

## FLOURISHING OF MARITAL RELATIONSHIP: ANALYZING EDUCATION AS DEMOGRAPHIC VARIABLE OF PAKISTANI HUSBANDS AND WIVES

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ARTICLE INFO	ABSTRACT
<p><i>Article History:</i> Received: 11 Sep 2019 Revised: 19 Nov 2019 Accepted: 15 Jan 2020 Available Online: 31 Mar 2020</p> <hr/> <p><i>Keywords:</i> Flourishing, marital relationship, demographic variable, education.</p> <hr/> <p><i>JEL Classification:</i> J12, K36, J13</p>	<p>Flourishing within marital relationship is a notion used to describe optimum quality of relationship between husband and wife. Despite profusion of research to recognize the factors underlying a happy and satisfying marital relationship, the determinant of a flourishing marital connection remains limited. Moreover, in the effort to understand flourishing of marital relationship, role of demographic variables has always been understudied. Hence, aim of the current investigation was to investigate the effects of level of education upon flourishing of Pakistani married sample. 1002 married individuals participated in this cross sectional study. Data was gathered through self-report indigenous measure of Psychological Flourishing Scale (PFS; Fahd &amp; Hanif, 2007). The data was analyzed by inferential statistics using One-way Analysis of Variance. Findings exhibited significant variances in marital flourishing on the basis of level of education. It was depicted that level of marital flourishing was highest among individuals with low level of education i.e. matric as compared to high levels of education i.e. Masters and M.Phil./PhD. The article is concluded by briefly foregrounding some of the study's limitations as well as implications for the practice, and some of the directions for future research.</p>

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### 1. INTRODUCTION

The hypothesis of flourishing was created from the Aristotle's philosophy of eudemonia. Including this thought, Fowers and Owenz (2010) clarified flourishing as action that is disparate from related ideas for instance, matrimonial happiness which only accentuates on the sentiment of fulfillment. Mental flourishing inside a marital relationship has been guessed as a close connection illustrative of relationship getting by just as relationship flourishing fixings. Logical thought of flourishing is basically an example of incorporated and entwined exercises inside a marital relationship. Also, a flourishing conjugal holding involves lovely exercises focused toward the fulfillment of significant objectives. From this time forward, harping on the previously mentioned qualities of flourishing, marital flourishing can be seen as a marriage described by effortful achievements, accomplished by a couple, so as to accomplish aggregate objectives. Investigation of the current relationship clarifies the elements beneath relationship quality and marital fulfillment. The idea of flourishing fuses a more far reaching idea of relationship joy and it is past simply feeling satisfied with the wedded relationship (Caughlin and Huston, 2010). The term flourishing in a couple connections is, hence, not only fulfillment and change however unquestionably more than that. Nonetheless, the idea of flourishing regarding marital relationship is needed to be assessed. The present examination utilizes the indigenous measure particularly intended to quantify the level of flourishing of Pakistani married couples (Fahd & Hanif, 2019).

In the push to comprehend flourishing of marital relationship, function of socio socioeconomics (age, sexual orientation, training, occupation, number of youngsters and so forth.) can't be disregarded. A few investigations (for example Otto, 1979) expressed that flourishing of marital relationship contrasts with the variety in phase of the family life cycle, which fuses factors, for example, number of children; either child or girl and their age go calling of a couple and their budgetary status. Various different investigates show that long stretches of marriage positively affects conjugal bliss that is longer the span of marriage, the better the result regarding conjugal fulfillment. In addition, factors that influence the degree of marital fulfillment may vary across societies. Spouse's salary has demonstrated to be more significant variable for conjugal fulfillment in Japan when contrasted with the United States. Other socio segment factors investigated concerning marital flourishing are having youngsters or nonappearance of kids, level of training and length of marriage. An investigation by White and Edward (1990) shockingly found that having no

children has a critical beneficial outcome on conjugal joy. Thinking about the degree of training, different investigates (Cherlin, 1979; Janssen et al., 1998; Kalmijn, 1999) found that profoundly educated ladies experience conflicting relationships which may prompt marital distress. It has been reasoned that segment attributes just as financial components, for example, training level and pay of the accomplice, could likewise impact conjugal fulfillment (Pimentel, 2000). Exploration by Guo and Huang (2005) found that segment factors, for example, age, sex, instructive foundation, number of kids, having male youngsters, and wellbeing conditions are noteworthy supporters of marital fulfillment. Hence, keeping in view the significance of demographic variables in determining flourishing of married relationship, aim of current research is to explore levels of education as important factor to influence flourishing of husbands and wives.

