents (48.2%) had family members five to seven members. More than half of the respondents have moderate level of marital satisfaction.

**Keywords:** *Marital satisfaction, working women, railway.*

### Introduction

A marital satisfaction is broadly known as a marriage and established family life are the unique qualities of human being, which makes them to be an integral element of social life. Marriage as an institution has a crucial role in helping two individuals to have personal growth and enrichment from established family life. According to Fowers (1995), Love and marriage is the primary source of individual happiness and meaning in life. These fulfillment, happiness and positive development will be possible only when the relationship between couples is coherent and satisfactory. Marital satisfaction refers to an individual's subjective evaluation of the marital relationship (Taylor, Peplau & Sears, 1997). It is the quality of relationship, in which both of the partners can enjoy life from the companionship characterized

by lack of stress and unhappiness. Marital satisfaction is a complex process that has over time been thought to be influenced by many factors, including education, socio-economic status, love, commitment, marital communication, conflict, gender, length of marriage, the presence of children, sexual relations and the division of labor (Hendrick & Hendrick, 1992). The presence of children has both negative and positive relation on marital satisfaction. In addition, studies have shown that there is a relationship between number of children, particularly preschool children, and marital satisfaction (Stevens, Kiger & Riley, 2001). Being an important element of marital life, sexual relationship and satisfaction derived from it has significant relation to have a warm and sustaining relationship between spouses. Husbands' and wives' ratings of satisfaction with their sexual relationship were significantly related to the overall satisfaction with their marital relationship (Young & Luquis, 1998:116).

The gap in communication between the couples results in the failure to understand the aspirations and taste of the spouse, furthermore consequence will be negative. Gottman's theory (1999) states that positive interaction and friendship is the key to marital satisfaction and the prediction of marital stability over time. Women's are more prone to issues of marital dissatisfaction that has correlation with the employment they engaged too. Men have been found to be more likely to withdraw from negative marital interactions, while women are more likely to pursue the conversation or conflict (Johnson, 1996). Women are more likely to be attuned to the emotional quality of marital functioning and more sensitive to events that occur in the relationship (Johnson, 1997). A considerable segment of modern women's perceives the institution of marriage constrained for their personal growth, freedom, achievement and actualization. Many contemporary women prefer not to get married due to the amount of house work that would be required of them. Those who do marry, evaluate their marital satisfaction based on their ability to pursue a career outside of home and expect to share household responsibilities with their spouse (Popenoe and Whitehead, 1999). Based on these fact the researcher has planned to study the marital satisfaction of women working in southern railways tiruchirappalli.

### **Review of Literature**

**Ranjan (2013)** reviewed the work life balance of loco pilots railway driver in India, researcher briefly reviews concepts relevant to defining work life balance. This review of literature deals with work life balance of an Indian railways drivers to determine the working conditions and level of their work life balance which is having very high importance on their total well being and hence their productivity and entire growth of an Indian railway.

**Sapna (2016)** assessed status of satisfaction level of workers to welfare laws, exploratory cum descriptive research design used this study. The population of interest is workers or lower class working in the industrial sector in northern India that is Haryana, Punjab and NCR the data has been collected 750 respondents, it is majority of findings that unmarried workers and workers from rural areas are more satisfied than female workers, married workers and workers from urban areas respectively regarding welfare laws.

**Sadegh Dehghanmehr et al, (2016)** conducted a study on the relationship between job satisfaction and

marital satisfaction in nurses working in amir al-momenin hospital, zabol, iran the descriptive analytical study had data collected one hundred respondents, the researcher used for convenience sampling method. Result shows that increasing number of children and duration of marriage causes reducing marital satisfaction.

### **Methodology**

The aim of the study is to analyze the marital satisfaction of women working in southern railways tiruchirappalli and the objectives of the study includes. To assess the marital satisfaction of women working in southern railways tiruchirappalli. To find out between marital satisfaction and selected socio demographic variable. To suggest suitable measures to improve the marital satisfaction of women.

In the present study the researcher has attempted to investigate the marital satisfaction of women working in southern railways tiruchirappalli. The effort of the investigation is to provide a descriptive profile of the respondents. Hence, for this study a descriptive research design was used. The universe of the study comprised of 343 women working in southern railways, Tiruchirappalli. The marital satisfaction scale developed by Brunda Amirthraj and Indira Jai Prakash (1985) was used. The researcher has collected data from 56 women working in southern railways Tiruchirappalli. The researcher has adopted simple convenient sampling method for to collect data from the respondents and the sample size is 56. Questionnaire method was applied to collect the needed information.

