

## Factor Associated With Marital Happiness among Newly Married Individuals in Varanasi, India

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### **Abstract**

*Happiness is the basic key of happy and successful life. In India, marriage is nearly universal - guided by number of conventional individuals, familial, and socio-economic and cultural characteristics. As it remains as an essential component in the study of population and endures many other significant events in human life, it would be imperative than ever before to understand happiness among newly married individuals which may have a number of policy implications. Finally, this study was focused on the factors leading to happily married life. First-hand information was collected from a cross-sectional cohort of newly married individuals (Total: 502 individuals, Male: 251 and Female: 251) in Varanasi. Standard and widely verified marital happiness scale was used to measure the marital happiness. Descriptive statistics and ordered logistic regression were used as methods of analysis. After analyzing the data It was clear that there are several factors important for happily married life. Results presented a distinct picture where individuals married aged 23-26 was happier in their marital life than  $\leq 22$  and  $\geq 27$  years age. If the social support changes from low to high, the marital happiness from low to high was increase by 6.579 times ( $p < 0.001$ ; CI: 3.366-12.858). Rural people were much happier than urban people. The study presented that female was less likely to (OR: 0.49;  $p < 0.000$ ; CI: 0.32-0.74) happier than male. Study also found that wealth status was negatively correlated with marital happiness. Higher educated people were more happier than less educated people. Large variations in the happiness level among newly married*

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*individuals have been observed in this study. Interpersonal-communication among individuals, familial relationship, education and social-supports remained as the significant correlates of marital happiness among studied individuals. This study has broad implication for married people and beneficial for the social worker and marriage counselors.*

**Keywords:** Marital happiness, Social support, newly married individual, Varanasi, India

## **Introduction**

Marriage is often considered to be the most important event in one's life after birth. As a most essential and divine social custom, it has usually been approved to achieve an adult's security and emotional needs [1]. Marriage is an important status for an individual and permits a couple to live together in a society. It is an important demographic component and an almost universal phenomenon in India [2]. A happy and prosperous married life is the ultimate goal for anyone who is either already married or is thinking about it [3]. It is said that marriages are made in heaven and celebrated on earth. Marriage is considered as a special bond shared between two souls by tying wedding knot. This knot is a promise to be companions for a lifetime. It brings substantial stability in relationships between two individuals by complementing and supplementing each other [4-5].

In the Indian subcontinent, marriage is attached with a lot of significant meanings apart from the legal status for a couple to live together. One of the important implications of marriage in India is the coming closer of two different families of the couple [6]. From a demographic point of view, marriage is important because it regulates the reproductive behavior of a couple [7]. Although the concept of marriage is almost similar across the globe, the way of solemnizing it varies mostly from place to place and culture to culture. Nowadays, many marriages fail, some form an uneasy compromise and others end in divorce or separation. The stability of marriage depends on many factors such as adjustment, communication, expectation, etcetera. Some well-known counselors like Clinebell, (1970) were opinion that religious belief has a decisive role in minimizing the possibility of dissolution of marriage [8]. It is essential for a pleasant life that they have to stay together.

## **Marital Happiness**

Happiness is the basic key of happy and successful life [9]. Marital happiness, satisfaction, and well-being are not synonymous, yet they are closely related and frequently treated interchangeably [10]. Happiness

and satisfaction go hand in hand. Satisfaction level decides one's level of happiness and satisfied married life is a happy married life [6]. Due to this similarity, these terms have been considered in the review of prior research. Satisfaction with one's marriage tends to be a pivotal factor in overall happiness [11]. Marital happiness is an essential element for successful family life and personal growth. The fulfillment and positive development will be possible only when the relationship between couples is coherent and satisfactory [12].

Marital happiness indicates the sense of well-being or satisfaction he or she experiences in the marital relationship. Marital happiness is a powerful indicator of marital quality [13]. Marital happiness has been found to correlate with household income, welfare use, egalitarian attitudes, traditional marital attitudes, religiosity, and interdependence of familial and friendship networks [14].