### 1.1 Objectives of the Study

Following objectives were designed for the study.

- To explore levels of education (Matric, Intermediate/Graduation/Masters & M.Phil./PhD) in understanding flourishing of relationship among husbands and wives.
- To examine differences at multiple levels of flourishing (Relationship flourishing & Individual Flourishing) in terms of various levels of education among husbands and wives.

## 2. RESEARCH DESIGN

### 2.1 Participants

A national sample of (N=1002) volunteer married individuals (Males= 433,43.2%; and Females= 596, 56.8%) was recruited from major five cities of Pakistan. Age range of the subjects was between 20-85 years. 45.6% of the respondents lived in joint familial system in and 45.6% lived in nuclear family system. The participants were all Muslims and all were educated (minimum 10 and maximum 22 years of formal education). With respect to profession, the respondents were house wives (22.1%), educationists (28.6%), entrepreneurs (11.2%) and job holders in private or government sectors (34.1%). Respondent's characteristics are given in Table 1.

#### 2.1.1 Inclusion Criteria of Respondents

All respondents were married for at least 2 years and living together. All of them should also have minimum one child.

#### 2.1.2 Exclusion Criteria of Respondents

Separate, divorced or married individuals having no children were omitted from the study.

### 2.2 Sampling Technique

Respondents were randomly selected and convenient sampling technique was utilized to collect data in the current study.

### 2.3 Measures

#### 2.4 Psychological Flourishing Scale

In order to analyze degree of flourishing of married couples, an indigenously evolved 39-thing scale was used. PFS (Fahd and Hanif, 2017) is a two-dimensional questionnaire to assess flourishing of married couples. Scale comprises of 2 sub-scales that survey mental flourishing of married couples as far as two measurements; relationship subscale (21 things) and individual subscale (18 things). Relationship measurement of PFS incorporates things about shared seeing, neighborly relationship, thankfulness, gaining by sure occasions, and so on., while the individual measurement comprise of things about close to home characteristics like hilarious demeanor, confidence, passionate solidness, hopeful reasoning and so forth.. Each question of PFS is scored on 5-degree scale where 1 = emphatically dissent, 2 = deviate, 3 = nonpartisan, 4 = concur, and 5 = firmly concur. Information gained from of the current investigation have outlined inward textures of two subscales of PFS running between  $\alpha = .82$  &  $\alpha = .87$ . Reactions are summarized to accomplish an absolute score. High score shows expanded degree of flourishing of married couples.

#### 2.5 Demographic Profile Sheet

A demographic profile sheet was also administered to the respondents to asses them on various levels of education varying from Matric to PhD.

### 2.6 Procedure

Researcher moved toward the sample with research associates. Respondents were clarified that the picked up data about them would stay private and would be used for the investigation reason. Aside from composed guidelines

composed on kickoff of every leaflet, subjects were likewise taught the way to answer different things in the booklet. Every respondent was given 2 days to finish the scale. Reaction pace of the respondents was very acceptable (roughly more noteworthy than 70%) as respondents looked into the point and indicated inspiration to endeavor the survey. Respondents willfully partook in the examination and they were not given any money related motivating force to be the piece of present exploration.

**2.7 Informed Consent**

Informed consent was obtained from the subjects through *Informed Consent Form* that provided briefing regarding rationale, objectives and purpose of the study.

