

Marital Adjustment and Interpersonal Needs of Married Individuals

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ABSTRACT

The present study was conducted to explore the dyadic adjustment and interpersonal needs of married individuals. For this purpose the responses were obtained on Revised- Dyadic Adjustment Scale and Fundamental Interpersonal Relations Orientation-Behavior Scale by 351 married individuals who were selected using snowball sampling technique. The obtained responses were scored and analyzed using ANOVA, Pearson Correlation and Multiple Regression Analysis (hierarchical stepwise). The findings of the study were that situational factors like qualifications, number of children and structure of family had statistical significant effect on dyadic adjustment. For interpersonal needs along with all these factors number of dependent family members also had significant effect. Apart from situational factors, the results also indicate that there was significant negative relationship between interpersonal needs and dyadic adjustment of married individuals. Moreover, significant impact of interpersonal need on their dyadic adjustment was also found.

Keywords: Dyadic adjustment; Interpersonal needs; Marriage; Indian married individuals

1. INTRODUCTION

Marriage is one of the most sacred relations in India. With modernisation the expectations and actual status of marriage and married life is changing at a fast pace. Amidst the latest trends of late marriage, working wife, nuclear family, maintenance of social status, and increase in divorce rates etc. the true essence within married life is losing its spirit. Unlike previous generation, relationships are not being dealt in the ways similar to the ways it was dealt earlier. There could be numerous reasons behind this change.

Marriage not only binds two individuals but is a union between two families. Humans are social beings and thus have a dominant need for social interaction. Apart from social interaction, another important need is need for belongingness. Need for social interaction indicates individual's interaction with others in society. "Interpersonal Needs are satisfied only through the attainment of a satisfactory relation with others¹." The definition explains the importance of satisfaction attained by individuals after pleasant relation with others. When the focus is on identifying significant relationships in the life of an individual, there are certain relations such as marital relation, parent-child relation, sibling relation, friendship relation, professional relations etc that have a vital role. In comparison to all other relations, marital relation is one of the closest and relatively long lasting relationships. In marital relationship the need for belongingness is either fulfilled or not, depending upon the status of marital relation. If husband and wife are able to compliment the needs and requirements

of each other, then it could be concluded that they might have a healthy relationship. But if in contrast, husband and wife are not able to compliment the needs of each other, it might lead to discords and ultimately result in unhealthy relationship. Marriage begins with the union of two individuals, families, societies but it lasts on the basis of the adjustments within the marriage. Therefore, exploring dyadic adjustments and interpersonal needs of married individuals was the major purpose for this study.

2. REVIEW OF LITERATURE

Marital adjustment and interpersonal needs have been considered important aspects in marital relationships. The review suggests similar findings which are summarised in the following section.

2.1 Marital Adjustment

Marital adjustment has been the major area under discussion that attracts attention of researchers in the area of relationship counseling. The importance given to studies about this subject is related with the possibility of marital problems, maladjustment and its impact on well-being of married individuals, the relation of marital happiness and life satisfaction². While marital adjustment provides continuity of the marriage, marital maladjustment and discord might lead to numerous other problems³⁻⁴. The primary reason reported by married individuals experiencing discord was interpersonal problems, marital adjustment was poor among majority of them⁵. In another study it was found that couples with love marriage had better marital adjustment than couples with

arranged marriage. Along with this passionate love, marital love, trust and marital adjustment were found to be positively correlated⁶. Problems experienced in marriage not only cause health problems but also causes difficulty in child rearing, development of problematic attachment between children and parents, conflicts between siblings and divorce. Studies show that adjustment is also affected by interpersonal communication, empathy and problem solving abilities².

The above literature explains the relevance of situational factors which significantly influence the dyadic or marital adjustment. Apart from dyadic adjustment, another important aspect responsible for close interpersonal relations is awareness of interpersonal needs and satisfaction of those needs in daily functioning.

2.2 Interpersonal Needs

Interpersonal needs are “satisfied only through the attainment of a satisfactory relation with others¹.” The theory explains fulfilment of the interpersonal needs (i.e., the needs for inclusion, control, and affection) which serve as motivation for behaviour in daily functioning. In other words, FIRO-B assesses the interpersonal interaction and compatibility. The FIRO-B scale examines behaviours derived from interpersonal needs in an attempt to increase interpersonal effectiveness and ultimately improve relationships with others⁷. It provides a measure of the degree to which each of the three interpersonal needs are either expressed or wanted⁸. Expressed needs refer to the initiation of a behaviour associated with an interpersonal need⁷, i.e., behaviours demonstrated toward others¹. Conversely, wanted needs refer to the extent to which an individual wants those behaviours associated with their interpersonal needs shown toward them⁷, i.e., behaviours exhibited toward an individual regarding the areas of interpersonal interaction¹. Thus, the FIRO-B instrument attempts to provide not only a measure of interpersonal needs, but also is useful to predict future interactions with others based upon level of expressed or wanted needs⁹.

