

## Marital Quality of Pre-midlife Couples with and without Pre-Marriage Course in Kottayam District

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**Abstract:** This comparative study tries to find out the use of pre-marriage education or its effectiveness in family life by studying the marital quality of married pre-middle life couples with and without pre-marriage education in the Kottayam district. The research methods used in this study are quantitative and explanatory research design. Samples were collected with stratified random sampling. 30 samples were selected for the study and among them 15 samples from couples with pre-marriage course and 15 samples from couples without pre-marriage course. Self-made questionnaire was used for taking the socio-demographic profile of the respondents. For measuring marital quality, Clinical validity of marital quality scale was used. Study resulted that, the couples who receive pre-marriage course have greater marital quality than the couples without pre-marriage course. This study concluded that pre-marriage education helps the couples to maintain marital quality in their family life.

**Key words:** Marital quality, Pre-midlife couples, Pre-marriage course.

### 1. INTRODUCTION:

George Bernard Shaw described marriage as an institution that brings together two people “under the influence of the most violent, most insane, most delusive, and most transient of passions. They are required to swear that they will remain in that excited, abnormal, and exhausting condition continuously until death do them part” (Shaw, 1908). Relationship is a commitment to protect and support others in the relationship. Marriage plays a vital role in building a community. Marriage plays an important role in building a culture, a delightful relationship of two individuals. Marriage is the merging of two individuals and two families for a lifetime. In these days of the 21st century, marriage has become more difficult than it was in the past, mainly because persons are expecting more out of it. The quality of marital relationships is the most studied topic pertaining to marriage and family life (Spanier, 1980). This research mainly focuses on marital quality of couples in Kottayam district. Marital quality often includes marital adjustment as well as happiness and satisfaction. Marital adjustment is merely an aspect of marital quality; it is not completely a part of marital quality. According to the hypothesis of researcher, it may be possible to bring about changes in the marital quality through pre-marital training (John, 2004). Marital quality refers to the married couple’s evaluation through their experience with each other. High marital quality is associated with good adjustment, adequate communication, a high level of married happiness and a high degree of satisfaction with the relationship (Daniel, 1990).

Marriage is a promise between two hearts to share a wonderful and excited life together. It is a hope and that hope makes us to live until the end of our life. It is not the union of two hearts. It is more than that. Through marriage two individuals becomes one and they joined two families together. On that day, they promise to live forever together. In that life, they might face some difficulties. They may be gone through difficult paths to reach a beautiful and satisfied destination. To reach that beautiful destination they have to pass certain life tests. Sometimes it will be easy for them. However, at an extent it becomes difficult for them. Then for them it is a starting of new family. Through marriage a new family formed. It is a beginning of a new family. When two individuals get into that institution there may arise disputes between them. Here different perspectives collide each other. Therefore, they need time to take a final decision. Each family is a blessing of god. Family makes the society a completed one. Marriage is a milestone that lays foundation for a success family. Nowadays the world witnessed so many divorce cases and disputes between couples. For their selfish needs, they were ready to harm each other. They do not think about their children and parents. They focused on their benefits and pleasures. They need to satisfy their needs and pleasures. For that, they were willing to do whatever that favor their path. In that way, the research topic is a relevant one. Marriage can be considered as a norm and that norm was established by people. Besides that, marriage reflects attitude, beliefs and behaviors. It is a mutual agreement between two different souls. Marriage provides consents for legal sexual relationship in collectivist countries. According to the culture of collectivist countries, sex before marriage is considered as a sin. Not only in collectivist countries, religious norms and values also not allowed the concept sex