**3. RESULTS AND DISCUSSION**

**3.1 Data Analysis**

In order to accomplish objectives of the present study, data obtained was analyzed using IBM SPSS-21 version. Descriptive statistics was used to summarize demographic characteristics of sample (Table 1). One way ANOVA analyses were imputed to explore the variances and differences of the variables of education and dimensions of flourishing among husbands and wives (Table 2).

**Table 1.** Descriptive and Demographic Characteristics of the Sample (n=1002)

Characteristics	F	%
Gender		
Husbands	433	43.2
Wives	596	56.8
Education		
Matric	166	16.6
Intermediate	111	11.1
Bachelors	177	17.7
Masters	437	43.6
M.Phil	81	8.1
PhD	19	1.9

Note. f= frequency of the characteristics.

**Table 2.** ANOVA Comparisons of categories of Education in terms of Psychological Flourishing (n=1002)

Variable	Matric n=165	Inter/graduation Master n=288	M.Phil/ PhD n=537	F	i>j	i-j	95% CI		
	M(SD)	M(SD)	M(SD)				LL	UL	η <sup>2</sup>
PsyFlou	168.56(16.48)	165.52(15.30)	162.11(16.55)	11.41	1>3	6.45	2.99	9.90	.02
					2>3	3.40	.57	6.24	
					1>3	-6.4	-9.9	-2.9	
					2>3	-3.4	-6.2	-.57	
PsyFlou (Rel)	95.10(8.57)	94.07(7.96)	92.05(9.52)	9.52	1>3	3.36	1.14	4.96	.01
					2>3	2.02	.45	3.5	
					1>3	-3.0	-4.9	-1.1	
					2>3	-2.0	-3.5	-.45	

Note. PsyFlou= psychological Flourishing. Rel= relationship subscale. Inter = intermediate. LL= lower limit. UL= upper limit. η<sup>2</sup>= eta square (effect size for F statistic) \*\*\*p < .001.

The focus of the present investigation was to evaluate the relationship between educational level influencing the magnitude of flourishing within married relationship. Results demonstrate that there are significant differences of dimensions of marital flourishing according to education. Analysis imputed in the present study depicts that among the sample, 43.2% are husbands and 56.8% are wives having various levels of education from matric to PhD. Matric

degree holder individuals are highest in number i.e. 16.6%, whereas lowest in the sample was the PhD degree holders i.e. 1.9% (Table 1). However, for the imputation of ANOVA test to explore differences among the education categories, the data was classified into three groups; Matric, Inter/Graduation/Master & M.Phil. & PhD. Table 2 demonstrates comparison of various categories of education in terms of flourishing among married individuals. According to *F* test, significant differences exist among various categories of education. Bonferroni test was used as post Hoc analysis to further understanding regarding differences of groups. Level of flourishing is highest in individuals with education up to matric level as compared to advanced (M.Phil./PhD) levels.

Regarding measurements (subscales) of flourishing scale as for level of education, it was discovered that under alumni (matric level) wedded people are most elevated in individual subscales of flourishing while, relationship subscale of flourishing was likewise most noteworthy in the midst of wedded people having instruction at matric level. Discoveries of the flow research is in accordance with the aftereffects of the few existing investigations (Cherlin, 1979; Kalmijn, 1999) who inferred that wedded people with elevated level of education experience absence of soundness relationships which may prompt marital disappointment. Correspondingly, another assortment of observational exploration additionally portrayed similar discoveries by reasoning that as level of education expands; there is decline in marital flourishing and fulfillment (Janssen et al., 1998). Henceforth, it could be induced from the current indigenous examination that married people having essential degree of education (Matric/Graduation) portrays more pointers of marital flourishing like regard for the mate, persistence, care for the spouse, solid correspondence and compromise styles inside marital relationship.

#### 4. CONCLUSION

Present study is an indigenous exploration of socio demographic variables i.e. education in terms of marital flourishing. Huge data from over thousand married individuals shows that marital flourishing declines with increase in education level. Moreover, individuals with advance level of education show less magnitude of marital flourishing in their relationship.

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