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Models Of Marital Quality In India: A Quantitative Analysis

Dr. Akhilesh Pathak
Lakshmibai College, University Of Delhi, Ashok Vihar - III, New Delhi – 110052, India

Abstract
Research suggests that marital quality is a multidimensional construct. In two studies – one based in USA (1986) and the other in China (2013) – it was found that it is a five-dimensional construct. This study had past studies as the starting point. Data based on a survey questionnaire was collected from a sample of respondents residing in India's National Capital Region (Delhi-NCR). Sample size of the study was N=303. Data thus collected was analyzed using statistical software packages such as SPSS and SPSS Amos. Using Confirmatory Factor Analysis (CFA), a model of marital quality and its dimensions was derived. The study found that although the data looked to fit the five-dimensional model moderately, the best fit in the Indian context was discovered to be a two-dimensional model for marital quality with marital happiness and marital stability turning out to be the best determinants of marital quality in India.

Keywords: *marital quality, marital happiness, marital stability, marital interaction, marital problems, marital disagreement*

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I. Introduction

Marital Quality can be defined as the quality of life experienced by married people as a consequence of getting married. To be more specific, Fincham and Bradbury (1987) defined marital quality as "spouse's sentiment with respect to their marriage or their partner as revealed with the help of subjective judgements and overall evaluation of their marriage" (Fincham & Linfield, 1997, p. 489). What attracts one's attention is that the definition underpins the importance of "subjective judgements" as well as the "overall evaluation" of marriage. Nonetheless, marital quality could also be defined as "simply a matter of how married persons feel about their marriages" or "a characteristic of the relationship between the spouses" (Glenn, 1990, p. 819). What is apparently clear from these definitions is that marital quality has two components – subjective and objective.

Marriage as a social institution is grounded within cultural milieu. But, cultural forms and symbols can be better understood through an investigation of individual subjectivity, thus argues Gananath Obeyesekere (1981) in his classic work, *Medusa's Hair: An Essay on Personal Symbols and Religious Experience*. In this book, Obeysekere (1981) tries to pinpoint a limitation in Weber's view of culture which, according to Obeyesekere, seems to be centred on the concept of the group that successfully imposes meanings and symbols on the individual psyche. As a departure, Obeyesekere (1981) goes to show the significant impact that the realm of individual subjectivity and the unconscious seems to bear on manifestation of culture. In so doing, he considers Freud's psychoanalysis as the guiding conceptual framework. He emphasizes the need to analyze "personal symbols" rather than cultural symbols that seem to be imposed from above on the individual. Obseyesekere (1981) seeks to blend Weber's view of culture with Freud's psychoanalysis to come up with a theoretical basis for understanding culture through individual subjectivity. Keeping this in mind, the dynamics of every marital relationship needs to be scrutinized on the basis of individual subjectivities experienced by married people. Although marriage is an affair shared between two selves, it is ultimately a family affair, often involving the entire group of people joined together by bonds of kinship and family. Thus, one can ill afford to ignore the impact of factors such as family and kinship while trying to study the institution of marriage.

The current debate that tries to question the efficacy of the institution of marriage (Cherlin, 2004) could be shown to have relied on two conflicting paradigms – *marital decline* and *marital resilience*. Paul Amato (2004) argues that between these two, the latter holds an edge over the former because though it's a reality that the meaning of the marital bond and its sacrosanct nature in society has received a serious blow owing to rising individualism across cultures, we still have not found a reliable substitute for child-rearing in a two-parent family without compromising on the quality of upbringing.

The argument is well supported by research data on single-parent families (Popenoe, 1996; Waite & Gallagher, 2000; Glenn, 2001; Wilson, 2002). Studies in the Indian context also reveal that the mental health of children living in single-parent families is more likely to be worse than the mental health of children living in

two-parent families (Sinha & Ram, 2018). But, it is also true that the institution of marriage has undergone remarkable changes in our society. Hence, one is compelled to ask the question: What is the nature of the change that marriage as a social institution has undergone as a consequence of the overall change in the demographic processes and structure and the associated social change in our society? Studies from the West suggest that the tussle has broadly been one of *tradition* versus *modernity*, irrespective of the consideration of rationality.

