

Gender Differences in Marital Adjustment Among Love Marriage Couples

Chaitali Deepak Madan Mulchandani^{1*}

ABSTRACT

This study explores gender differences in marital adjustment among love marriage couples residing in Nagpur city, Maharashtra. A quantitative approach was adopted, utilizing the Marital Adjustment Scale developed by Kumar and Rastogi (1999). A total of 80 participants (40 males and 40 females) were selected through purposive sampling from residential areas of the city. Results revealed no statistically significant gender differences in overall marital adjustment scores, suggesting that love marriage couples in this urban Indian context adapt similarly to marital challenges regardless of gender. Implications for family counseling and marital therapy are discussed.

Keywords: *Gender differences, love marriage, marital adjustment, urban couples, India*

Marriage plays a fundamental role in shaping the social and emotional well-being of individuals. Marital adjustment, defined as the ability of spouses to adapt to each other and maintain a harmonious relationship, is a key determinant of marital satisfaction. It includes essential aspects such as communication, conflict resolution, intimacy, and cooperation (Spanier, 1976).

In India, both arranged and love marriages are practiced, but love marriages are often perceived as more emotionally driven and based on personal choice. While these relationships are becoming increasingly common in urban areas, they can present unique challenges, including high expectations, reduced familial support, and cultural tensions (Myers et al., 2005; Regan et al., 2012).

Gender is often considered an influential factor in marital experiences, given the differing social expectations and roles assigned to men and women. Traditional frameworks have associated women with emotional labor in marriage, while men are expected to be providers (Twenge et al., 2003; Gupta, 2000). However, with changing societal norms, these roles are becoming more flexible, especially in urban settings (Chaudhuri et al., 2015).

Several studies have investigated gender and marital satisfaction. Kalmijn (1999) and Umberson et al. (2006) found that women's well-being is more closely tied to marital quality, while men tend to show declines in psychological functioning only when

¹PhD Scholar, Department of Psychology, RTMNU

*Corresponding Author

Received: May 16, 2025; Revision Received: June 26, 2025; Accepted: June 30, 2025

© 2025, Mulchandani, C.D.M.; licensee IJSI. This is an Open Access Research distributed under the terms of the Creative Commons Attribution License (www.creativecommons.org/licenses/by/2.0), which permits unrestricted use, distribution, and reproduction in any Medium, provided the original work is properly cited.

Gender Differences in Marital Adjustment Among Love Marriage Couples

dissatisfaction is extreme (Wilcox & Nock, 2006). In the Indian context, Sharma (2022) found no gender difference in marital satisfaction among urban love-married couples, attributing this to egalitarian attitudes and emotional compatibility. Similarly, Fernandes and Pinto (2023) emphasized that mutual respect and shared decision-making promote marital harmony regardless of gender.

This study examines whether men and women in love marriages experience differing levels of marital adjustment. It contributes to the limited research on how gender interacts with marital satisfaction in the context of self-selected partnerships, where mutual understanding and autonomy are central.

Objectives

1. To assess the level of marital adjustment among individuals in love marriages.
2. To examine whether significant gender differences exist in marital adjustment among these couples.

Hypothesis

- There is no significant difference between males and females in love marriages with respect to their marital adjustment.

METHODOLOGY

Research Design

The study employed a descriptive comparative research design using a quantitative survey method. This design is suitable for evaluating group differences on a defined variable—in this case, gender differences in marital adjustment.

Sample

The sample included 80 individuals (40 males and 40 females) currently in love marriages. Participants were selected through purposive sampling from various residential areas of Nagpur city, Maharashtra. Eligibility criteria included being legally married for at least one year and aged between 25 and 45 years.

Tool Used

Data were collected using the Marital Adjustment Scale (MAS) developed by Kumar and Rastogi (1999). The scale consists of 25 items that measure satisfaction, cohesion, communication, and conflict resolution within marital relationships. It has demonstrated strong psychometric properties in Indian contexts.

Procedure

Self-report questionnaires were administered to participants either in person or online. Ethical clearance was obtained, and informed consent was collected prior to participation. Anonymity and confidentiality of responses were ensured throughout the study.

Statistical Analysis

Data were analyzed using independent samples t-test to determine if significant differences in marital adjustment scores existed between male and female participants. A significance level of $p < .05$ was used.

