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## Duration of Marital Life and Mental Health among Single and Dual Employee Married Couples

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### Abstract

**Aim:** - According to the world health organization, health means the person is not only free from any physical and psychological illness but (s)he should be fit socially too as well as no health without mental health. The present study aimed to investigate the interaction effect of duration of marital life on mental health among single and dual employee married couples.

**Methods:** - This study was done on 300 married couples (150 single and 150 dual employees) through random sampling technique. Mithila Mental Health Status Inventory was used to collect data. Data were analyzed by using f-test.

**Results:** - Result proves it there is interaction effect among duration of marital life and type of couples in the all areas of mental health among single and dual employee married couples.

**Keywords:** Mental Health, Duration of Marital Life, Single and Dual Employee Married Couples

### Introduction

The institution of marriage is an important social institution, which combines in itself the physical, social, mental and legal aspects. It is not only the union of two individuals, man and woman but also of two kinship groups. This institution is found in all societies of the world. Marriage is a lifelong bond which aims at the individual's biological, emotional, social and spiritual fulfillment and development and which cannot be achieved in isolation. Different societies have different forms of marriage system. The "new social structure" has brought with it new challenges and complex issues. The woman who goes out for work faces stressful situations in marital and family set-up and interpersonal relationships at workplace. In the marital relationship, the woman's status, outlook, and changed social role certainly affect the husband also. An important feature of the dual-earner family is the segregation of work and family life. Much of the discussion of women and paid work in the past have focused on spouses difficulties in combining family and work roles. The skill of a working woman at doing a tightrope walk between her career and her home is phenomenal. Research in the past few decades has found that dual-earner pattern of families has brought about considerable stress in the family life. Hence, one of the major thrusts, of family stress research focuses upon conflicts resulting from women participating in the labour force. Researchers have focused their well-paid attention on the single as well as dual employee married couples areas of mental health.

### Statement of the Problem

"Study the interaction effect of duration of marital life on mental health among single and dual employee married couples."

### Review of previous Researchers

The researchers has been reviewed various literature with mental health of single and dual employee married couples. The sense of achievement, income and recognition in society

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enable working women to consider their jobs as rewarding and psychologically satisfying. Studies of Voydanoff and Donnelly (1989) found that worker role reward value has greater significance to mental health of working women. On the contrary, being confined to the home is considered as important factor of poor mental health among non-working women. Different studies comparing the psychological health of working women and non-working women report that employed women are more satisfied in their life than non-working women. Burke and Weir (1976) in their study found to satisfaction and power mental and physical health among housewives. Duxbury and Higgins (1991) did a study on Saskatchewan workers, in which they tested a number of different indicators of mental health such as job stress, perceived stress, burnout and depression among dual-career couples. The result shows that 30% of workers reported high level of job stress which is linked to factors such as poor physical and mental health, high family stress, marital conflict and poor performance of work and family roles. Jason (2009), in his research of dual career families, has pointed out that couples' mental and physical health are related in these families and financial problems are very important to decrease both mental health and physical health. Dual-career couples have to fulfil multiple roles and are confronted with demands and stressors from the work and private life domains (Domsch and Ladwig, 2007). Elloy and Smith (2003), for instance, found that Dual-career couples experienced more stress, work-family conflict, family conflict, role ambiguity, role conflict and overload than single-career couples. Osherson and Dill (1983) in their study on men's work satisfaction in dual earner families observed that since family lives are organized around two jobs rather than one, these marriages necessarily lent a different quality to marital negotiations. In such marriages wife's career experiences put her in a better position to understand her husband's life outside the home.

### Objective

To find out the interaction effect among duration of marital life and type of couples in relation to their mental health.

### Hypotheses

1. There is no interaction among duration of marital life and type of couples in relation to their egocentrism area of mental health.
2. There is no interaction among duration of marital life and type of couples in relation to their alienation area of mental health.
3. There is no interaction among duration of marital life and type of couples in relation to their expression area of mental health.

4. There is no interaction among duration of marital life and type of couples in relation to their emotional unstability area of mental health.
5. There is no interaction among duration of marital life and type of couples in relation to their social nonconformity area of mental health.