It has been found that the traditional view that borders on the institutional sanctity of marriage, especially with respect to gender roles has given way to companionate form of marital relationship (Wilcox & Nock, 2006). However, the face-off between modernity and tradition does not seem to result in a clear winner. Furthermore, it has been discovered that a proportionate distribution of both these attitudes enhances women's marital happiness (Wilcox & Nock, 2006). In fact, there seems to be a time dimension to it as well as there has been a gradual easing of norms in this regard discoverable in the cultural drift from the institutional to the companionate model of marriage (Mintz & Kellogg, 1988). In the light of these observations, one may argue that married people tend to be on a constant search for the best possible way to lead a life. How does one measure the degree of success met by them in this endeavour? It seems to be the key question this study aims to answer. In so doing, the central concept that must be probed seemingly turns out to be marital quality.

Empirical research has shown that the number of dimensions of marital quality could vary depending on the method employed and the society studied. However, a widely accepted model of marital quality tries to fix the number of dimensions to five. It owes its origin to the study conducted by Johnson et al. (1986) in Detroit, USA. The same model was replicated in a study based in Beijing in 2013 (Zhang, Xu, & Tsang, 2013). The current study undertaken by us is largely based on this five-dimensional construct of marital quality. The five dimensions alluded to are marital happiness, marital interaction, marital disagreement, marital problems, and marital instability (or stability). The model suggests that the first two, i.e., marital happiness and marital interaction constitute the positive component of marital quality while the rest three measure the negative component. It is with this assumption that we proceed with our analysis aiming at constructing a model of marital quality applicable to Indian conditions.

II. Method

Rationale of the Study

Marital quality and marital stability are closely linked (Becker et al., 1977). Therefore, divorce rate as a social fact could be seen as an indicator of marital quality in society. Keeping this in mind, it can't evade one's attention that in India, the number of Indians having the status of either 'divorced' or 'separated' seems to have more than doubled over the past two decades preceding 2011 census (Dommaraju, 2016, p. 205). Commenting on the probability of divorce, Dommaraju (2016) states that the probabilities of divorce and separation in India have gone up in last 20 years with a rapid rise noticed after 1999-2001, a trend that he attributes to social processes such as globalization and liberalization. How do we explain this trend of rise in divorce rate in the backdrop of the fact that traditionally, India has been a society where divorce seems to be discouraged (Derne 1995, 2008; Sarma, 1931)? Karla B. Hackstaff (1999) differentiates "marriage culture" from "divorce culture". In marriage culture, marriage is taken as something unbreakable and given that is to stay forever. Conversely, divorce culture considers marriage to be an optional affair which people at will can get rid of. Hence, one might argue that broadly India corresponds to marriage culture. If that is true, this recent spurt in cases of divorce in India calls for an explanation. Thus, analyzing *marital quality* in this context seems to be a prudent idea.

Statement of the Problem

Nonetheless, what concerns us here is the fact that most, in fact, all research on marital quality has so far been conducted in places outside India, and thus the literature on marital quality is dominated by western perspectives (Allendorf, 2012). But, western concepts and contexts do not seem sufficient to explain non-western contexts (Miller & Kannae, 1999). Hence, marital quality in India needs to be studied from a fresh perspective which is not simply an application of ideas and concepts borrowed from the West.

