



Promoting Marital Quality and Happiness Among Couples Attending FCC (Family Counselling Center): A Counselling Approach

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ABSTRACT

A society grows through a network of relationships which are mutually intertwined and inter-dependent. Every relationship is a whole-hearted commitment to support and to protect others in a family group or community. Marriage plays a very important part in this strong web of relationships of giving support and protection. A virtuous marriage should grow and develop gradually from understanding and not impulse, from true loyalty and not just sheer indulgence. The marriage provides a fine basis for the development of culture, a delightful association of two individuals to be nurtured and to be free from loneliness, deprivation and fear. In marriage, each partner develops a complementary role, giving strength and moral courage to one another, each manifesting a supportive and appreciative recognition of the other's skill in caring and providing for a family. Marriage is a partnership of equality, gentleness, generosity, calm and dedication. The studies, describe positive and some of them negative like head and tail importance of family life and it is typically stronger among women than men (Bookwala, 2012; However, most studies have examined newlyweds, young couples, or those with children living in the home (Whisman, 2011). Here the researcher observed importance of counselling for couples to lead quality and happy life. So the researcher chosen this study to constructed objectives one into identify the couples with marital quality/ happens and socio- economic details expertise tool pre and post intervention and to assess and impact of pre and post intervention and refilling with counselling approach. The source of the tool from the Journal of family psychology, the author name is (Funk, J. L. & Rogge, and R.D. 2007). It is the testing rule item response inventory and increasing precision of measurement for relationship satisfaction with couples. It is purely empirical study, use of case work method and counselling approach.

1. Introduction

Marital quality is positively associated with happiness is typically stronger among women than men (Bookwala, 2012; Jackson, Miller, Oka, & Henry, 2014; Proulx et al., 2007; Whisman, 2001). However, most studies have examined newlyweds, young couples, or those with children living in the home (Bookwala, 2012; Whisman, 2001). Therefore, the strong association between marital quality and well-being among women relative to men may reflect distinctive aspects of marital roles and relations in young and mid-adulthood. Feminist writings dating back to Jesse Bernard (1972) suggest that marriage and intimate relationships are more central to women's identities and more consequential for their overall well-being relative to men because women typically "specialize" in emotion work and nurturing roles such as that of spouse or parent, whereas their husbands specialize in paid employment outside the home (Loscocco & Walzer, 2013). Women may feel responsible for resolving marital problems and ensuring that the couple maintains a good marriage for the sake of the children (Beach et al., 2003; Davila, Karney, Hall, & Bradbury, 2003; Dehle & Weiss, 1998). Some scholars argue further that women traditionally have had less power and status in marriage than men and thus have a greater emotional investment in maintaining a healthy relationship (Bulanda, 2011).

Among older adults, the gendered roles and relations established earlier in the life course may shift or converge, creating a context in which the association between marital satisfaction and well-being is similar for husbands and wives. First, as spouses age, their social networks beyond the marital dyad may change such that marriage becomes an equally salient source of well-being for both men and women. As they age, older men (and women, to a lesser extent) exit full-time employment, reduce social contact with former colleagues, and increase

interactions with their spouse (Kulik, 2002). Contact with friends and siblings also may decline as some die, whereas others may experience health declines or care giving duties that limit their social engagement (Dykstra & Gierveld, 2004). Social networks also may contract because of conscious efforts on the part of older adults. As older adults' future time horizons become more limited, they may consciously limit their social networks and focus on a small subset of their closest relationships (Carstensen, 1991). As such, close ties with a spouse may be particularly salient to both older husbands' and wives' overall well-being (Lang, 2001).

Second, developmental and role changes over the life course may contribute to a convergence in the salience of marital quality for husbands' and wives' well-being. Theoretical writings propose that a gendered "role crossover" occurs at midlife and later, whereby men become more oriented toward family and affiliation and less oriented toward power and agency, especially after retiring and leaving full-time employment. Older women, by contrast, may place an increased emphasis on agency and self-fulfilment, and their identities and well-being become less closely tied to their relationships with others (Loscooco & Walzer, 2013). Thus, the relative importance of agency versus affiliation for men and women may converge in later life.