before marriage. According to the view of Christianity, sex before marriage is considered as a sin against one among the ten tenets. When we are conducting a research or survey related with marital quality or satisfaction first of all we think about their sexual life. Family court Pala diocese is fed up with divorce cases and the reason behind majority of the divorce cases were the dissatisfaction of sexual life. According to Hinduism, sex before marriage is not mentioned as a sin. But they agreed that during sexual relationship more energy is required. If they cannot satisfy each other, their life becomes more terrible. The energy is considered as the power. For them power means thejús. So they were not allowed to waste thejús unnecessary. According to Muslim view, sex before marriage is considered as an illegal relationship. They demanded to get married as soon as possible, if you cannot control your sexual desires. Each person is unique. Similarly, person's view, culture, belief, attitude, character, value and ethic also different. So the couples need to adjust with each other. The foremost thing is our attitude towards marriage. The notion of an ideal relationship depends upon our view. We acquired those notions through interaction and social environment. Besides that, religious institutions also play an important role in the creation of ideas. Ideas were diverse and variety. Some of the ideas were extremely distinct from each other. There we need to focus more to avoid marital disputes and all. According to the Indian culture, women get married at their younger age and it balances economic problems and issues. Women supported their men in their whole life time but they cannot expect it back. When compared with women, men are less comfortable and express reluctance in sharing stress and all.

Our country is diverse in culture with vast and ancient traditions and customs. Similarly, it is rich in diverse languages and communities. Along with that our country provides freedom to their natives and they can practice their own religious customs and beliefs. For example, Hinduism has their own customs and beliefs in the practices of marriage. And their marriage rituals are different from others. Through the research, the researcher tries to find out marital quality of couples with and without pre-marriage education. When schools and colleges. That changes their view and life style too. Compared to older days, now the quality of life and view of life changed a lot. Now things were view in different perspectives. Older day's marriage considered as a sacred thing. Women considered their husband as equal to God. According to Indian culture, always men carry the superior position. In addition, patriarchal system is prevailing among us. Men considered women as inferior to them. Women too accept the same concept. They respect their husband as similar or equal to God. Now it has changed. Ego clashes arise in between them. They show reluctance to respect their life partner. For them it is a shameful thing. Many of them were educated from reputed institutions. Nevertheless, their attitude and perspectives were entirely different from each other. Some community provides pre-marriage education before marriage. Through that, they hope the best and expect the best result out of it. Therefore, the researcher would like to know the marital quality of couples without pre-marriage education.

### **1.1. BACKGROUND:**

The researcher would like to conduct a research on the topic "A comparative study on Marital Quality of Pre-midlife Couples with and without pre-marriage education". While interacting with the vicars of Pala and Kanjrapally dioceses, researcher understood that, the numbers of divorce cases were probably high and the divorce takes place for silly matters. In a month, around 25 cases were reporting at family courts. In addition to, the remarkable point is that they were well educated and lead a better life in the community. Therefore, the researcher decided to compare the marital quality of the couples with and without pre-marriage education. If there is no differences in between their marital quality then why the Christian community providing pre-marriage education to the couples. If it is not success, then the content should be change or they should have to implement any other idea. If it is success, this can be recommended to other communities too.

### **1.2. STATEMENT OF THE PROBLEM:**

In the book "The History of Human Marriage", Edvard Westermarck explained marriage as it is an interaction among opposite gender enduring years succeeding the delivery of their offspring. (Westermarck, 1891) Pre-marriage education provides an overall idea about wedding and further preparations for wedding. It can make certain that married couples have a well built, blooming connection and ensures a secure and enjoyable life. Kerala first rate the list of states with the best variety of marital disputes not rectified in family courts, with over 52,000 cases awaiting adjudication at the end of the November 2016, according to information compiled by the department of justice. Though the courts wrapped up 50,000 such disputes in 2015, the number of cases on the wait list in Kerala alone is more than the aggregate pending cases of 19 other states. According to this, it is evident that there are marital issues, which occurs frequently in Kerala. Now a day the problems are very high in the institution of marriage. The researcher doubted that whether pre marriage education can do something against the problems created in marriage. This resulted in the comparative study of people with pre-marriage education and without pre-marriage education among the couples in Idukki district. The success or failure of your marriage relationship depends on how well you handle a life situation and personal issues. Socio demographic features may affect the marital quality and later results in marital adjustment and leads to marital issues among them. Marriage is a commitment between two people that may have