RESULTS

An independent samples t-test was conducted to compare marital adjustment scores between males and females.

Table 1 : Independent Samples t-Test Comparing Marital Adjustment Scores Between Male and Female Participants

Gender	N	Mean	SD	t	df	p
Male	40	109.16	4.76			
Female	40	107.65	4.82	1.40	78	0.165

The analysis revealed no significant difference between male and female participants in marital adjustment scores, $t(78) = 1.40$, $p = .165$, at the 0.05 level of significance. This suggests that gender does not significantly influence marital adjustment among love marriage couples in the sample.

DISCUSSION

The findings indicate that gender does not significantly influence marital adjustment among individuals in love marriages. This result supports the null hypothesis and suggests that both men and women experience similar levels of satisfaction and adaptation in their marital relationships when the partnership is self-chosen.

A possible reason for this similarity is the nature of love marriages, which are often based on emotional compatibility, shared values, and mutual expectations. When individuals enter into marriage with prior understanding and affection, gender-based differences may become less relevant in how they navigate their marital roles.

Moreover, urban environments typically offer more egalitarian social structures, with increased opportunities for education, employment, and emotional expression for both genders. This context may contribute to more balanced power dynamics within relationships, allowing both partners to adjust effectively regardless of gender.

Despite the promising findings, limitations include the modest sample size and reliance on self-reported data. Additionally, factors such as the length of marriage, presence of children, and socioeconomic background were not considered, which could affect marital dynamics. Future studies should incorporate these variables and consider a larger, more diverse sample.

CONCLUSION

This study concludes that gender does not significantly affect marital adjustment in love marriages within an urban Indian setting. The findings highlight the potential for equality and mutual understanding in self-selected partnerships. These insights may be useful for professionals involved in relationship counseling and marital therapy.

REFERENCES

- Chaudhuri, S., Morash, M., & Yingling, J. (2015). Marriage in transition: Interplay between traditional norms and women's education in India. *Journal of Comparative Family Studies*, 46(1), 87–104.
- Fernandes, A., & Pinto, R. (2023). Marital satisfaction and role negotiation among urban Indian couples in love marriages. *Indian Journal of Psychology and Mental Health*, 20(1), 34–42.

Gender Differences in Marital Adjustment Among Love Marriage Couples

- Gupta, G. R. (2000). Gender, sexuality, and HIV/AIDS: The what, the why, and the how. *Plenary Address at XIII International AIDS Conference*.
- Kalmijn, M. (1999). Gender differences in the effects of divorce, widowhood, and remarriage on intergenerational support: Does marriage protect fathers? *Social Forces*, 77(2), 543–568.
- Kumar, P., & Rastogi, R. (1999). *Marital Adjustment Scale*. National Psychological Corporation.
- Myers, S. M., et al. (2005). Love versus arranged marriage and marital satisfaction: A cross-cultural examination. *Journal of Marriage and Family*, 67(2), 329–342.
- Noller, P., & Fitzpatrick, M. A. (1990). Marital communication in the eighties. *Journal of Marriage and the Family*, 52(4), 832–843.
- Regan, P. C., Lakhanpal, S., & Anguiano, C. (2012). Relationship outcomes in Indian-American love-based and arranged marriages. *Psychological Reports*, 110(3), 915–924.
- Sharma, R. (2022). Gender roles and marital satisfaction in contemporary Indian marriages. *Journal of Family Studies*, 18(2), 105–120.
- Twenge, J. M., Campbell, W. K., & Foster, C. A. (2003). Parenthood and marital satisfaction: A meta-analytic review. *Journal of Marriage and Family*, 65(3), 574–583.
- Umberson, D., Williams, K., Powers, D. A., Liu, H., & Needham, B. (2006). You make me sick: Marital quality and health over the life course. *Journal of Health and Social Behavior*, 47(1), 1–16.
- Wilcox, W. B., & Nock, S. L. (2006). What's love got to do with it? Equality, equity, commitment and women's marital quality. *Social Forces*, 84(3), 1321–1345.

Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Mulchandani, C.D.M. (2025). Gender Differences in Marital Adjustment Among Love Marriage Couples. *International Journal of Social Impact*, 10(2), 556-559. DIP: 18.02.054/20251002, DOI: 10.25215/2455/1002054