### Variables

IV- Duration of marital life and types of couples

DV- Mental health

### Research Methods

#### Sample and data

The sample for the present study consisted of 300 married couples (150 single and 150 dual employees) selected through random sampling technique from Ahmednagar district in Maharashtra.

| Groups                          | N          |
|---------------------------------|------------|
| Single employee married couples | 150        |
| Dual employee married couples   | 150        |
| <b>Total</b>                    | <b>300</b> |

### Data collection tool

**Mithila Mental Health Status Inventory:-** Standardized by Anand Kumar and Giridhar Thakur (1984).

**Research Design:-** 3X2 factorial design was used for this study.

| Area<br>(Independent Variables) | Levels                             | N   |
|---------------------------------|------------------------------------|-----|
| Duration of Marital Life<br>(A) | 1/2 to 5 Years                     | 100 |
|                                 | 6 to 10 Years                      | 100 |
|                                 | 11 to 15Years                      | 100 |
| Types of Couples(B)             | Single Employee Married<br>Couples | 150 |
|                                 | Dual Employee Married Couples      | 150 |

### Statistical Treatment

The data collected was analysed by ANOVA was used for hypotheses testing. Statistics were done using SPSS.

### Data Analysis and its Interpretation:-

The main purpose of the present study was investigating the interaction effect of duration of marital life on mental health among single and dual employee married couples. For this purpose investigator formulated five different hypotheses. Results are shown in below given tables.

**Hy.1. There is no interaction among duration of marital life and type of couples in relation to their egocentrism area of mental health.**

**Table 1:** Table shows between-subjects effects of dependent variable egocentrism in the area of mental health.

| Tests of Between-Subjects Effects          |                         |     |             |        |      |
|--|-------------------------|-----|-------------|--------|------|
| Dependent Variable: Egocentrism            |                         |     |             |        |      |
| Source                                     | Type III Sum of Squares | df  | Mean Square | F      | Sig. |
| Duration of Marital Life                   | 502.85                  | 2   | 251.42      | 138.38 | .000 |
| Type of Couples                            | 9.54                    | 1   | 9.54        | 5.25   | .023 |
| Duration of Marital Life * Type of Couples | 94.67                   | 2   | 47.33       | 26.05  | .000 |
| Error                                      | 534.16                  | 294 | 1.81        |        |      |
| Total                                      | 126499.75               | 300 |             |        |      |
| Corrected Total                            | 1141.22                 | 299 |             |        |      |

df (1,294) Significant level 0.05= 3.87, 0.01 = 6.72

df (2,294) Significant level 0.05= 3.03, 0.01 = 4.68

Table no.1, indicates that the researcher has analyzed main and interaction effect. The main effect is the direct effect of independent variable on the dependent variable. In the source column, the independent variable is listed for determining the main effect one by one.

Independent variable as the duration of marital life the 'f' value is (2,294) = 138.38. The table value of 0.01 is 4.68, which is very smaller than calculated value. Hence, it is concluded that there is a significant difference between duration of marital life in terms of their egocentrism area of mental health. The main effect of type of couples the 'f' value is (1,294) = 5.25, which is larger than 0.05. Hence,

there is a significant difference between single and a dual employee married couples about their egocentrism area of mental health. The total interaction effect between duration of marital life and type of couples the 'f' value is (2,294) = 26.05, which is significant on 0.01 level. Hence, it is concluded that there is interaction effect among duration of marital life and type of couples in terms of egocentrism area of mental health. Thus this hypothesis is rejected.

**Hy.2. There is no interaction among duration of marital life and type of couples in relation to their alienation area of mental health.**

**Table 2:** the table shows mean square and 'f' values of dependent variable alienation in the area of mental health.

| Tests of Between-Subjects Effects          |                         |     |             |       |      |
|--|-------------------------|-----|-------------|-------|------|
| Dependent Variable: Alienation             |                         |     |             |       |      |
| Source                                     | Type III Sum of Squares | df  | Mean Square | F     | Sig. |
| Duration of Marital Life                   | 20.77                   | 2   | 10.88       | 75.27 | .000 |
| Type of Couples                            | .70                     | 1   | .70         | .51   | .472 |
| Duration of Marital Life * Type of Couples | 52.97                   | 2   | 26.48       | 19.58 | .000 |
| Error                                      | 39.66                   | 294 | 1.35        |       |      |
| Total                                      | 95.75                   | 300 |             |       |      |
| Corrected Total                            | 25.10                   | 299 |             |       |      |

df (1,294) Significant level 0.05= 3.87, 0.01 = 6.72

df (2,294) Significant level 0.05= 3.03, 0.01 = 4.68

In the above table no. 2, the researcher has analyzed main and interaction effect. The main effect is the direct effect of independent variable on the dependent variable. In the source column, the independent variable is listed for determining the main effect one by one.