Exhaustive literature is available which validates the utility of the theory as well as of the instrument of FIRO-B in the areas related to organisational behaviour, team work, selection of employees, relationship between the senior and junior employees etc. This scale asserts to study the interpersonal needs of individuals and how fulfilment of the different types of interpersonal needs can lead to success or failures in relationship. With the successful implementation of predictions asserted by the measure of interpersonal needs, it attracts the researcher to assess its utility with married individuals also. Interpersonal needs or sociability index concludes about the social involvement or non-involvement of individuals. How the extent of social interaction influences marital relationship. What are the consequences of satisfactory or dissatisfactory fulfilment of the interpersonal needs of married individuals?

These were some of the questions that were unanswered in the literature. That is what served as the rationale for exploring these needs among married individuals and its role in marital adjustment. On the basis of literature, following objectives and hypotheses were formulated.

Objectives

- i. To investigate the effect of demographic variables on the dyadic adjustment and interpersonal behaviour of married individuals.
- ii. To examine the role of interpersonal needs on the dyadic adjustment of married individuals.

Hypotheses

- 1a. There will be effect of demographic variables (Qualification; Number of children; Number of dependent family members; Structure of family) on dyadic adjustment of married individuals.
- 1b. There will be effect of demographic variables (Qualification; Number of children; Number of dependent family members; Structure of family) on interpersonal needs of married individuals.
- 2a. There will be relation between interpersonal needs and dyadic adjustment of married individuals.
- 2b. Interpersonal needs of married individuals will have impact on their dyadic adjustment.

3. MATERIAL AND METHODS

3.1 Research Design

The present study was an exploratory study. The subgroups of married individuals were classified on the basis of demographic variables and compared on variables of dyadic adjustment and interpersonal needs.

3.2 Sample Details

The sample of 351 married individuals (social unit) was selected from New Delhi (geographical unit). The rationale behind selecting the social unit was related to the purpose of the study whereas that behind selecting the geographical unit was that people of the various religion and culture from different parts of the country reside in Delhi. Non-probability Sampling technique was used for sample selection. Among various types of Non-probability sampling, Snowball sampling was selected. In this non-probability sampling technique, the primary data sources nominated another potential primary data sources. The rationale behind selecting this type of sampling was also based on the reason that the characteristics required among the samples mentioned below were hard to locate randomly.

- (a) Inclusion Criteria: Married individuals (heterosexuals only), with minimum 1 year of marriage and maximum 15 years, who were able to read and comprehend Hindi language, were included in the sample.
- (b) Exclusion criteria: Married individuals (separated, divorced, widowed, homosexuals), suffering from severe clinical or health related issues as well as those not fulfilling the above mentioned inclusive criterion were excluded from the sample.

After selection of the sample, on the basis of the existing literature the sample was further distributed into sub-groups namely, gender; level of qualification; number of children; number of dependent family members, and structure of family.

3.3 Tools

For the assessment of dyadic adjustment and interpersonal needs of married individuals, Revised Dyadic Adjustment Scale (R-DAS) and Fundamental Interpersonal Relations Orientation Behaviour (FIRO-B) were used respectively. The details of both the tools have been described below:

3.3.1 Revised Dyadic Adjustment Scale (R-DAS)

The dyadic adjustment scale (DAS) scale was revised for distressed and non-distressed couples by Busby, Christensen, Crane, & Larson in 1995. The Revised Dyadic Adjustment Scale (R-DAS) consisted of 14 items in which minimum score were zero and maximum was 69. The higher scores indicated higher satisfaction in relationship whereas lower scores indicated higher distress in relationship. The interpretation of scores was that score between 48 and 69 was indicative of non-distress whereas score between 0 and 47 indicated marital distress. The scale included three categories of consensus (item 1-6), satisfaction in relationship (item 7-10) and cohesion (item 11-14). The Cronbach's alpha reliability of R-DAS was found to be .90. In addition, the discriminant validity was also found to discriminate between 81% of distressed and non-distressed cases successfully¹⁰. This questionnaire was translated to Hindi using backward-forward translation method to assess the liability of the instrument and standardisation norms were established before using.

3.3.2 Fundamental Interpersonal Relations Orientation Behaviour

Schutz¹ developed Fundamental Interpersonal Relations Orientation Behaviour (FIRO-B) scale. It consisted 54 items which assessed the expressed as well as wanted behaviour toward others on three dimensions of inclusion, control and affection of interpersonal orientation. By combining the three dimensions of inclusion, control and affection with the expressed and wanted behaviour, the scale also included six interpersonal dimensions. Those six dimensions were Expressed Inclusion (EI), Wanted Inclusion (WI), Expressed Control (EC), Wanted Control (WC), Expressed Affection (EA) and Wanted Affection (WA) respectively. The scores ranged from zero to nine for each of the six dimensions. Apart from dimension wise scores, overall needs score was also provided. For each measure, the final scores were obtained in terms of numerical and categorical scores (Low, medium and high). The psychometric properties of the scale mentioned that the internal consistency reliability coefficients ranged between .85 and .96 which were considered satisfactory. Similarly, the test-retest reliability coefficients on 03 dissimilar samples were found between .71 and .85. Thus, the reliability of the scale was found to be good⁷. For the assessment of validity of the scale numerous studies have compared FIRO-B scale with other scales and were found to be valid⁷. This questionnaire was also translated to Hindi using backward-forward method and standardisation norms were established before using.