Marital happiness depends on many factors such as positive relations with in-laws, strength through children, compromise, education, and status, similarities of religious sect, forgiveness, care, sharing, love, sincerity and respect, age difference, communication, satisfaction, trust and understanding, family structure, and spouse temperament. These factors have been conceptualized as factors of marital happiness and sometimes combined as a single indicator of marital quality [15]. Happiness is the ultimate form of pleasure without which all other things are considered to be incomplete. It has been established that marital bliss is the most important factor determining global happiness.

### **Rationale of the study**

India's ranking in World Happiness Index has been continuously deteriorating over the years. For instance, India slipped from 111<sup>th</sup> rank in 2013 to 133<sup>rd</sup> rank in 2018 [16]. The Sustainable Development Goal (SDG-3) that calls for "*ensuring healthy lives and promoting well-being for all ages*" cannot be achieved without substantial improvement in happiness. If India's happiness ranking continues to deteriorate in the time to come, it would be an uphill task to achieve the SDG3 [17].

Marriage is a social institution significant for the human life [18]. Every young person cherishes an idea of a happy married life. Although marriages is a positive experience for man and woman alike, for some, it is associated with dissolution, divorce or separation and even sense of hatred in India. The reasons for such experiences may be numerous and multi-factorial in nature. In most cases, it may have happened because of very silly reasons rather than for any solid reasons. Since marriage is an important social institution in India, several studies have been conducted in the past to understand its nature, patterns, and associated rituals and

traditions. Though marital happiness has become an important issue among individuals and the marriage analyst, there has been a lack of formal research around this topic. Besides, the existing studies related to this topic are mostly from the western or developed countries and may not be of much relevance for India. The present study therefore makes an effort to examine the marital happiness and its associated factors among newly married individuals in Uttar Pradesh (India).

## **Material and Methods**

### ***Data source***

This study is cross-sectional in nature. First-hand information was collected to accomplish the objectives of this study. In particular, information was collected from newly married individuals to understand their perception of marital happiness and the factors associated with it. A total 502 individuals (251 newly married males and 251 newly married females) were interviewed from the study area (Varanasi district of Uttar Pradesh).

### ***Dependent Variable***

Marital happiness is the dependent variable in this study. It was measured with a 21-items scale-reflecting respondent's feeling toward a various aspect of the marital relationship. A 5-point Likert scale ranging from 1=very unhappy to 5=very happy (i.e., very unhappy, unhappy, neutral, happy, very happy) has been used to record their degree of happiness. The possible score ranged from 21 to 105. Higher the score, higher the marital happiness. The reliability coefficient (Cronbach's alpha) of the scale was considerably high (0.89). The principal component analysis was used to create a marital happiness index with three categories (very happy, pretty happy, and not too happy) based on their marital relationship [19-21].

### ***Independent Variables***

A number of socio-economic and demographic characteristics such as age, sex, education, working status at the time of marriage, type of family, religiosity, wealth index, marital duration, children, media exposure, and social support were considered for inclusion as independent variables in the analysis. Media exposure was measured with 6-items. These items are: (1) do you read a newspaper or magazine? (2) do you listen to the radio? (3) do you watch television? (4) do you use the internet? (5) do you listen to music? (6) do you go to the cinema hall? Responses were recorded as 1=regular, 2=occasionally, 3=rarely, and 4=not at all. Social support was measured using a 12-items scale reflecting people's feelings. These 12-items have been widely used to

understand the support system of newly married individuals. The items used for this scale mainly assess three domains of a newly married person's life, i.e., Family, Friends, and Significant Others. For this study, a necessary modification as per the need of the study was made. Responses were recorded on a Likert scale ranging from 1=strongly disagree to 5=strongly agree, where higher score reflected better social support for the respondent [22]. The possible score ranged from 12 to 60. The higher the score, the higher the level of social support. Reliability coefficient (Cronbach alpha) of this scale was 0.88.