Practically all living things come into being as a result of sex life. Among human beings, the institution of marriage has come about so that society guarantees the perpetuation of the human species and also ensures that the young would be cared for. This is based on the argument that children born through the pleasure of sex must be the responsibility of the partners involved, at least until they have grown up. And marriage ensures that this responsibility is upheld and carried out.

A society grows through a network of relationships which are mutually inter-twined and inter-dependent. Every relationship is a whole-hearted commitment to support and to protect others in a group or community. Marriage plays a very important part in this strong web of relationships of giving support and protection. A good marriage should grow and develop gradually from understanding and not impulse, from true loyalty and not just sheer indulgence. The institution of marriage provides a fine basis for the development of culture, a delightful association of two individuals to be nurtured and to be free from loneliness, deprivation and fear. In marriage, each partner develops a complementary role, giving strength and moral courage to one another, each manifesting a supportive and appreciative recognition of the other's skill in caring and providing for a family. There must be no thought of either man or woman being superior — each is complementary to the other; marriage is a partnership of equality, gentleness, generosity, calm and dedication.

In Buddhism, one can find all the necessary advice which can help one to lead a happy married life. One should not neglect the advice given by the Enlightened Teacher if one really wants to lead a happy married life. In His discourses, the Buddha gave various kinds of advice for married couples and for those who are contemplating marriage. The Buddha has said, "If a man can find a suitable and understanding wife and a woman can find a suitable and understanding husband, both are fortunate indeed."

2. Methodology

This chapter will focus on the methodology that the researcher has adopted and the materials that have been used for the study. The part this of this study is the most significant as it carries out the researchers problem into specific methods of enquiry leading finally to the data base of the study which future needs to be analysis and interpreted. In this chapter the following areas will be discussed.

3. Statement of The Problem

Family is a basic and dynamic unit in the society for understanding the problem of the individuals, the focus should be shifted from individual to relationship of sub-systems. According to Davis (1960) is "A group of persons whose relations to one another are based upon consequently and who are therefore corresponding to another." Family is considered the basic unit of the society to meet their needs of individuals and those of their society institutions . It is a link between continuity and change. If there is a marital mal adjustment and un happiness is something to do wrong with other sub system of the family and the community . Family systems therapy is a treatment approach for understanding human behaviour. The individual's behaviour must be understood in its total context of the family and the community. To understand the adjustment , the social system as a whole including the sub- systems are to be taken into consideration for leading quality and happy life. So this study very important and need for future generation, studies and readers etc.

4. The Need of The Study

Couples faced many problems in their families like marital conflicts, family conflicts and marital maladjustment etc in through world. The researcher observed couples who came to the family counselling centre, most of the cases with marital conflicts. Sometimes it is serious problem and leads to divorces. If it is happens, family will be disturbed, then the children confused, straggled and loss of their education and their future. The children are tomorrow’s citizens and also back bone of the Nation. So these types of studies more need and necessary present families in the society. These studies will help to understand and solve their family problems as well as they know about the family counselling centres and useful to future researchers, scholars and readers.

5. Objectives Of The Study

1. To identify the couples with marital quality/happens and socio- economic details.
2. To identify the expertise tool and application of pre and post intervention
3. To assess the gaps of happens among the identified couples.
4. To provide intervention for identified couples.
5. To assess and impact of pre and post intervention.

6. Research Design

One of the objectives on the study was to assess the effect of counselling approach as one of the single subject methods of social work intervention with married couples in conflict. The research design adopted is one of quasi experimental research design. This research is undertaken to assess the effectiveness of social was intervention with the respondents.

7. Methods of Data Collection

Use the expertise tool through the interview and observation etc. The researcher used the following tools for the data collection.

7.1 Tool And Data Collection

- Self constructed interview schedule or Socio demographic data sheet.A few details about the family type of family, socio economic status marital status , occupation etc....., related to the topic under study were included in this schedule.
- Socio problem questionnaire framed by Satisfaction Index, **“promoting marital quality and happiness”**. The researcher collected this tool from the Journal of family psychology; the author name is Funk, J. L. & Rogge, and R.D. 2007. Testing the rule with item response theory. Increasing precision of measurement for relationship satisfaction with couples.