3.4 Procedure

The participants were well informed about the rationale of the study and their consent was also taken. After seeking their consent, the data from the participants was collected using quantitative measures. The study was carried out in two phases. Before proceeding with the main data collection, pilot study was conducted with 50 married individuals. The ethical considerations were strictly followed. After the successful completion of the pilot study and its analysis, data for the main study was collected. The obtained responses were scored and analysed.

3.5 Analysis

For the analysis, descriptive analyses including means, SDs, ANOVA were performed to assess the nature of sample and the main effect of levels of qualification, number of children, number of dependent family members, and structure of family on dyadic adjustment, domains of dyadic adjustment, interpersonal needs, and domains of interpersonal needs. Whereas for inferential analyses Pearson's coefficient of correlation and multiple regression analysis (hierarchical stepwise) were used. Pearson's coefficient of correlation was computed to find out the nature of relationship among consensus, satisfaction, cohesion, total dyadic adjustment, expressed needs; wanted needs and total interpersonal needs. Further, to test the role of interpersonal needs in predicting dyadic adjustment of married individuals multiple regression analysis was performed. Existing literature have not revealed findings with respect to the effects of these exploratory variables, therefore it was justified to use a stepwise method for this model to carry out an exploratory work. Demographic variables were treated as control variables.

On the basis of the analysis of the responses the results are mentioned in the section below.

4. RESULTS

4.1 Sample Distribution

The sample of 351 (N) married individuals (female: 170, males: 181) varied in demographic characteristics. In terms of levels of qualification, participants were categorised in six groups i.e. 0 (Less than High school); 1 (High School Level); 2 (Intermediate Level); 3 (Graduate Level); 4 (Post Graduate Level); 5 (PhD Level) in which there were 12, 16, 27, 132, 137, 27 participants respectively in each group (Fig. 1).

Similarly, another demographic variable was of Number of Children. In this, participants were categorised in three groups i.e. 1 (No Child); 2 (1-2 Children); 3 (3 or more than 3 children). The numbers of participants in each group were 66, 251 and 34 respectively (Fig. 2).

In the same way, another important variable included was Number of Dependent Family Members. In this participants were again categorised in three groups i.e. 1 (None or one member); 2 (2-4 Members); 3 (5 or more Members). The numbers of participant in each group were 60, 226 and 65 respectively (Fig. 3).

Lastly, Structure of Family was included as variable and it was categorised in two groups i.e. 1 (Nuclear Family) and 2 (Joint Family). The numbers of participant in each group were 189 and 162 respectively (Fig. 4)

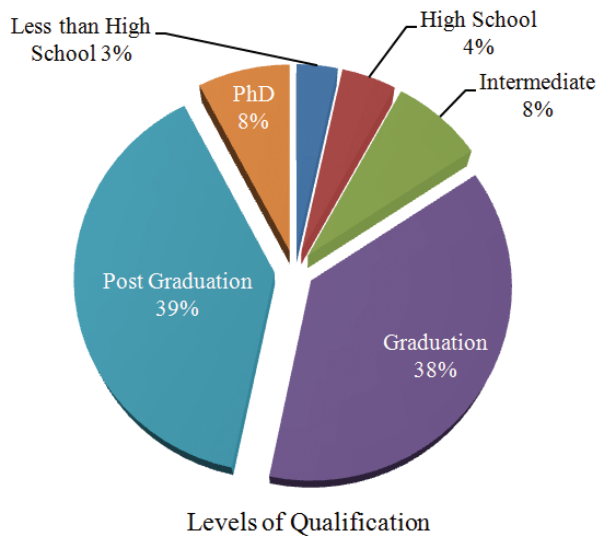


Figure 1. Represents the distribution of sample on the basis of their levels of qualifications.

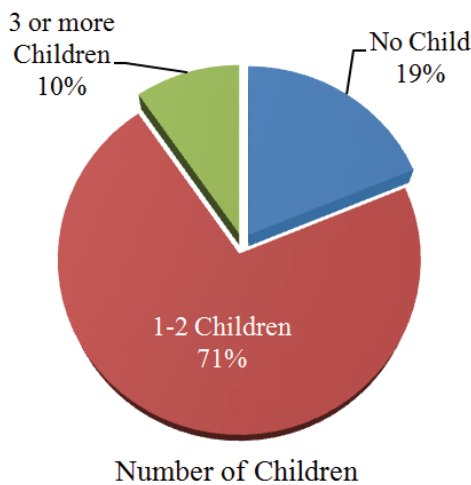


Figure 2. Represents the distribution of sample on the basis of the Number of Children.