Independent variable as the duration of marital life the 'f' value is (2,294) = 75.27. The table value of 0.01 is 4.68, which is very smaller than calculated value. Hence, it is concluded that there is a significant difference among duration of marital life in terms of their alienation area of mental health.

The main effect of type of couples the 'f' value is (1,294) = .51, which is not significant at 0.05 level. Hence, there is no

significant difference between single employee married couples and a dual employee married couples about their alienation area of mental health.

The total interaction effect among duration of marital life and type of couples the 'f' value is (2,294) = 19.58, which is significant on 0.01 level. Hence, it is concluded that there is interaction effect among duration of marital life and type of couples in terms of alienation area of mental health. Thus this hypothesis is rejected.

**Hy.3- there is no interaction among duration of marital life and type of couples in relation to their expression area of mental health.**

**Table 3:** Table shows mean square and 'f' values of dependent variable expression area of mental health.

| Tests of Between-Subjects Effects          |                         |     |             |       |      |
|--|-------------------------|-----|-------------|-------|------|
| Dependent Variable: Expression             |                         |     |             |       |      |
| Source                                     | Type III Sum of Squares | df  | Mean Square | F     | Sig. |
| Duration of Marital Life                   | 23.24                   | 2   | 12.12       | 57.48 | .000 |
| Type of Couples                            | 87.48                   | 1   | 87.48       | 43.31 | .000 |
| Duration of Marital Life * Type of Couples | 24.18                   | 2   | 12.09       | 5.98  | .003 |
| Error                                      | 59.73                   | 294 | 2.01        |       |      |
| Total                                      | 12.00                   | 300 |             |       |      |
| Corrected Total                            | 30.63                   | 299 |             |       |      |

df (1,294) Significant level 0.05= 3.87, 0.01 = 6.72

df (2,294) Significant level 0.05= 3.03, 0.01 = 4.68

In the above table no.3, the researcher has analyzed main and interaction effect. The main effect is the direct effect of independent variable on the dependent variable. In the source column, the independent variable is listed for determining the main effect one by one.

Independent variable as the duration of marital life the 'f' value is (2,294) = 57.48. The table value of 0.01 is 4.68, which is very smaller than calculated value. Hence, it is concluded that this is a significant difference among duration of marital life in terms of their expression area of mental health.

The main effect of type of couples the 'f' value is (1,294) = 43.31, which is larger than 0.05. Hence, there is a significant difference between single employee married couples and a dual employee married couples about their expression area of mental health.

The total interaction effect among duration of marital life and type of couples the 'f' value is (2,294) = 5.98, which is significant on 0.01 level. Hence, it is concluded that there is interaction effect among duration of marital life and type of couples in terms of expression area of mental health. Thus this hypothesis is rejected.

**Hy.4 -There is no interaction among duration of marital life and type of couples in relation to their****emotional instability area of mental health.****Table 4:** table shows mean square and 'f' values of the dependent variable emotional instability area of mental health.

| Tests of Between-Subjects Effects          |                         |     |             |       |      |
|--|-------------------------|-----|-------------|-------|------|
| Dependent Variable: Emotional Unstability  |                         |     |             |       |      |
| Source                                     | Type III Sum of Squares | df  | Mean Square | F     | Sig. |
| Duration of Marital Life                   | 19.18                   | 2   | 96.09       | 62.59 | .000 |
| Type of Couples                            | 27.00                   | 1   | 27.00       | 17.49 | .000 |
| Duration of Marital Life * Type of Couples | 12.16                   | 2   | 62.08       | 40.21 | .000 |
| Error                                      | 45.84                   | 294 | 1.54        |       |      |
| Total                                      | 88.50                   | 300 |             |       |      |
| Corrected Total                            | 25.18                   | 299 |             |       |      |

df (1,294) Significant level 0.05= 3.87, 0.01 = 6.72

df (2,294) Significant level 0.05= 3.03, 0.01 = 4.68

In the above table no. 4, the researcher has analyzed main and interaction effect. The main effect is the direct effect of independent variable on the dependent variable. In the source column, the independent variable is listed for determining the main effect one by one. Independent variable as the duration of marital life the 'f' value is (2,294) = 62.59. The table value of 0.01 is 4.68, which is very smaller than calculated value. Hence, it is concluded that this is a significant difference among duration of marital life in terms of their emotional unstability area of mental health. The main effect of type of couples the 'f' value is (1,294) = 17.49, which is larger than 0.01. Hence, there is a significant difference between single employee

married couples and a dual employee married couples about their emotional unstability area of mental health. The total interaction effect among duration of marital life and type of couples the 'f' value is (2,294) = 40.21, which is significant on 0.01 level. Hence, it is concluded that there is interaction effect among duration of marital life and type of couples in terms of emotional unstability area of mental health. Thus this hypothesis is rejected.