### **Result and discussion**

The major findings of the study revealed that equal number of respondents (21.4%) belong to age group 46 to 50 and 36 to 40 years as well as 26 to 30 years where as 19.6 per cent of the respondents age group 41 to 45 years and 8.9 per cent of the respondents fall under categories of 31 to 35 years and only an 7.1 per cent of the respondents between 51 to 55 years of age. Majority of the respondents (67.9%) belong to hindu religion and majority of the respondents (78.6%) belong to backward classes. Nearly half of the respondents (48.2%) have family size of 5 to 7 members. Majority of respondents (66.1%) are living in rural areas. Majority of the respondents (78.6%) educational qualification is professional course. Great Majority of the respondents (89.3%) family type was joint family. Nearly one third of the respondents (28.6%) work experience is between 16 to 20 years. A sizable number of the respondents (39.3%) monthly income is Rs.19000 to 28000. Nearly half of the respondents (48.2%) family monthly income is about Rs.40001 to 60000. Majority of the respondents (80.4%) had both movable and immovable properties. Great majority of the respondents (94.6%) had own house. Majority of respondents (83.9%) family head is their husband and for the remaining 16.1 per cent of their families are headed by their father.

**Table1****Distribution of the respondents by their of marital satisfaction**

S. No	Marital Satisfaction	Number of Respondents (n=56)		Percentage
1	Low	12		21.4
2	Moderate	32		57.1
3	High	12		21.4

The table depicts that (57.1%) of the respondents have moderate level of marital satisfaction and 21.4% of the respondents have high level of marital satisfaction and 21.4% of the respondents have low level of marital satisfaction.

**Table 2****Association between the respondent's age and their marital satisfaction.**

S. No	Variables	Number of Respondents (n=56)			Statistical Inference
		Low	Moderate	High	
1	Age				$X^2 = 14.410^a$ df= 10 0.045<0.05 <b>Significant</b>
	26-30	0	8	4	
	31-35	2	1	2	
	36-40	2	6	4	
	41-45	3	7	1	
	46-50	5	7	0	
	51-55	0	3	1	

It is inferred from the table that there is a significant association between respondent's age and marital satisfaction. It is clear that as age increases the marital satisfaction is better understood.

**Table 3****One way analysis of variance the family size of respondents with regard to their Marital Satisfaction**

S. No	Family Size	Number of Respondents (n=56)				Statistical Inference
		DF	SS	MS	$\bar{X}$	
1.	Between Groups	2	315.594	157.797	A1=60.80 A2=57.70	F= 2.960 p(0.042)<0.05 <b>Significant</b>
2.	Within Groups	53	3029.763	57.165	A3=62.67	

A1=2—4, A2=5-7, A3=8-10

From the table is it understood that there is a significant difference among the family size of the respondents with regards to marital satisfaction, the F value for number of family size of the respondents with respect to marital satisfaction is 2.960 and it is significant, as p value of 0.042 is less than 0.050 level of significance. It indicates that there is a significant variation in mean of number of family members pertaining to respondents of the research study with respect to marital satisfaction.

**Table 4**

**‘t’ test between the respondent’s family type and their overall Marital Satisfaction**

S. No	Family type	Marital Satisfaction (n=56)		Statistical Inference
		$\bar{X}$	S.D.	
1.	Joint Family	60.16	7.792	t = 0.145 df=94 0.885 > 0.05 Not Significant
2.	Nuclear family	59.67	8.595	

The table depicts that there is a no significant difference between the respondents’ family type and marital satisfaction.

**Suggestions**

Recreational activities are important in the work spot because it helps to overcome stress. It helps them to cope up the social, emotional changes and provides relaxation. Soft skill training and career development programme will reduce the mental pressure. Marital counseling helps the needy women to cope with the problem. So professional social workers must be appointed in every industry to take care of the workers and help them to solve their problems in general.

**Conclusion**

The researcher had an interest to study the marital satisfaction of women working in southern railways Tiruchirappalli. The marital satisfaction depends upon the persons intimacy, expectations, role and today, we are living modernized and industrialized world and both the gender are economically self reliant and confident in decision making. But the marital satisfaction not only depends on money but also physical, psychological, social and mental well-being. These are the most important factor for their marital satisfaction. Joint families bridge the gap between the role and responsibility of the married women. It enhances the marital satisfaction and also enhances their performance in their work environment. It makes them to feel free from stress and also cope with the conflict situation of work place very smoothly. Hence, this study provides complete information on women working in southern railways and also it helps to understand women and their marital satisfaction.

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