Table 1 shows the distribution of scores obtained on the scales of Dyadic Adjustment and Interpersonal Needs by the Married Individuals. The results of descriptive analysis in which for the entire sample of 351 (N) married individuals, the mean score for Consensus domain of Revised Dyadic Adjustment Scale (R-DAS) was 20.54 and *SD* was 5.47, the mean score for Satisfaction domain was 13.52 and *SD* was 4.55, the mean score for Cohesion domain was 10.65 and *SD* was 3.78. The mean score for Total of Revised Dyadic Adjustment Scale (R-DAS) was 44.71 and *SD* was 10.74. Similarly, the mean score for Total Expressed Behaviour domain of Fundamental Interpersonal Relations Orientation-Behaviour (FIRO-B) was 16.77 and *SD* was 6.42, the mean score for Total Wanted Behaviour domain was 14.28 and *SD* was 6.85. The mean score for Total of Fundamental Interpersonal Relations Orientation-Behaviour (FIRO-B) was 31.05 and *SD* was 12.85.

Similarly, the descriptive statistics (*M*, *SDs*) associated with Consensus, Satisfaction, Cohesion domain of Dyadic Adjustment, Total Expressed Behaviour and Total Wanted

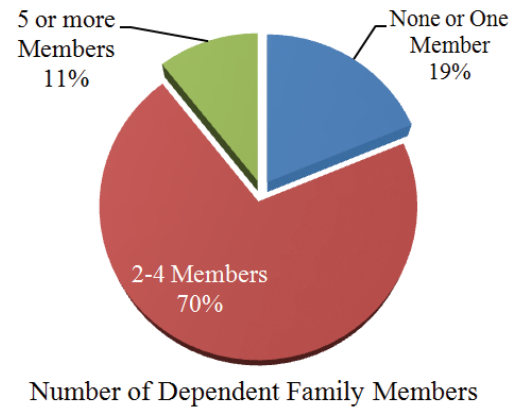


Figure 3. Represents the distribution of sample on the basis of the number of dependent family members.

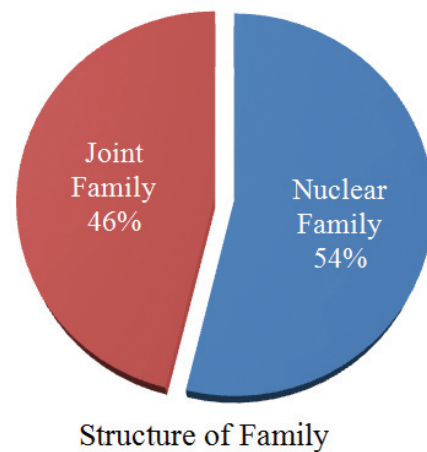


Figure 4. Represents the distribution of sample on the basis of the structure of family.

Behaviour of Interpersonal Needs across the five levels of qualification, three levels of number of children, three levels of number of dependent family members and two levels of structure of family groups are reported in Table 1.

Table 2 shows that the difference between the different levels of qualification of married individuals was statistically significant for Dyadic Adjustment, Domains of Dyadic Adjustment, Interpersonal Behaviour as well as Domains of Interpersonal Needs. It can be observed that Total Dyadic Adjustment, Consensus, Satisfaction, Cohesion domain of Dyadic Adjustment, along with Interpersonal Needs as well as Total Expressed Score and Total Wanted score of Interpersonal Needs of married individuals tended to increase as a function of their qualifications.

Similarly, Table 2 shows that the difference between the different groups of Number of Children of married individuals was statistically significant for Dyadic Adjustment, Domains of Dyadic Adjustment, Interpersonal Needs as well as Domains of Interpersonal Needs. It can be observed that Total Dyadic Adjustment, Consensus, Satisfaction, Cohesion domain of Dyadic Adjustment, along with Interpersonal Needs as well as Total Expressed Score and Total Wanted score of Interpersonal Needs of married individuals tended to increase as a function of their number of children.

Table 1. Means and SDs of score on dyadic adjustment and interpersonal needs by qualification, number of children, number of dependent family members and structure of family of married individuals (N=351)