**Hy.5- There is no interaction among duration of marital life and type of couples in relation to their social nonconformity area of mental health.****Table 5:** table shows mean square and 'f' values of the dependent variable social nonconformity area of mental health.

| Tests of Between-Subjects Effects          |                         |     |             |       |      |
|--|-------------------------|-----|-------------|-------|------|
| Dependent Variable: Social Nonconformity   |                         |     |             |       |      |
| Source                                     | Type III Sum of Squares | df  | Mean Square | F     | Sig. |
| Duration of Marital Life                   | 76.60                   | 2   | 38.80       | 22.90 | .000 |
| Type of Couples                            | 28.52                   | 1   | 28.52       | 17.12 | .000 |
| Duration of Marital Life * Type of Couples | 69.00                   | 2   | 34.50       | 20.72 | .000 |
| Error                                      | 48.51                   | 294 | 1.66        |       |      |
| Total                                      | 83.75                   | 300 |             |       |      |
| Corrected Total                            | 13.64                   | 299 |             |       |      |

df (1,294) Significant level 0.05= 3.87, 0.01 = 6.72

df (2,294) Significant level 0.05= 3.03, 0.01 = 4.68

In the above table no. 5, the researcher has analyzed main and interaction effect. The main effect is the direct effect of independent variable on the dependent variable. In the source column, the independent variable is listed for determining the main effect one by one. Independent variable as the duration of marital life the 'f' value is (2,294) = 22.90. The table value of 0.01 is 4.68, which is very smaller than calculated value. Hence, it is concluded that this is a significant difference among duration of marital life in terms of their social non-conformity area of mental health. The main effect of type of couples the 'f' value is (1,294) = 17.12, which is larger than 0.05. Hence, there is a significant difference between single employee married couples and a dual employee married couples about their social non-conformity area of mental health.

The total interaction effect among duration of marital life and type of couples the 'f' value is (2,294) = 20.72, which is significant on 0.01 level. Hence, it is concluded that there is interaction effect among duration of marital life and type of couples in terms of social non-conformity area of mental health. *Then this hypothesis is rejected.*

**Discussion**

The present study focuses on the duration of marital life and mental health among single and dual employee married couples. According to the world health organization, health means the person is not only free from any physical and psychological illness but (s)he should be fit socially too as well as no health without mental health. In the present investigation, mental health is measured using Mithila Mental Health Status Inventory. Alienation, egocentrism, and social non-conformity scales were included to assess psychiatric and social problems; expression and emotional unstability were put to ascertain personality disturbances. The total interaction effect among duration of marital life and type of couples the 'f' values are significant on 0.01 and 0.05 level. Hence, it is concluded that there is interaction effect among duration of marital life and type of couples in the all areas of mental health.

A good mental health is essential for leading a good life effectively if he/she is suffering from stresses and strains and is struggling with mental health problems such as depression or unsteady feeling due to social or mental

pressure; with poor mental health, one loses overall effectiveness. Job stress can cause poor health and can increase rates of family related problems. Mental health is the balance between all aspects of life- social, physical and spiritual aspect of a person. It impacts on how we manage our surroundings and make choices in our lives clearly it is an integral part of our overall health.

Marital adjustment has been related to the job, home stresses, mental illness, education, gender role attitude, happiness and success in life. Dual employee married woman has to face marital adjustment problems in her married life. She also cannot high perform for her married life responsibilities because she is under pressure and stress as well as if a married woman feels stress and living under pressure every time in her life, it directly affects her household work, relationship with spouse and other members of her family. So many difficulties are created for marital adjustment among dual employee married couples.

### Conclusion

To sum up, we might conclude that, there is interaction effect among duration of marital life and type of couples in the all areas of mental health among single and dual employee married couples.

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