While marital disruption is a huge concern for the family in the economically advanced countries of the West, the proportion of such phenomenon in India is not that high. At the same time, it is also true that of late there has been a rise in the cases of marital dissolution featuring separation and divorce in India. According to Census of India - 2011, on the whole, there were 3,535,202 separated persons and 1,362,316 divorced persons in the country. It goes to prove that separation as a form of marital disruption seems to be as high as 72 percent for all persons facing marital disruption. In case of females alone, it was once again found that 72 percent of all women facing marital disruption tend to be living under separation. A survey of the number of

divorce cases filed in family courts across India reveals that there has been a steep rise in India's divorce rate from 1 in 1000 to 13 in 1000 during the decade, 2005-14.[1]

Though the figure of 13 per thousand is still low when compared with the corresponding figures from some of the developed countries such as USA, Russia and some Scandinavian countries where the divorce rate lies in the range of 50% and above,[2] the rising likelihood of divorce popping up as a solution to marital problems among Indian couples of today could be an alarming sign for the society as a whole. There were 11,667 cases of divorce filed in Mumbai alone in the year 2014, more than double compared with the figures of 2010. The same year, 2014 saw an even steeper rise in the cases of divorce in Kolkata. It soared up to 8,347 from 2,388 in 2003 representing a 350% increase (Dutt, 2015). What's more, the trends do not seem to be typifying the condition of India's metropolitan cities only. Rather, a fast-growing cosmopolitan city, Kochi seems to be experiencing quite a similar pattern in this regard. The graph of the number of divorce cases filed seems to have risen constantly over the past few years. While the total cases filed in the city of Kochi was 2,576 in 2017, it rose to 2,948 in 2018. Maintaining the upward trend it crossed the 3,000 mark in 2019 with 3,122 cases being filed in that year alone. It was also reported that 226 divorce petitions were filed in the first twenty-four days of 2020.[3] To understand things in simplest of the terms one must look at the fact that on an average, 22 divorce petiitons were filed daily in the city of Mumbai between 2011 and 2020.[4]

As one takes note of these facts, one can't stop thinking about the probable causes behind the steep rise in the number of divorce cases filed. One plausible explanation seems to be the quality of marriage. Hence, marital quality is the variable that must be studied in the Indian context. However, it must also be said that marital stability is just one dimension of marital quality. As seen above, we also found that huge cultural change has engulfed us at the global level introducing new dimensions to marital quality as a whole. Guided by these ideas, the study shall endeavour to look at marital quality from a more comprehensive and holistic perspective.

Research Objectives

- To find out and measure the determinants of marital quality in India
- To measure and construct a model of marital quality in India

Research Design

The study is primarily based on CFA (Confirmatory Factor Analysis) using a five-dimensional model that would seek to measure marital quality. The CFA model is constructed based on a questionnaire prepared on the basis of the self-reporting method. The data collected was analyzed using SPSS Amos. The sample size (N) was 303 married individuals.

In order to measure the positive aspect of marital quality, one needs to detect factors such as marital happiness and overall satisfaction. SWL (Satisfaction with Life) Scale that measures life satisfaction (Diener et al., 1985) seems handy in this regard. Other than this, the study also makes use of RAS, that is, Relationship Assessment Scale (Hendrick, Dicke, & Hendrick, 1998) and other scales that measure the dimensions of marital quality. In fact, each dimension has been measured with the help of a standard scale. For example, in order to measure marital problems, the study looks to leverage the advantage of the Marital Problems Questionnaire (Douglass & Douglass, 1995). The questionnaire prepared for this study has also taken into account insights provided by other research on marital problems (Amato & Rogers, 1997). For other dimensions such as marital interaction, disagreement, and instability, this study has adopted the CMQS questionnaire as a guideline.

Data and Sampling

Data collection for the study employed *snowball sampling* method including the use of the digital mode. Almost all fieldwork and data collection for the study was completed in 2021-22. Respondents were reached out both physically and digitally with the help of Google forms. Data for the study was collected based on a survey questionnaire comprising 28 questions in all aimed at measuring individual dimensions of marital

[1]The report can be accessed at https://www.hindustantimes.com/sex-and-relationships/how-and-why-number-of-young-indian-couples-getting-divorced-has-risen-sharply/story-mEuaEoviW40d6slLZbGu6J.html

[2] See full report at https://www.indiatoday.in/education-today/gk-current-affairs/story/india-has-the-lowest-divorce-rate-in-the-world-1392407-2018-11-20 . For more, click https://worldpopulationreview.com/country-rankings/divorce-rates-by-country .