Variables		Consen	Satisfaction	Cohesion	Total dyadic adjust.	Total expressed score	Total wanted score	Total interpers. needs
(N=351)	Total	20.54 (5.47)	13.52 (4.55)	10.65 (3.78)	44.71 (10.740)	16.77 (6.42)	14.28 (6.85)	31.05 (12.85)
Qual	<10 th	19.00 (5.46)	13.00 (4.26)	9.67 (2.67)	41.67 (8.52)	22.17 (2.36)	19.92 (2.23)	42.08 (4.37)
	10 th	17.50 (4.92)	13.13 (3.61)	9.31 (3.07)	39.94 (8.92)	22.06 (3.73)	19.13 (5.36)	41.19 (8.98)
	12 th	17.89 (4.78)	12.41 (3.81)	9.04 (2.65)	39.33 (6.53)	20.22 (5.01)	17.70 (6.16)	37.93 (10.89)
	Grad	18.89 (5.40)	12.18 (4.82)	9.77 (2.98)	40.83 (9.78)	17.86 (6.38)	15.99 (6.38)	33.85 (12.43)
	PG	22.46 (5.00)	14.71 (4.25)	11.78 (4.26)	48.95 (10.65)	14.61 (6.14)	11.88 (6.49)	26.49 (12.07)
	PhD	24.04 (3.98)	15.56 (3.95)	12.11 (4.50)	51.70 (9.314)	13.41 (5.68)	9.33 (6.15)	22.74 (10.93)
	No. of children	No Child	21.77 (5.03)	14.76 (4.37)	11.38 (3.59)	47.91 (10.48)	15.47 (6.75)	13.08 (6.84)
1-2		20.52 (5.68)	13.49 (4.52)	10.78 (3.88)	44.80 (10.99)	16.49 (6.36)	13.81 (6.88)	28.55 (13.29)
3 or more		18.29 (3.92)	11.26 (4.37)	8.26 (2.24)	37.82 (4.64)	21.32 (3.99)	20.15 (2.69)	30.30 (12.78)
No. of dependent family members	None or one	21.65 (5.38)	14.03 (4.96)	11.37 (3.71)	47.05 (11.09)	13.68 (6.78)	11.60 (7.17)	25.28 (13.50)
	2-4	20.15 (5.46)	13.23 (4.51)	10.38 (3.71)	43.75 (10.26)	17.83 (6.07)	15.21 (6.60)	33.04 (12.23)
	5 or more	20.88 (5.54)	14.05 (4.30)	10.95 (4.04)	45.88 (11.70)	15.92 (6.35)	13.55 (6.77)	29.48 (12.69)
Structure of family	Joint Family	19.25 (5.33)	12.68 (4.55)	9.88 (3.51)	41.81 (9.63)	18.22 (6.20)	15.73 (6.71)	33.95 (12.51)
	Nuclear Family	22.05 (5.27)	14.49 (4.37)	11.55 (3.90)	48.09 (10.99)	15.07 (6.28)	12.60 (6.64)	27.67 (12.44)

Table 2. F-values on dyadic adjustment and interpersonal needs by qualification, number of children, number of dependent family members and structure of family of married individuals (N=351)

Variables		Qualification	No. of children	No. of dependent family members	Structure of family
Domains of dyadic adjustment	Consensus	12.056**	4.624**	1.936	24.320**
	Satisfaction	5.993**	6.822**	1.287	14.393**
	Cohesion	6.746**	8.479**	1.886	17.697**
Total dyadic adjustment		14.528**	10.462**	2.733	32.542**
Domains of interpersonal needs	Total expressed score	12.528**	10.680**	11.152**	22.112**
	Total wanted score	14.822**	15.208**	7.273**	19.148**
Total interpersonal needs score		14.657**	13.797**	9.680**	22.037**

Likewise, Table 2 also shows that the difference between the different groups of Number of Dependent Family Members of married individuals was statistically not significant for Dyadic Adjustment, Domains of Dyadic Adjustment. It can be observed that Total Dyadic Adjustment, Consensus, Satisfaction, Cohesion domain of Dyadic Adjustment of married individuals tended not to effect as a function of their number of dependent family members.

But the difference between the different groups of Number of Dependent Family Members of married individuals was statistically significant for Interpersonal Needs as well as Domains of Interpersonal Needs. It can be observed that Interpersonal Needs as well as Total Expressed Score and Total Wanted score of Interpersonal Needs of married individuals tended to increase as a function of their number of dependent family members.

Lastly, Table 2 shows that the difference between the different groups of Structure of Family of married individuals was statistically significant for Dyadic Adjustment, Domains of Dyadic Adjustment, Interpersonal Needs as well as Domains of Interpersonal Needs. It can be observed that Total Dyadic Adjustment, Consensus, Satisfaction, Cohesion domain of Dyadic Adjustment, along with Interpersonal Needs as well as Total Expressed Score and Total Wanted score of Interpersonal Needs of married individuals tended to increase as a function of their structure of family.

Table 3 shows a Pearson Correlation which examined the relationship between dyadic adjustment and Interpersonal Needs of married individuals (N = 351). The mean for R-DAS was 44.71 (SD = 10.74) and the mean for FIRO-B was 31.05 (SD = 12.85). The relationship was negative, moderate in strength and statistically significant ($r(349) = -.498, p = .00$). Moderate negative correlation means that married individuals with lower dyadic adjustment reported higher sociability index (interpersonal needs) or vice-versa.

Results presented in Table 4 revealed that after controlling demographic variables interpersonal needs emerged significant predictor of dyadic adjustment and predicted approximately 13 per cent of total variance in scores. Negative beta value indicated ($\beta = - 0.401$) reduced dyadic adjustment among Married Individuals. Significant *F change* ($F_1, 345, 29.03, p < .01$) for the predictors indicated that changes in R square were significant and it also indicated that predictor added significantly to the regression equation after controlling demographic variables.

5. DISCUSSION

Married individuals in previous generations had different kind of problems and those of present generation are dealing with different sort of problems. How the changes in different kind of problems have led to changes in dealing with the problems is the new cause of concern. The present study focuses on exploring the role of situational factors in the life of married individuals. Along with this, how interpersonal needs influence marital relations was another cause of concern. At present people are leading what kind of married life and what are the factors which play a vital role in attaining satisfactory married life was the research problem of this study.