### **Sampling Method**

A cross-sectional survey using multi-stage random sampling procedure was conducted to collect the information from newly married individuals ( $\leq 5$  years marital duration) in Varanasi district of Uttar Pradesh. A cross-sectional survey using multi-stage random sampling procedure was conducted among newly married individuals ( $< 5$  years marital duration) in Varanasi District of Uttar Pradesh. The target sample size of the population was 502 individuals (251 males and 251 females). The data collection period was from 1<sup>st</sup> April 2017 to 31<sup>st</sup> July 2017.

### **Operational Definitions**

#### ***Marital Happiness***

Marital happiness is a self-reported judgment made by the respondent that indicates the sense of wellbeing or happiness he or she experiences in their marital relationship.

#### ***Social Support***

Social Support assesses three domains; *Family*, *Friends* and *Others* who are significant for newly married individuals.

#### ***Newly Married Individuals***

The term "Newly Married Individuals" was used to refer to those who had been married for more than a year, not more than 5 years. They were the target population of the study.

### **Statistical Methodology**

#### ***Ordered Logistic Regression Model***

The cumulative odds model is used to predict the odds of being at or below a particular category because there are  $K$  possible ordinal outcome, the model actually makes  $K-1$  predictions, each corresponding to the accumulation of probability across successive categories.

Let  $\prod (Y \leq j | x_1, x_2, \dots, x_p) = \prod j(x)$  represents the probability that a response falls in a category less than or equal to the  $j$ th category ( $j = 1, 2, \dots, K-1$ ), then we have a collection of cumulative probabilities for each case.

The final category will always have a *cumulative* probability of 1.0. With an extension from the general logistic regression model, the predictions are *logits* for the *cumulative* probabilities, which are referred to as *logits*:

$$\ln(Y'_j) = \ln(\prod_j(\underline{x}) / 1 - \prod_j(\underline{x})) = \alpha_j + (\beta_1 X_1 + \beta_2 X_2 + \beta_3 X_3 + \beta_4 X_4 \dots \dots \beta_p X_p)$$

The cumulative logits associated with being at or below a particular category *j* can be exponentiated to arrive at the estimated cumulative odds and then used to find the estimated cumulative probabilities associated with being at or below category *j* [23].

### **Statistical Analysis**

In this study, the CSPRO 6.1 was used for data entry, and the SPSS 20 was used for data analysis. Chi-square test and ordinal logistic regression analysis were used to examine the factors associated with marital happiness. Besides, the principal component analysis technique was used to create the following indices: marital happiness index, social support index, media exposure, and wealth index.

### **Ethical Considerations**

This study is based on primary data. Therefore, ethical clearance was obtained on 3<sup>rd</sup> March 2017 from the Students Research Ethics Committee (SREC) of the International Institute for Population Sciences, Mumbai (Sr. No.15/1819) before undertaking the study. Apart from this, prior consent was obtained from every individual in the study before collecting information from them. The prior consent was acquired after presenting the utility of the present study. The anonymity of the participant's identity was maintained in the study.

### **Result**

Table 1 shows that the percentage distribution of level of marital happiness among the newly married individuals with socio-economic and demographic characteristics. The analysis of these three happiness levels indicated that the greatest impact on the levels of happiness was related to age, sex, marital duration, source of income, place of residence, any saving, father alive, parental survival, and social support of the respondents. These were found statistically significant with marital happiness. In this analysis, only high level of marital happiness have been explained. Percentage of high marital happiness (40%) was found in 23-26 years age groups. Only 26 percent high marital happiness was found in the age group of up to 22 years, and 30 percent found in the age group of 27 and above years ( $p < 0.05$ ). Therefore, the study revealed that, the age of the respondents is as influencing factor of the marital happiness of the study population. Male respondents showed a higher marital happiness

(41%) as compared to female (26%) with highly significant ( $p < 0.001$ ). This is because married men are more likely than married women to receive emotional gratification from their spouse.