[3]The report can be accessed at https://www.newindianexpress.com/cities/kochi/2020/jan/28/divorce-pleas-hit-a-record-3122-in-2019-2095352.html .

[4]The data cited was published in a report by *Hindustan Times* dated Jan 31, 2021. Full report can be accessed at https://www.hindustantimes.com/cities/others/mumbai-reported-an-average-of-22-divorce-petitions-daily-101612038442268.html .

quality. Each indicator variable gathered responses on a 4-point Likert scale as summarized in the following table:

Table 1: Scheme of coding adopted for the 4-point Likert scale used in the questionnaire

Score / Dimensions	1	2	3	4
Marital Happiness	Very Unhappy	Unhappy	Happy	Very Happy
Marital Interaction	Never	Sometimes	Frequently	Always
Marital Disagreement	Always	Frequently	Sometimes	Never
Marital Problems	Always	Frequently	Sometimes	Never
Marital Instability	Recently	In the past 3 years	Long time ago	Never

A scheme of coding as well as reverse-coding was applied to the exercise in order to create separate indices for all five dimensions. A sum of the individual scores of the dimensions thus obtained gave the final Index of Marital Quality. As to the scheme of coding, a point was made to ensure that a higher score for any of the individual dimensions indicated higher marital quality. In other words, the variables that represent the negative aspects of marital quality were reverse-coded and couples who report a higher frequency of such occurrences within their marital life were taken as scoring lowly as far as overall marital quality is concerned. Since the indicator variables constituting all five dimensions were measured on a uniform 4-point Likert scale, coding and reverse-coding did not pose much of a problem.

A simple sum of the individual scores for each dimension would give the final value of marital quality with a higher score indicating higher marital quality.

Data Profile

A brief summary of the general characteristics of the sample is presented below:

Table 2: Descriptive Statistics

Sample Size (N)	**303 (159 men, 144 women)**
Mean Age (in years)	35.7
Mean Marriage Duration (in years)	8.386
Hindu (by religion)	93.10%
Hindi (mother tongue)	64.40%
Reserved Category (SC, ST, OBC)	21.80%
Annual Income > 10 lakhs p. a.	48.50%
Postgraduate and above (Education)	65.30%

III. Results And Discussion

The 28 indicator variables used to measure marital quality served as indicators in order for us to identify the factors that go into constituting marital quality and its dimensions. Therefore, factor analysis was conducted using Principal Component Analysis with all 28 variables taken together. Here it must be mentioned that for a model to be consistently acceptable, both exploratory factor analysis and confirmatory factor analysis must produce similar results. In other words, we need to analyze the data using both these techniques in order to arrive at the final conclusion. The exploratory factor analysis (EFA) gave the following results:

Table 3: Amount of variance explained by each of the seven dimensions

Total Variance Explained

	Initial Eigenvalues			Rotation Sums of Squared Loadings		
Component	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %
1	9.264	33.085	33.085	4.432	15.830	15.830
2	2.481	8.862	41.947	3.927	14.024	29.854
3	2.285	8.161	50.108	3.614	12.907	42.761
4	2.000	7.143	57.251	2.979	10.640	53.401
5	1.751	6.253	63.504	2.380	8.501	61.901
6	1.264	4.513	68.017	1.455	5.198	67.099
7	1.145	4.088	72.105	1.402	5.006	72.105
8	.992	3.545	75.650			

Extraction Method: Principal Component Analysis.