The first objective of the study was to explore the effect of demographic variables on dyadic adjustment and interpersonal needs of married individuals. For this, two hypotheses were formulated.

The first hypothesis stated that there will be effect of demographic variables (qualification; number of children; number of dependent family members; structure of family) on dyadic adjustment of married individuals. The results revealed that there was significant difference in the mean scores obtained on the measure of dyadic adjustment by the married individuals who had lower levels of qualification like high school or intermediate in comparison to those who had

Table 3. Pearson correlation analysis among consensus, satisfaction, cohesion, total dyadic adjustment, expressed behavior, wanted behaviour and total interpersonal needs of married individuals (N = 351)

Variables	Consensus	Satisfaction	Cohesion	Total dyadic adjustment	Expressed behaviour	Wanted behaviour	Total interpersonal needs
Consensus	1	.327**	.428**	.800**	-.491**	-.539**	-.533**
Satisfaction	-	1	.468**	.756**	-.222**	-.257**	-.248**
Cohesion	-	-	1	.770**	-.309**	-.352**	-.342**
Total dyadic adjustment	-	-	-	1	-.454**	-.508**	-.498**
Expressed behaviour	-	-	-	-	1	.873**	.965**
Wanted behaviour	-	-	-	-	-	1	.970**
Total interpersonal needs	-	-	-	-	-	-	1

**p<.01; *p<.05

Table 4. Multiple regression analysis (Hierarchical stepwise) predicting dyadic adjustment from interpersonal needs of married individuals (N = 351)

Model	Predictor variable	R	R ²	R ² adj.	R ² Change	F	F Change	Beta (β)
1.	Control variable (Demographics)	.409	.167	.157	.167	17.344**	17.344**	-
2.	Interpersonal needs	.544	.296	.286	.129	29.025**	63.266**	-.401**

*p < .05, **p < .01 (two tailed)

higher level of qualifications like post graduation or Ph.D, This means that married individuals who had higher level of qualifications experienced marital satisfaction and were non-distressed, whereas those with lower levels of qualification experienced marital distress. Apart from this, a remarkable observation was that, mean scores on dyadic adjustment of participants who had not even passed high school were found to be higher in comparison to those who had passed high school, intermediate and graduation but lower than the participants who had qualification of post graduation and doctorate. This finding indicates that married individuals with very low level of qualifications had relatively lesser marital distress in comparison to those who had average levels of qualification but also not better than those who had higher levels of qualifications. Similar findings could be concluded for the domains of dyadic adjustment. Probable reason behind such finding could be that individuals with higher qualifications are more educated, are able to handle distress in relationship effectively and their expectations from relationship are met, so they experience lower distress. Whereas individuals with very low level of qualification might have limited expectations and might prefer complimenting instead of complaining to their partners, which could result in lower levels of distress. But individuals with the qualifications of high school, intermediate or graduation, might have planned for better educational opportunities, which they were not able to get due to situational or family preferences. Such reasons for failure in successful completion of education might affect their self-confidence as well as their say in relationship, which could aggravate their distress and thus finally lead to higher levels of distress in relationship. The literature supports the findings of the present study¹¹⁻¹³.

Similarly, the effect of number of children on marital adjustment was assessed and the results revealed that there was significant difference in the mean scores obtained on the measure of dyadic adjustment by the married individuals who either had no child in comparison to those who had either one or two children as well as those who had three or more than three children. It was found that married individuals who had no child experienced higher satisfaction and were non-distressed in relationship. Whereas, the married individuals who had either one or two children experienced marital distress, but those who had three or more than three children experienced higher level of marital distress. Similar findings could be concluded for the consensus, satisfaction and cohesion domains of dyadic adjustment also. The probable reason behind this finding could be that majority of the married individuals who had no child would have been recently married and would be enjoying the new phase of life. Because after becoming parents, the life of married individuals doesn't remain the same. With the new member in the family, comes along many more responsibilities, there are situations when they need to leave their comfort zones, experience physical, psychological, financial, professional strains which ultimately lead to distress. Therefore, married individuals with children experienced higher distress in relationship in comparison to those who did not had any child. And with the more number of children, there are chances that parents would experience more amount of distress in their

relationship. The reasons behind increase in distress could not be limited to certain reasons. The literature provides supports to obtained findings^{5, 14-17}.

Likewise, the effect of number of dependent family members on marital adjustment was assessed and the results revealed that there was no statistically significant difference in the mean scores obtained on the measure of dyadic adjustment by the married individuals who either had no or at least one dependent family member, two to four dependent family member as well as those who had five or more than five dependent family member. This indicates that the number of dependent family members do not have any significant effect on the dyadic adjustment of married individuals. Similar findings could be concluded for the consensus, satisfaction and cohesion domains of dyadic adjustment also. The probable reason could be that presence of dependent family members, might have not led to specific distress in their life. Limited studies with consistent findings were reported in support or contrast with the obtained results¹⁸.