7.2 Process of Data Collection

To identify the cases in field place the family counselling centre 3 cases were identify with the help of the family members and to get an understanding of the case detail’s and also with clients background details. After this the research clients though a home visit and explained the purpose of the reach study followed by interview and counselling sessions.

7.3 Intervention

Following is the intervention plan for all the three clients . During the course of the counselling session’s inherent counselling techniques and skills formed the basis for intervention .

Session Plans

No.of sessions	uration	Content	Method
1.	40minutes	Educating about family importance	Counselling Educational skills
2.	40minutes	Educate about child marriage problem	Counselling Observation skills
3.	45minutes	Educate about financial management	Counselling Communication skills
4.	45minutes	Importance of family relationship	Counselling Education skills
5.	40minutes	Cause of conflicts in family	Counselling Listening skills
6.	45minutes	Educate about the in laws problems	Discussion Observation skills
7.	45minutes	Importance of health issues and alcoholic problems	Counselling Listening skills
8.	45minutes	Educate about the marital quality /happens case work approach	Counselling Listening skills

7.4 Post Intervention

Researcher study the impact of counselling/intervention in the problems of couples in marital quality/happens before going to the intervention plan for intervention .

7.1 Analysis Of Data

Pre intervention and post intervention scores obtained the scale were compared using t-test. Following the process of data collection all the item of the scales were coded and the data analysed with respect to the pre and post interventions.

7.6 Intervention Sessions

The researcher used different approaches to intervention/counselling, in each approach reflects the integration of personal and social work values, theoretical perspective on human behaviour and concepts of change. The variability among client systems their functioning and differences in the practice settings and the unique qualities of each practice offers an arrangement of practice approaches and strategies.

7.6.1 CASE -1

The client age is 25 years old. Married, she is a graduate in B.Ed. she is a middle class family and poor economic status. She has rural back ground. The client's family size is four members. She has mother, father and elder brother. Her parent's family is giving respect to her and also take care of her family. The parent's family relationship is good and cohesiveness. Client got married six years ago she is very active by birth and active in her school and college studies .She always got good marks in examinations. After marriage she got some problem with her husband. Her husband was not taking care and quarrels every day. And also she was the unhappy and she felt stress her family life. Client and her husband were educated but there are ego problems between the couple. The problem with the husband of the client's is extra marital relationship. That is the main problem quarrels with each other.

In the researcher initially build rapport with clients and their husbands. and known about their problems through communication skill. The researcher carefully listen to her problem each point what she said her problem. Sometimes client feel that when her husband takes drink she felt unhappy to planning and more child and she felt bad her husband extra marital relationship. Her husband is working as a constable at Tirumala Tirupati Devasthanam, Chittoor District of Andhra Pradesh Police station. After collecting data the researcher carefully involved and assesses the problem through "Observation skill". The trainee gets help regarding to come out of problem with her husband. She is suspected to him the client husband is extra martial relationship he used vulgar language the cause of extra marital relationship with other women sometimes she afraid her husband behaviour when he takes extra marital relationship with harassment on her with extra marital relationship. The researcher asked to client how do you going to adjust with him and suggested the client, called her mother and living with them some time, when her mother came to home then remove half of the problem. Client mother and father brothering about their daughter's life and they feel unhappy to her marital conflicts of these type extra marital relationship. the researcher play the counselling role You should not harass your wife and try to understand her feelings and give respect her feelings this is leads to quality of life your family then any you got good status in the society so on. The researcher motivate the client and explain family importance, values , rules to other functions acceptance family in society awareness on the marriage process in family , situation.

The Researcher educated the couples about marital quality and happiness. Family is a primary unit and group of members. A family has relationships and responsibilities. you have to remember all the responsibilities and relations. The family is to be good then everybody should have love and affection each other in the family. The family members develop negative thoughts lose their capacities then quarrels will be starts in family, that is leads to inequality and unhappy in your families. So husband and wife should have mutual understanding with each other. Then only husband, wife, children, mother-in-law, father-in-law, brother-in-law and all people in the family will fine explain about the wife & husband relationship otherwise explained family importance of the society. And also explain advantage & disadvantages of the wife & husband relationship. Everybody in the family should have mutual understanding then that family will be a happy family.