differing views on certain issues. Certain studies proven that talking about these things before your wedding day can significantly affect the success of a marriage. Pre-marital course provides an insight about what our partners expect from us and help us to behave ourselves so that our partner could accept us. Besides that, it aims at the smooth functioning of family. The couples become more aware about what sex really is and its importance in marital life and reproduction. Many of the disputes occur after marriage, most of them are hesitated to speak up about the issues related to sex, and this may in turn results in divorce. Through the research, the researcher would like to enquire whether the premarital courses are effective or not and whether it can reduce the conflicts between couples or not. Besides that, the researcher would like to study whether the premarital courses increases unity and harmony among them.

### 1.3. RESEARCH QUESTIONS

Does the pre-marital course have visible impact on the couples who received the course when compared with those who do not receive the course?

### 1.4. SPECIFIC OBJECTIVES

- To study the marital quality of married couples with pre-marriage education
- To study the marital quality of married couples without pre-marriage education
- To compare the marital quality of married couples with and without pre-marriage education

## 2. METHODOLOGY:

This study used quantitative nature and explanatory research design with 30 samples. Among them, 15 samples from couples with pre-marriage course and 15 samples from couples without pre-marriage course. This study followed stratified random sampling and selected samples from Kottayam district. This study followed all the ethical considerations and all the respondents cooperated with the study positively. Self- made questionnaire was used for taking the socio-demographic profile of the respondents. For measuring marital quality, Clinical validity of marital quality scale was used. This study had taken 1 year to complete.

## 3. FINDINGS AND DISCUSSION:

- 25% of respondents fall in the age category of 30. 13% of the respondents fall in the age category of 28. 11% of respondents fall in the category of 26 and 27. 8% of respondents fall in the category of 32 and 40. 6% of respondents fall in the category of 36. 5% falls in the category of 25. 3% falls in the category of 23 and 37. 1% falls in the category of 24 and 35
- Majority of the respondents (78%) from rural area. Then 11% from semi-urban and 10% from urban area
- Education qualification of the respondents represents that 40% falls in the category of bachelor degree. 28% falls in the category of 12.16% falls in the category of master degree and 10% falls in the category of doctorate degree & 5% falls in the category of M. Phil
- Occupation status represents that 28% falls in the category of self-employee. 26% falls in the category of agriculture. 23% falls in the category of house wife. 20% falls in the category of government job. 1% falls in the category of students
- Category of the respondents represents that 85% falls in the category of general & 15% falls in the category of OBC
- Socio-economic status represents that 86% falls in the category of APL and 13% falls in the category of BPL
- Result shows that couple who have receive the pre-marriage course have greater marital quality than those couple who does not received the pre-marriage course
- Out of the total respondents 24 of them from rural area attended pre-marriage course and 23 of them not attended pre-marriage course. Then 4 of them from semi urban area attended 38 pre-marriage course and 3 of them not attended pre-marriage course. Then 2 of them from urban area attended pre-marriage course and 4 of them not attended pre-marriage course
- Researcher identified that 5 of them had affection with each other usually in couples with pre-marriage course and 7 had affection with each other usually in couples without pre-marriage course. 2 of them had affection with each other sometimes in couples with pre-marriage course and 1 had affection with each other sometimes

in couples without pre-marriage course. 23 of them had affection with each other never in couples with pre-marriage course and 22 had affection with each other never in couples without pre-marriage course

#### **4. CONCLUSION:**

The researcher conducted research on the topic “A comparative study on marital quality of couples with and without pre-marriage course in Kottayam district”. The researcher identified that the couples who receive pre-marriage course have greater marital quality than the couples without pre-marriage course. Couples should attend pre-marriage course before marriage. Pre-marriage course provides an overview about the marital life and that will help the couples to lead a successful marriage life.

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