For Eigen value of one, we find the above set of factors. Contrary to the expectations, here we have a seven-dimensional model of marital quality instead of a five-dimensional model. Nonetheless, in order for us to arrive at anything conclusive in this regard, we need to look take a look at the individual factor loadings for all seven dimensions. The factor loadings after rotation are as follows:

Table 4: Identifying the dimensions after rotation in exploratory factor analysis

Rotated Component Matrix[a]							
	Component						
	1	2	3	4	5	6	7
Love and affection received	**.851**	.275	.159	.122	.075	-.058	-.016
Sexual satisfaction	**.803**	.152	.214	.042	-.040	.189	-.099
Happiness with home	**.807**	.302	.083	.193	.123	-.035	.110
Overall marital happiness	**.877**	.278	.126	.083	.021	-.047	.088
Relative happiness	**.792**	.167	.319	.025	.004	.206	.187
Spending time together	.262	.322	**.629**	.195	.025	-.102	-.193
A tells feelings to B	.107	.171	**.762**	.091	-.074	.296	.190
B tells feelings to A	.373	.121	**.696**	.160	-.066	.302	-.062
A shows affection to B	.041	.144	**.766**	.055	.091	-.172	.060
B shows affection to A	.445	.104	**.724**	.040	.034	-.015	-.202
Couples discuss big events	.073	.265	**.650**	.148	.042	.025	.088
Disagreement on housework	-.012	.242	-.130	-.026	**.653**	-.108	**.337**
Disagreement on spending money	.018	-.044	.061	.076	**.804**	.017	.107
Disagreement regarding children	-.002	-.045	.003	.123	**.776**	.082	-.299
Disagreement regarding elderly	.090	.019	.070	-.040	**.767**	-.021	.039
Disagreements regarding opposite sex friends	.127	-.159	.038	.099	.107	.137	**.847**
Serious quarrels in last 2 months	.243	.216	-.087	**.550**	.026	**.492**	-.033
Physical violence	.006	.083	.075	.081	-.009	**.793**	.129
Got angry easily	.228	.086	.038	**.601**	.057	.331	-.238
Was jealous	.058	.164	.096	**.671**	.182	.023	-.135
Tried to dominate	-.004	.079	.248	**.731**	.036	-.064	.095
Criticized the spouse	.004	.141	.109	**.767**	-.110	.033	.145
Wouldn't talk to each other	.232	.259	.068	**.611**	.004	.044	**.357**
Suggested the idea of divorce	.260	**.827**	.297	.183	.077	.098	-.099
Thought marriage might be in trouble	.247	**.764**	.182	.140	-.001	.241	-.058
Discussed the divorce with friend	.231	**.844**	.269	.196	.018	-.031	-.048
Thought about divorce/separation	.258	**.818**	.304	.200	.054	.186	-.034
Ever separated?	.387	**.681**	.095	.196	-.024	-.148	.081
Extraction Method: Principal Component Analysis. Rotation Method: Varimax with Kaiser Normalization.							
a. Rotation converged in 6 iterations.							

The individual loadings are highlighted in the output table above. Anything above 0.3 was included as an indicator. We can clearly find contiguous and high loadings for the first five dimensions with the last two dimensions showing considerable loadings for variables in a haphazard manner. That is to say the last two factors show acceptable factor loadings for variables that already have a higher loading for other factors or the total number of loadings greater than 0.3 for the sixth and seventh factor is less than three which renders them liable for rejection as a factor. Thus, we take the next step of removing the variables that seemingly produce the aberration resulting in two additional factors. We removed the three anomaly-inducing variables (V41, V42, and V43) from the analysis.[5] We re-ran the factor analysis with the 25 variables we are now left with. This is what we found:

Table 5: Amount of variance explained by each of the five dimensions

Total Variance Explained

	Initial Eigenvalues			Rotation Sums of Squared Loadings		
Component	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %
1	9.007	36.028	36.028	4.283	17.131	17.131
2	2.410	9.640	45.668	3.862	15.447	32.577
3	2.175	8.700	54.368	3.685	14.739	47.316
4	1.894	7.576	61.943	2.800	11.199	58.515
5	1.523	6.094	68.037	2.381	9.522	68.037
6	.980	3.918	71.956			

Extraction Method: Principal Component Analysis.

We can clearly find a model of marital quality composed of five factors. Nonetheless, what these five factors measure is the most important question for us at this point. Thus, we need to check out the individual loadings for each of the five factors as shown in the output table below:

[5] All three variables occur as consecutive questions in the questionnaire and aim to measure marital disagreement.