In support of this view, Radloff (1975) found that men benefit more than women from marriage. Glenn and Weaver (1988) found that the happiness of married persons had decreased, especially for married females. Studies also indicate that married men are happier than married women. Those respondents, who had graduation and above level of education found more happiness (41%) than illiterate (37%), secondary & higher secondary education (34%), and primary and upper primary educational level (27%). Vanassche et al. (2013) also found that a significant effect of education on happiness of men and women. This finding was also supported by Barongo et al. (2014) studies. He found that the higher educated persons have higher level of happiness. In the initial years of marriage (1st year, 2nd year and 3rd year), the happiness was found more between husband and wife than later years of marriage ( $p < 0.001$ ). It is statistically significant. There was a negative association between marital duration and marital happiness among newly married individuals.

A study of VanLaningham et al. (2001) was also found that the curvilinear association between marital duration and marital happiness remained essentially unchanged. Those respondents, who were working in government sector at the time of marriage, they were reported themselves more happy (51%) followed by self-employment in agriculture (44%), casual labor (34%), self-employment in non-agriculture (31%), and salaried private (16%) with highly significant ( $p < 0.001$ ). Those respondents residing in rural area reported more marital happiness (41%) than urban (26%) with highly significant ( $p < 0.001$ ). Those who did not have any savings, their marital life was more happy (35%) than those who did not have any savings (30%) with significant ( $p < 0.05$ ). In this study, nuclear family have more marital happiness (36%) than joint family (32%). Their mother and father were not alive; they said their marital life was happy than their mother and father were alive ( $p < 0.05$ ). Marital happiness was found high among poor economic class (39%) followed by middle economic class (30%) and rich economic class (28%). while low marital happiness was found in low and middle economic wealth index. A study was supported that the financial situation of the respondents affects the happiness of the spouses. If spouse belongs to the lowest quartile and middle quartile report themselves as less happy than their counterparts in a rich wealth quartile (Vanassche et al. 2013). The perceived social support of the respondents had a positive association with marital happiness with highly significant ( $p < 0.001$ ). Those

respondents who had high social support, they reported more than two times higher happiness (59%) as comparison to those who had low (19%) and middle (23%) social support. The result of the ordered logistic regression shows the adjusted effect of selected covariates on marital happiness in Table 2. Three models were used.

In the model 1, if respondent's age changes from lower ages to higher ages, the marital happiness from low to high-level increases for age group 23-26 (OR:1.38; CI:0.89-2.15) and decreases for age group 27 and above (OR:0.99; CI:0.57-1.74). If the sex of the respondents changes from male to female, then marital happiness decreases from high to low level (OR:0.49;  $p < 0.001$ ; CI: 0.32 - 0.74). Furthermore, if the educational level of the respondents changes from illiterate to literate, the marital happiness will also improve from low to high by 1.06 times for secondary & higher secondary education (OR:1.06; CI:0.57-1.96) and 1.57 times for graduation and above (OR:1.57; CI:0.78-3.14).

Whereas, marital happiness decreases in primary & upper primary educational level (OR:0.80; CI:0.44-1.46). If the marital duration of the respondents changes from low to high years of marital duration, the marital happiness from low to high level decreases for two years of marital duration (OR:0.81; CI:0.50-1.30), followed by three years of marital duration (OR:0.49;  $P < 0.001$ ; CI:0.29-0.83), and four and five years of marital duration (OR:0.48;  $P < 0.001$ ; CI:0.30-0.79). If the source of income changes from casual labor to self-employment in non-agriculture, self-employment in agriculture and salaried government, the marital happiness from low to high will increase by 1.26, 1.14, and 2.77 times respectively. If the source of income changes from casual labor to salaried private, the marital happiness from low to high will decrease (OR:0.47;  $P < 0.001$ ; CI:0.25-0.88). The change in the place of residence from rural to urban, the marital happiness from low to high level will decrease (OR: 0.65;  $P < 0.001$ ; CI: 0.45-0.94). If any saving of the respondents changes from no saving to saving, the marital happiness from low to high level will decrease (OR:0.58;  $P < 0.001$ ; CI:0.39-0.85). If the survival of respondent's father changes from no survival to survival, the marital happiness from low to high will decrease (OR:0.30;  $P < 0.001$ ; CI:0.11-0.85).