7.6.2 CASE -2

The client age 35years old. Female, married she studied up to 10th class. She is coming from lower social economic background she is working shop. She has 3munbers children's and nuclear family. She has family size of the family is four members. She has mother, father and one elder bother. Her family is giving respective to her and also take care of her family. Their relationships are good and very close within the family. The client total living family members are wife, husband and two daughters and one son. He husband is working in medical shop.

Client problem history is presenting problem in the husband's chronic alcoholism. Repeatedly there been lot of conflicts within the families and the relationship with members was also stressful for the past few years 'clients' family history of orientation reveals that it is nuclear family and the total size of the family. The client husband is 40 years old. He is educated and he works in medical shop and he so very lazy person.

As regards the family dynamites eldership and cession making was in the client husband has proper communication in the family. Communication between the children there is no "we feeling" the family problem is alcoholism with the client husband. The client has financial problems with her husband. He always quarrels with the client with unnecessary cause. The trainee used counselling method, the researcher provides counselling both wife and husband to know about the cause for their quarrels and why the client's husband behaviour like that. After finished the counselling/intervention all the family members maintains the good relationship and good communication. And also researcher explained about utilized money for the family purpose and importance of the resource, family dynamics and how it will reflect on the family relations. He is not attending his duty when he takes drink. He is not shown love and affection with her. Client's husband is not giving to money even for daily needs. When they have before marriage, they have love and affection, after marriage her husband, she is took decision to doesn't live with him. When they are quarrelling between together, both are not interested to live together. Researcher observed the client's husband, crucial treatment and he always blame to her wife. The client feel very lonely and she look her confident trainee provided counselling at first to bring and to be confidence. The trainee referred the client husbands to the de-addiction centre and gets full treatment.

7.6.3 CASE-3

The client age is 25 years old. Female, she studied up to degree and complete beautician course. She is coming from lower social economic background. She is running beauty parlour on her own. She has only daughter and hails from joint family.

Client family history of it is a joint family, with her mother also living in the client's home. Total family members are five members. The client parents, sisters and her brother supported to the client. The client husband was educated and his age 29 years. He works in Madanapalli. The client personal history is harassment by her husband. He takes alcohol daily and maintained extra marital relationship. In the client husband has not proper communication in the family. There is no we feeling in the family due to the problem of alcoholism in the client husband. Trainee explained the need of good family relationships and asked the client, personal problem and tell the adjustment, compromise in same families. The husband and wife get differs and ego feelings at the position like both of you should have equal feeling and equal values. Both of them are responsible for their children studies.

The researcher provides the intervention group of family members. Explain about the family member's about family relations and responsibilities. We should not note out small quarrels in the family we have to ember all the responsibilities, and relations then only families are to be good. Everybody should have love and affection on family members. Everybody should understand this. Husbands and wife should mind believes together. Anybody did like they should be good with their family.

8. Data Analysis And Interpretation

Table –I Socio-Demographic characteristics

variable	Client-1	Client-2	Client-3
Age	25	35	25
Sex	Female	Female	Female
Education	B.ED	10th	Degree
Marital status	Married	Married	Married
Family type	Nuclear	Nuclear	Nuclear
Religion	Hindu	Hindu	Hindu
Occupation	House wife	Shop work	Bueautioan

The social demographical profile of the study shows that the clients are between the age ranges 25-35 years. As regards size of the family numbers of family members in all the clients other is 3. The 3 clients is low class while one belongs to middle class. Regarding occupation of the client’s 3 are others. All the 3 clients are married and are Hindus.

Table –II Paired Samples Test

Test variables		Mean	Stand deviation	T- value	P-value	Remarks
Case 1 husband	Before intervention	0.92	0.2768	1.6786	0.16747	Not Significant
	After Intervention	1	0			

The test result describe that the P value is **0.16747**. Hence it can be concluded that there is no statistically significant difference in scores before and after intervention. This means this is no impact of case work on promoting marital quality/ happiness of couples after counselling.