Table 6: Identifying the dimensions after rotation in exploratory factor analysis

Rotated Component Matrix[a]					
	Component				
	1	2	3	4	5
Love and affection received	**.839**	.283	.165	.111	.084
Sexual satisfaction	**.808**	.150	.236	.084	-.054
Happiness with home	**.806**	.305	.078	.203	.135
Overall marital happiness	**.872**	.284	.125	.091	.030
Relative happiness	**.805**	.165	.331	.070	-.001
Spending time together	.228	.342	**.621**	.178	.024
A tells feelings to B	.123	.152	**.776**	.148	-.083
B tells feelings to A	.370	.122	**.720**	.210	-.092
A shows affection to B	.019	.146	**.757**	.010	.112
B shows affection to A	.418	.116	**.741**	.019	.030
Couples discuss big events	.071	.252	**.637**	.183	.043
Disagreement on housework	.004	.229	-.157	-.018	**.676**
Disagreement on spending money	.019	-.058	.075	.073	**.805**
Disagreement regarding children	-.016	-.045	.032	.114	**.755**
Disagreement regarding elderly	.100	.000	.069	-.029	**.770**
Got angry easily	.215	.087	.096	**.604**	.033
Was jealous	.043	.170	.081	**.687**	.174
Tried to dominate	-.006	.073	.208	**.744**	.049
Criticized the spouse	.007	.135	.086	**.772**	-.094
Wouldn't talk to each other	.238	.253	.049	**.634**	.019
Suggested the idea of divorce	.246	**.827**	.317	.194	.076
Thought marriage might be in trouble	.244	**.760**	.217	.168	-.010
Discussed the divorce with friend	.214	**.851**	.263	.198	.027
Thought about divorce/separation	.251	**.814**	.328	.223	.050
Ever separated?	.375	**.689**	.074	.178	.000
Extraction Method: Principal Component Analysis. Rotation Method: Varimax with Kaiser Normalization.					
a. Rotation converged in 6 iterations.					