By adjusting the wealth index in model 2, there was not too much difference in effects of all other covariates on the marital happiness as a comparison to model 1. The result of model 2 was found almost same as model 1. If the economic status (wealth status) of the respondents changes from poor to rich, then the marital happiness from low to high level will decrease.



In the model 3, we adjusted social support, the result and pattern of the model 3 are almost similar to the result and pattern of model 1 and model 2, except parental survival (father alive, mother alive, and both alive). In this model, parental survival was statistically significant but in model 1 and model 2 that was not statistically significant. If the parental survival (both alive) of the respondents changes from no survival to survival, the marital happiness from low to high level will increase by 3.28 times ( $p < 0.05$ ; CI: 1.00-10.76). The social support changes from low to high social support, the marital happiness from low to high will increase by 2.10 and 7.09 times for medium and high social support with highly significant respectively ( $p < 0.001$ ).

### **Discussion**

Marriage is one of the most important events in one's life. As the most essential and divine social custom, it has usually been approved to achieve an adult's security and emotional needs. Uttar Pradesh is one of the major states of India, where problems of job opportunity are more, because of which people in their young age are moving a lot towards economic hubs like Mumbai, Delhi and Bangalore etc. for earning their livelihood. Leaving wife at birthplace and moving out for job seeking is one of the most significant challenges to maintain the happy life. Thus, present study tries to assess the status of marital happiness and factors associated with the same. For this, the present study provides a portrayal of the marital happiness of newly married individuals through a cross-sectional study.

Newly married male individuals, who had; higher level of education, religiosity, any media exposure, and child under-5 years age were more likely to be happy than their female counterparts who had; lower level of education, no religiosity, no media exposure, and who did not have child under-5 years age. Marital happiness was found to be low among female and those who had no children. Further, women from non-nuclear households were also less likely to report marital happiness. It was also found that marital happiness was significantly associated with sex, type of family, marital duration and social support of the respondent.

Attention should be drawn from this research to the fact that respondents belonging to the 23-26 years age group are happier than the respondents belonging to earlier and later age groups. This research also found that partners living in initial years of marriage reported more happiness than those in their later years of marriage. It is more difficult to assess the impact of socio-economic and demographic characteristics on happiness. However, it is likely that the level of happiness depends on respondents' gender, type of family, marital duration, and social support.

Social support is one of the significant essential factors in marital relationships [30]. Various studies found positive associations between satisfaction with spousal support and marital satisfaction [31-32]. Moreover, the family income is an essential variable for family functioning and the perceived well-being of members. Numerous studies have found that income is positively related to marital and family life satisfaction [33-34].

This study further reveals that male showed higher marital happiness as compared to female respondents. It could be because married men are more likely to receive emotional gratification from their spouse as compared to their female counterparts. Radloff (1975) also concluded that men benefit more than women from marriage [25]. Similarly, Glenn and Weaver (1988) found that the happiness of married persons had decreased, especially for females [26]. It is further revealed that respondent's education had a positive association with marital happiness among newly married individuals. A study by Vanassche et al. (2013), also shows a significant effect of education on marital happiness [28]. Another study by Barongo et al. (2014) also had similar findings [29]. They found that the people with higher education had a higher level of marital happiness. The respondents who were working during initial period of their marriage reported to be happier than others. Johnson et al. (1988) also found that working respondents were happier than the other working family member [35]. The present study further indicated that the respondents from nuclear families had more marital happiness than those from joint. Another study conducted by Johnson et al. (1988) families [35]. It was further found that religiosity was another important factor affecting marital happiness. In this study, the frequency of prayers by the respondent is taken as a proxy of religiosity. The results indicate that those who prayed sometimes or daily reported themselves to be happier than their counterparts also had similar findings.