In the same way, the effect of structure of family on marital adjustment was assessed and the results revealed that there was significant difference in the mean scores obtained on the measure of dyadic adjustment by the married individuals who had nuclear family in comparison to those who had joint family. It was found that married individuals who had joint family experienced higher satisfaction and were non-distressed in relationship. The married individuals who had nuclear family experienced higher level of marital distress. Similar findings could be concluded for the consensus, satisfaction and cohesion domains of dyadic adjustment also. The probable reason behind this finding could be that although living in joint family adds more responsibilities towards family and relationships, while living in nuclear family there are limited responsibilities. But in joint family, with the additional responsibilities and accountability, there is also a kind of family support system which could facilitate in handling and managing difficult situations in life. Such as, these days when both husband and wife are working, then taking care of young children is one of the biggest concerns. The care provided to the kid by grandfather-mother or elders in the family could not be compared to the facilities provided by crèches and housemaid. On the other hand, when married individuals live in nuclear family, with lesser responsibilities, there is also lack of such support from family members, and thus during difficult phases of life, they find themselves all alone and thus are unable to handle all the issues efficiently. Apart from this, when residing with in-laws, lot many minor fights and issues end up easily, whereas in absence of elders even minute problems get aggravated and leads to discord. This is why, married individuals living in nuclear family experience higher distress in relationship than those in joint family. The literature supports the obtained findings^{11,19}.

The above findings could be summarised and it can be concluded that there was statistically significant effect of demographic variables (qualification; number of children; structure of family) on dyadic adjustment of married individuals. Since there was no statistical significant effect of number of dependent family members on the dyadic adjustment

of married individuals, therefore, it can be concluded that the hypothesis was partially accepted.

Then, the second hypothesis stated that there will be effect of demographic variables (qualification; number of children; number of dependent family members; structure of family) on interpersonal needs of married individuals.

The results revealed that there was significant difference in the mean scores obtained on the measure of interpersonal needs by the married individuals who had lower levels of qualification like high school or intermediate level in comparison to those who had higher level of qualifications like post graduate or PhD level. The results show that the mean scores of married individuals who had higher level of qualifications (post graduate and PhD) were within the score range of medium low category. This means that, the interaction of the married individuals (with higher levels of qualifications) with others in all the areas of inclusion, control and affection might appeal to them on a selective basis. They would likely to be choosy about how, when and where they associate with others and to be cautious about how they use or share authority. Some close relationships would probably be important to them, but there are likely to be times when they would prefer to concentrate on the more impersonal demands of the task instead of the more personal ones. Then, the married individuals whose level of qualifications were either of intermediate or graduation level, their mean scores were found to be within the score range of medium high category. This means that, they generally find that interacting with other people in all areas of inclusion, control and affection was a source of satisfaction and that their interpersonal relationships help them attain the goals they want to reach. They might consult others without actually handing over authority to them. They would likely enjoy a fair amount of teamwork and to value forming warm one-to-one relationships. They probably find for some time alone. And lastly, the married individuals who were either only high school passed or those who were not even high school passed, their mean scores were found to be within the score range of high category. This means that, they probably enjoy engaging frequently with others in all areas of inclusion, control and affection. They would very likely actively seek out, work on and enjoy their interpersonal relationships. They tend to value very warm and friendly one-to-one relationships. They may prefer to share decision-making and generally like involving others in what they do. Being without other people's company may make them feel uncomfortable. Similar conclusions could be drawn for the expressed behaviour and wanted behaviour also. The findings reveal that the individuals who had higher qualifications had low interpersonal needs and preferred to remain close to only few people. The individuals with low level of qualifications had higher interpersonal needs, enjoyed being with others and also avoided being alone. The probable reason could be that with higher levels of qualification individuals become more selective and thus restrain their social interaction. Those with lower level of qualification do not restrain themselves and thus are open to others for new experiences. Relevant literature was not obtained in accordance with the present study.

Similarly, the effect of number of children on interpersonal needs was assessed and the results revealed that there was

significant difference in the mean scores obtained on the measure of interpersonal needs by the married individuals who either had no child in comparison to those who had either one or two children as well as those who had three or more than three children. The results show that the mean scores of married individuals who had no child were within the score range of low category. This means that, the interaction with others in all areas of inclusion, control and affection was not likely to be a strongly felt need. They might prefer to concentrate on more impersonal and objective concerns than on relationships with people. Their personal style might be rather cool, and they might have a strong preference for their own company, for making decisions independently, and for being close to only a few people they have known for a long time. Whereas, the mean scores of the married individuals who had either one or two children as well as those who had three or more than three children were within the score range of medium high category. Similar conclusions could be drawn for the expressed behaviour and wanted behaviour also. The probable reason for this finding could be that married individuals with no child would be recently married and instead of spending time with others, they might prefer spending time in their own company, whereas married individuals with children socialize more either because of the children or to simply spend time with others and get relaxed from their distress.