Table: III Paired Samples Test

Test variable		Mean	Stand deviation	T-value	P-value	Remark
Case-1 wife	Before intervention	0.72	0.4582	1.6788	0.1565	Not Significant
	After Intervention	0.38	0.3316			

The test result describe that the P value is **0.1565**. Hence it can be concluded that there is no statistically significant difference in scores before and after intervention. This means there is no impact of case work on promoting marital quality/happiness of couples after counselling. The reason is short period of provided intervention.

Table-IV Paired Samples

Test variable		Mean	Stand deviation	T-value	P-value	Remark
Case-2 Husband	Before Intervention	0.72	0.4582	1.6786	0.0808	Not Significant
	After Intervention	0.38	0.3316			

The test result describe that the P value is **0.0808**. Hence it can be concluded that there is no statistically significant difference in sores before and after intervention. This means there is no impact of case work on promoting marital quality/happiness of couple after counselling, because few sessions provide counselling for the respondents. If there is the counsellor conducted some more sessions, the result may be significance.

Table-V Paired Samples Test

Test variables		Mean	Stand deviation	T-value	P-Value	Remarks
Case 2 wife	Before intervention	0.48	0.5107	1.68023	0.006	Significant
	After intervention	0.8	0.380			

The test result describe that the p value is 0.006. It is significant before and after intervention. Hence it can be concluded that there is statistically difference in scores in scores before and after intervention. This means there is impact of case work on promoting marital quality and happiness of couple after counselling.

Table –VI Paired Sample Test

Test variables		Mean	Stand deviation	t-value	P-value	Remarks
Case 3 husband	Before intervention	0.56	0.50361	1.683	0.011	Significant
	After intervention	0.84	0.337832			

The test result describe that the help p value is 0.011. Hence it can be concluded that there is no statistically significant different in scores before and after intervention. This means there is no impact of case work on promoting marital happiness of couple after counselling.

Table –VII Paired Sample Test

Test variables		Mean	Stand deviation	t-value	P-value	Remarks
Case 3 wife	Before intervention	0.72	0.4583	1.6848	0.034	Significant
	After intervention	0.92	0.2768			

The test result describe that the exact significant **0.034** .Hence it can be concluded that these is statistically significant difference in scores before and after intervention which means there is impact of case work on promoting marital quality and happiness of couples among counselling .

9. Conclusions

The aim of the study was to assess the impact of counselling in the marital quality/Happiness between couples. The specific objectives were to assess to the impact experienced by the couples.

The scale of marital quality /Happiness developed by Funk, J.L. & Rogge, R.D. (2007) testing the rule with item response theory: Increasing precision of measurement for relationship satisfaction with the couple's satisfaction Index.

The analysis of data was done using descriptive statics and t-test to arrive at the differences in the scores after the intervention.

The main findings of the study are socio demographic profile of the clients in the study showed that the couples are were in the age range of 25-35 years and all are Hindus. As regards occupation all three members are not employed and belonged to joint families.

There was decrease in the perceived marital quality /Happiness in one of the couples after the counselling sessions. The values obtained on the t-test also revealed a significant difference in the score obtained before and after the counselling sessions.

- The size of the samples is small and results cannot be generalized
- Since the study is time bound, consistency in intervention could not be measured.

The case one, test result describe that the P value is **0.1565**. Hence it can be concluded that there is no statistically significant difference in scores before and after intervention. This means there is no impact of case work on promoting marital quality/happiness of couples after counselling.

The case two, test result describe that the P value is **0.0808**. Hence it can be concluded that there is no statistically significant difference in sores before and after intervention. This means there is no impact of case work on promoting marital quality/happiness of couple after counselling, because few sessions provide counselling for the respondents. If there is the counsellor conducted some more sessions, the result may be significance.

The case three, test result describe that the exact significant **0.034** .Hence it can be concluded that these is statistically significant difference in scores before and after intervention which means there is impact of case work on promoting marital quality and happiness of couples among counselling.

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