Economic status is also an important determinant of marital happiness and this study takes economic wealth index as a proxy of economic status. The study further reveals that high marital happiness was found for the people with higher economic wealth index, while low marital happiness was found for those with low and middle economic wealth index. Another study by Vanassche et al. 2013 also concluded that the financial situation of the respondents affects the happiness of the spouses [28]. The spouses from the lowest and middle quartile, reported to be less happy than their counterparts belonging to a higher wealth quartile. The duration of marriage was another important determinant of marital happiness. The marital happiness was found to be high among the

respondents within the first year of marital duration followed by two and more years of marital duration and the findings were statistically significant at 95% confidence interval. A study by VanLaningham et al. (2001) also found a curvilinear association between marital duration and marital happiness [24]. They also concluded that the overall association between marital happiness and marital duration was strong. The presence of children in the household was also significantly related to marital happiness. The respondents who had children were happier as compared to those who did not have any child. It further concluded that the presence of children in the household was significantly related to marital happiness. Media exposure has a positive association with marital happiness. The perceived social support of the respondents also had a positive and highly significant association with marital happiness. Moreover, the respondents, who had higher social support reported higher happiness [36].

### **Conclusion**

Study was conducted to find out the factors necessary for happy married life. From the interviews conducted it is clear that the factors important for a happier and long-lasting marriage include similarities of religious sects, satisfaction, compromise, love, care, trust and understanding, communication, forgiveness, relation with in-laws and family structure. Although all the above-mentioned factors are necessary for a happy marital life and their absence can cause serious problems but how a person rates these factors and how much importance he/she gives to each of them varies from person to person depending upon the culture the person belongs to. For example, in most of the Eastern countries, good relations with in-laws are considered very important in happy married life, but in Western countries, these factors may not be considered that important. Therefore, the importance of these factors varies from individual to individual and from culture to culture.

One of the factors which is related to and can affect marital happiness is the demographic factor which focuses on the spouse's education, age at marriage, duration of marriage, working status, and number of children etc. For instance, the main problem faced by a fair share of working wives and mother is perhaps the strain of carrying a double load of work both outside and inside their home. This double strain also affects the relationship with their spouse. In some cases, husbands of working wives report that they feel neglected, disappointed, and frustrated; and some wives also admit that they failed to serve meals to their husbands and failed to meet their husband's expectations. Moreover, in some homes, when the wife worked, there was less time for domestic life, with its

consequent effect on husband, wife, and children. Also, sex, type of family, marital duration and social support were found to be the most reliable predictor of marital happiness. However, the rest of the independent variables (age, education and working status at the time of marriage, religiosity, wealth index, children under-5, and media exposure) in the study were found to have a weak relationship with marital happiness. The research findings lead to the issues that can further become the basis for detailed studies on the status of family and its relationship with the levels of marital happiness. It would be interesting to explore the impact of family status on the levels of happiness. The association between levels of happiness in a relationship with family status and children in the family can also be studied further.

### **Implications of the Study**

The findings of the study focused upon one of the important event (marriage), which may attract the attention of social workers, counselors, and people who are interested in the general welfare of human beings. The study brings out new findings based on the marital happiness of newly married individuals. The findings of the study also suggest the need for a scheme to give aid to newly married individuals. Because around one-fifth of newly married people are not happy with their marital life, which is a fair share. The findings of the present research further indicate towards the need for marital counseling. In counseling, these people may be made aware of the factors that may help or hamper their marital life.

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**Table 1:** Level of marital happiness by selected background characteristics among newly married individuals in Varanasi, Uttar Pradesh, India (N=502)

Background characteristics	Level of marital happiness			N
	Low	Moderate	High	
<b>Current age (in years)</b>	$\chi^2 = 9.34$ P = 0.050			
Up to 22	34.6	39.2	26.2	130
23-26	32.9	27.6	39.6	225
27 & above	33.3	36.7	29.9	147
<b>Sex</b>	$\chi^2 = 14.01$ P = 0.001			
Male	30.7	28.3	41.0	251
Female	36.3	38.3	25.5	251
<b>Educational level</b>	$\chi^2 = 8.23$ P = 0.221			
Illiterate	33.3	29.8	36.8	57
Primary & upper primary	34.0	39.5	26.5	162
Secondary & higher secondary	35.8	30.7	33.5	179
Graduation & above	28.9	29.8	41.4	104
<b>Marital duration (in years)</b>	$\chi^2 = 15.10$ P = 0.009			
One	26.7	30.8	42.5	120
Two	26.1	40.8	33.1	130
Three	39.8	30.4	29.8	94
Four & five	41.5	30.0	28.5	158
<b>Source of income of the household</b>	$\chi^2 = 19.03$ P = 0.005			
Causal labor	31.7	34.9	33.5	218
Self employment in non-agriculture	32.7	36.7	30.7	150
Self employment in agriculture	34.8	21.7	43.5	46
Salaried government	23.1	25.6	51.3	39
Salaried private	51.0	32.7	16.3	49
<b>Place of residence</b>	$\chi^2 = 15.71$ P = 0.000			
Rural	32.5	26.6	40.9	252