Similarly, the effect of number of dependent family members on interpersonal needs was assessed and the results revealed that there was significant difference in the mean scores obtained on the measure of interpersonal needs by the married individuals who either had no or at least one dependent family member, two to four dependent family members as well as those who had five or more than five dependent family members. The results show that the mean scores of married individuals who had no or at least one dependent family member were within the score range of medium low category. Then, the married individuals who had two to four dependent family member as well as those who had five or more than five dependent family member, their mean scores were found to be within the score range of medium high category. Similar conclusions could be drawn for the expressed behaviour and wanted behaviour also. The probable reason for the findings might be that married individuals with no or at least one dependent family member might have certain responsibilities that demanded more time and thus socialising with others would not have been their essential need. Whereas, the individuals with more number of dependent family members have a habit of spending time and sharing space with others, so would have adapted and thus enjoyed social interactions more. Literature provides evidence in support of the present findings²⁰.

Likewise, the effect structure of family on interpersonal needs was assessed and the results revealed that there was significant difference in the mean scores obtained on the measure of interpersonal needs by the married individuals who either had nuclear family in comparison to those who had joint family. The results show that though the mean scores of married individuals who had either nuclear family or joint family, both were within the score range of medium

high category, still the significance in the differences could be due to variation in the scores. Similar conclusions could be drawn for the expressed behaviour and wanted behaviour also. Married individuals living in nuclear family or joint family, both preferred social interaction, enjoyed company of others. The probable reason for this finding might be that on an average people prefer indulging in social interactions regardless of their structure of family. In other words, structure of family alone might not influence the extent of social interactions but there might be some personality factors, situational factors, personal preferences etc. which might also lead to such consequences. For instance, the individual having extrovert preferences, living in nuclear family, would prefer involving in social gatherings, whereas an individual with introvert preferences, living in joint family, might not prefer social gatherings. Thus, living in either joint or nuclear family cannot completely influence the extent of social interactions. The obtained significant differences account for statistical differences only and do not differentiate on the basis of interpretation of scores.

The above findings could be summarised and it can be concluded that there was statistically significant effect of demographic variables (qualification; number of children; number of dependent family members; structure of family) on interpersonal needs of married individuals. Therefore, the hypothesis was accepted.

The second objective of the study was to examine the role of interpersonal needs of married individuals on their dyadic adjustment. For this, two hypotheses were formulated.

The first hypothesis stated that there will be relation between dyadic adjustment and interpersonal needs of married individuals. The relationship was negative, moderate in strength. Moderate negative correlation means that married individuals with higher interpersonal needs (sociability index) reported lower dyadic adjustment or the married individuals with lower interpersonal needs experienced higher dyadic adjustment. The results also conclude that married individuals who preferred lesser social interactions, enjoyed spending time with few close people had marital satisfaction and were less distressed. But the individuals who reported higher preferences for social interaction, enjoyed spending time with others experienced higher level of marital distress. The probable reason behind this finding could be that when individuals enjoy spending time with closed and loved ones, experience marital satisfaction, then they hardly prefer social interactions. But those who experience distress in relationship prefer social interactions more in order to relax themselves and remain stress free. The literature supports²⁰⁻²⁶. Therefore, it could be concluded that there was significant moderate negative correlation between dyadic adjustment and interpersonal needs of married individuals. Thus, the hypothesis was accepted.

The second hypothesis stated that interpersonal needs of married individuals will have impact on their dyadic adjustment. For this hypothesis, hierarchical stepwise multiple regression was performed and the ability of interpersonal needs to predict dyadic adjustment was analysed. In the results it was found that the demographic variables accounted approximately 17 per cent of variance in the scores of dyadic adjustment. After controlling demographic variables, interpersonal needs

accounted approximately 13 per cent of variance which was significant at 0.01 level. Beta value of the predictor was found to be in negative direction ($\beta = -0.40, p < .01$) (lower Dyadic Adjustment) of married individuals. Therefore, it could be concluded that there was significant impact of interpersonal needs of married individuals on their dyadic adjustment. Literature also quotes similar conclusions²⁰. Thus, the hypothesis was accepted.

6. CONCLUSION

The summary of all the results indicate that situational factors like qualifications, number of children and structure of family had statistical significant effect on dyadic adjustment. For interpersonal needs along with all the above mentioned factors, number of dependent family members also had significant effect. Apart from situational factors, the results also indicate that there was significant negative relationship between interpersonal needs and dyadic adjustment of married individuals. Moreover, significant the impact of interpersonal need on their dyadic adjustment was also found.

6.1 Limitations and Suggestions

Every study requires limiting itself within specific constraints; similarly the present study also had some limitations. They were:

- (i) Only married individuals were included in the study.
- (ii) Effect of only limited demographic variables was assessed.
- (iii) Only quantitative method of data collection was used.

By elimination of the above mentioned limitations, future studies could be planned with larger sample size, including married couples, with both quantitative and qualitative methods and intervention can also be planned to gain more reliable, valid results and provide more generalised findings.

6.2 Implications

The present study will be initially beneficial in two ways-

- (i) Theoretical implication: It would add valuable information in the existing literature about the relationship of married individuals.
- (ii) Practical implication: It would provide important insights to married individuals, their parents, elders etc for concentrating on ways which could help in improving their marital satisfaction and minimising marital distress.

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