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Urban	34.4	40.0	25.6	250
<b>Any saving</b>	$\chi^2 = 9.28$ P = 0.010			
No	29.1	36.2	34.7	340
Yes	42.6	27.2	30.3	162
<b>Family type</b>	$\chi^2 = 0.60$ P = 0.741			
Nuclear	32.8	31.3	35.9	128
Non-nuclear	33.6	34.0	32.4	374
<b>Father alive</b>	$\chi^2 = 10.46$ P = 0.005			
No	20.6	35.1	44.3	97
Yes	36.5	32.8	30.6	405
<b>Mother alive</b>	$\chi^2 = 2.43$ P = 0.296			
No	25.9	32.8	41.4	58
Yes	34.5	33.3	32.2	444
<b>Parental survival</b>	$\chi^2 = 6.12$ P = 0.047			
Both/anyone died	25.0	34.2	40.8	120
Both alive	36.1	33.0	30.9	382
<b>Wealth status</b>	$\chi^2 = 4.92$ P = 0.295			
Poor	29.2	31.5	39.3	168
Medium	34.1	35.9	29.9	167
Rich	37.1	34.3	28.4	167
<b>Social support</b>	$\chi^2 = 96.50$ P = 0.000			
Low	53.0	28.6	18.5	168
Medium	30.5	46.7	22.8	167
High	16.8	24.6	58.7	167
[Note: p-values based on chi-square test]				

**Table 2:** Result of ordinal logistic regression of marital happiness by selected background characteristics among newly married individuals in Varanasi, Uttar Pradesh, India

Background characteristics	Marital Happiness					
	Model-1		Model-2		Model-3	
	OR	CI	OR	CI	OR	CI
<b>Age (in years)</b>						
Up to 22®	1.00		1.00		1.00	



23-26	1.38 (0.89-2.15)	1.40 (0.90-2.20)	1.39 (0.88-2.21)
27 & above	0.99 (0.57-1.74)	1.00 (0.60-1.84)	1.10 (0.61-1.96)
<b>Sex</b>			
Male®	1.00	1.00	1.00
Female	0.49*** (0.32-0.74)	0.50*** (0.33-0.76)	0.75 (0.48-1.17)
<b>Educational level</b>			
Illiterate®	1.00	1.00	1.00
Primary & upper primary	0.80 (0.44-1.46)	0.82 (0.45-1.50)	0.65 (0.35-1.21)
Secondary & higher secondary	1.06 (0.57-1.96)	1.13 (0.61-2.12)	0.92 (0.49-1.74)
Graduation & above	1.57 (0.78-3.14)	1.79 (0.87-3.68)	1.17 (0.55-2.46)
<b>Marital duration (in years)</b>			
One®	1.00	1.00	1.00
Two	0.81 (0.50-1.30)	0.79 (0.49-1.28)	0.95 (0.58-1.56)
Three	0.49*** (0.29-0.83)	0.47*** (0.28-0.81)	0.48** (0.28-0.84)
Four & five	0.48*** (0.30-0.79)	0.46*** (0.28-0.76)	0.50** (0.30-0.83)
<b>Source of income of the household</b>			
Causal labor®	1.00	1.00	1.00
Self employment in non-agriculture	1.26 (0.82-1.93)	1.29 (0.84-1.98)	1.30 (0.84-2.03)
Self employment in agriculture	1.14 (0.58-2.25)	1.17 (0.59-2.30)	0.84 (0.42-1.67)
Salaried government	2.77*** (1.33-5.79)	2.94*** (1.40-6.18)	2.38** (1.10-5.15)
Salaried private	0.47*** (0.25-0.88)	0.48** (0.25-0.91)	0.48** (0.25-0.92)
<b>Place of residence</b>			
Rural®	1.00	1.00	1.00
Urban	0.65*** (0.45-0.94)	0.68* (0.48-0.93)	0.63** (0.42-0.95)
<b>Any saving</b>			
No®	1.00	1.00	1.00
Yes	0.58*** (0.39-0.85)	0.59*** (0.40-0.89)	0.68* (0.45-1.02)
<b>Family type</b>			
Nuclear®	1.00	1.00	1.00
Non-nuclear	0.75 (0.49-1.14)	0.78 (0.51-1.20)	0.81 (0.52-

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			1.25)
<b>Father alive</b>			
No <sup>®</sup>	1.00	1.00	1.00
Yes	0.30*** (0.11-0.85)	0.31** (0.11-0.91)	0.22** (0.07-0.64)
<b>Mother alive</b>			
No <sup>®</sup>	1.00	1.00	1.00
Yes	0.53 (0.23-1.18)	0.54 (0.24-1.22)	0.38** (0.16-0.89)
<b>Both alive</b>			
No <sup>®</sup>	1.00	1.00	1.00
Yes	2.35 (0.75-7.41)	2.21 (0.70-6.99)	3.28** (1.00-10.76)
<b>Wealth status</b>			
Poor <sup>®</sup>		1.00	1.00
Medium		0.88 (0.57-1.37)	0.90 (0.70-1.76)
Rich		0.71 (0.43-1.19)	0.78 (0.46-1.31)
<b>Social support</b>			
Low <sup>®</sup>			1.00
Medium			2.10** (1.38-3.19)
High			7.09** (4.38-11.48)
<b>Log likelihood</b>	-514.71	-513.82	-479.22
<b>significance (p-value)</b>	0.000	0.000	0.000

[Note: \*\*\*=p<0.01, \*\*=p<0.05, \*=p<0.10, OR= Odds ratio, CI= Confidence interval at 95%]

## **Appendix:**

### **Marital happiness items**

These 21 items asked form the respondents to report their degree of happiness with:

- 1) the amount of understanding received
- 2) the amount of love and affection received
- 3) extent to which the respondent and spouse agreed about things
- 4) sexual relationship
- 5) the way the spouse got along with the children (if any)
- 6) the spouse as a bread-winner
- 7) the spouse as someone who took care of things around home
- 8) the spouse as someone to do things with
- 9) the spouse's faithfulness
- 10) the spouse financial situation
- 11) their happiness with their home
- 12) how happy the marriage was
- 13) how the marriage was compared to others
- 14) if the marriage was better or worse than some previous years
- 15) how strong feelings of love for the spouse were in the past year
- 16) the spouse communication
- 17) the spouse social activities
- 18) the spouse occupation
- 19) the spouse independence
- 20) taken all together, how would you say things are these days- would you say that you are very unhappy, unhappy, neutral, happy, very happy
- 21) Taking things all together, how would you describe your marriage? would you say that your marriage is very unhappy, unhappy, neutral, happy, very happy

### **Social support items**

These 12-items asked form the respondents to report their feelings about following statements:

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- 1) there is a special person who is around when I am in need
- 2) there is special person with whom I can share my joys and sorrows
- 3) My family really tries to help me
- 4) I get the emotional help and support I need from my family
- 5) I have a special person who is a real source of comfort to me
- 6) My friends really try to help me
- 7) I can count on my friends when things go wrong
- 8) I can talk about my problems with my family
- 9) I have friends with whom I can share my joys and sorrows
- 10) There is special person in my life who cares about my feeling
- 11) My family is willing to help me make decisions
- 12) I can talk about my problems with my friends