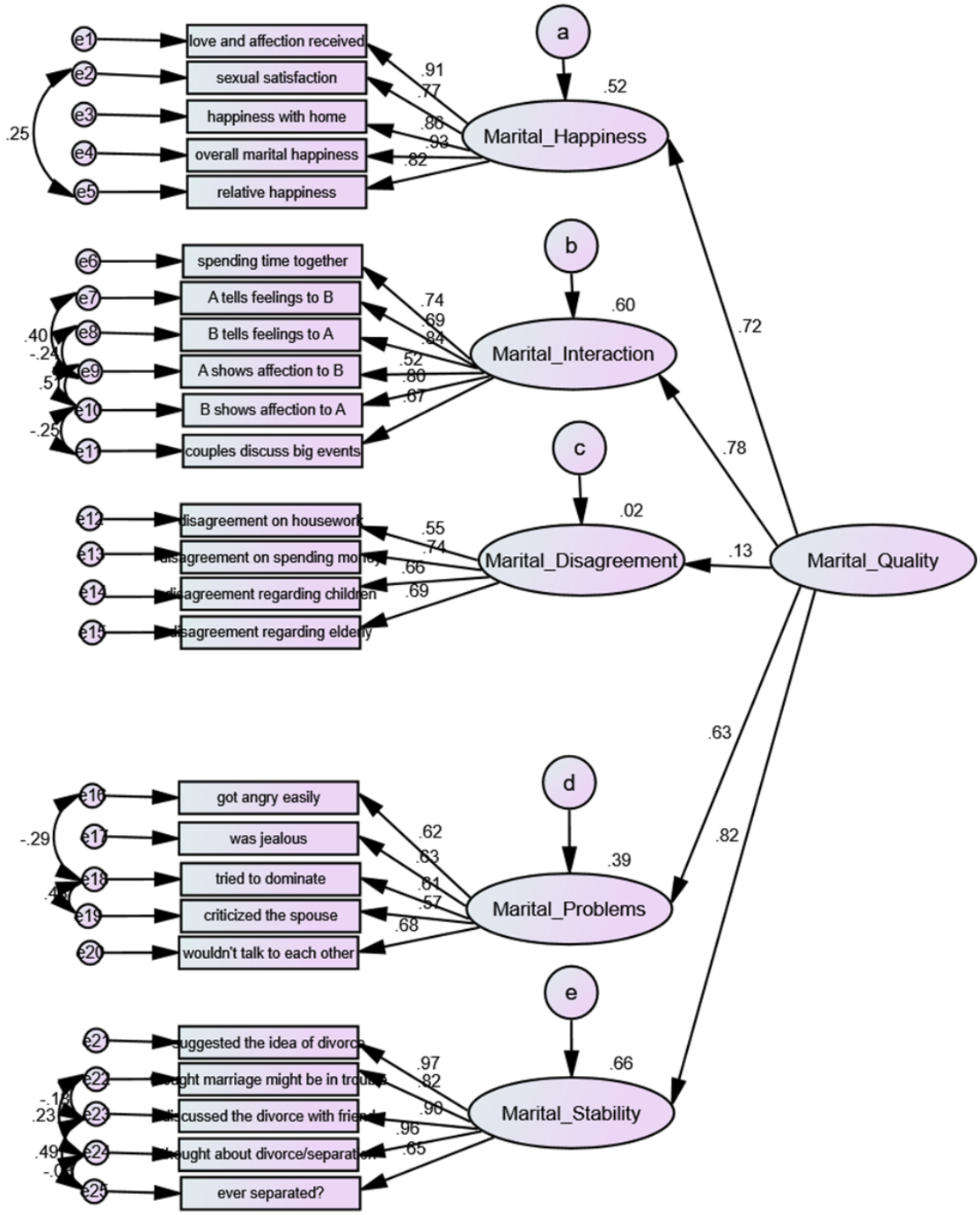
The indicator variables with considerable factor loadings (loading > 0.5) have been highlighted in the table. Each factor turns out to be composed of a set of contiguous and correlated variables corresponding to the five factors that were initially expected to constitute marital quality in India informed by previous research conducted in the USA (1986) and China (2013). The factors, pronouncedly visible in the table, are as follows and in that order:

Table 7: Name and order of factors identified by Exploratory Factor Analysis (EFA)

Factor 1	Marital Happiness
Factor 2	Marital Instability (or Stability)
Factor 3	Marital Interaction
Factor 4	Marital Problems
Factor 5	Marital Disagreement

Having noted the results of exploratory factor analysis (EFA), it might seem a better idea to look for additional confirmation of the conclusions drawn here with the help of Confirmatory Factor Analysis (EFA), a technique based on Structural Equation Modelling (SEM). In the quest of developing a model of marital quality in India, we use the same 25 variables used in exploratory factor analysis. We ran confirmatory factor analysis on SPSS Amos which gave the following result depicting a five-dimensional model of marital quality:

Figure 1: Five-dimensional model of Marital Quality in India



This is what we found as to the characteristics of the model fit:

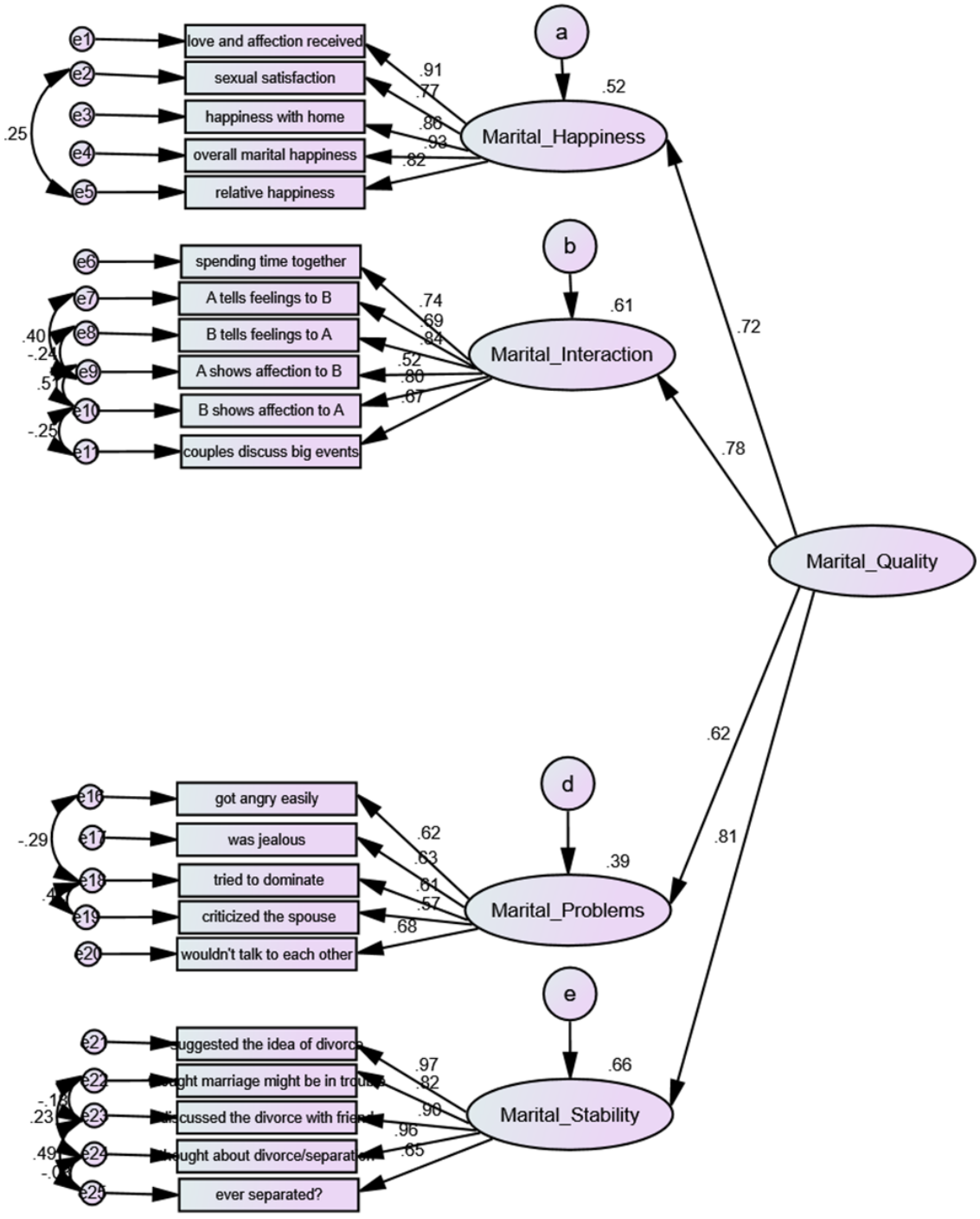
Table 8: Vital indices reported for the 5-dimensional model of marital quality

Chi-square	Df	p-value	CFI	TLI	IFI	RMSEA	PCLOSE
987.296	259	.000	**0.870**	0.849	0.871	**0.096**	.000

We are chiefly concerned with the three indices in the table, i.e.., CFI, TLI, and IFI, all of which assume a value that is less than 0.9. Therefore, on a reading of the above indices and values of other parameters, one might conclude that the model does not fit the data satisfactorily. The most vital figure in the above table is the value of CFI which must be above 0.9 in order for us to consider the model anywhere close to being acceptable. Hence, we need to look out for a remedy to overcome the difficulty. It is noticeable that in the model shown in the figure above, we find that the factor loading between Marital Quality and Marital

Disagreement is 0.14 exhibiting a low degree of association and thus suggesting that *marital disagreement is not a good predictor of marital quality in India*. Hence, an improvement to the model could be introduced by stripping off marital disagreement and re-running the whole process with four dimensions. Given below is the result with a four-dimensional model of marital quality:

Figure 2: Four-dimensional model of Marital Quality in India



The output indices are as follows:

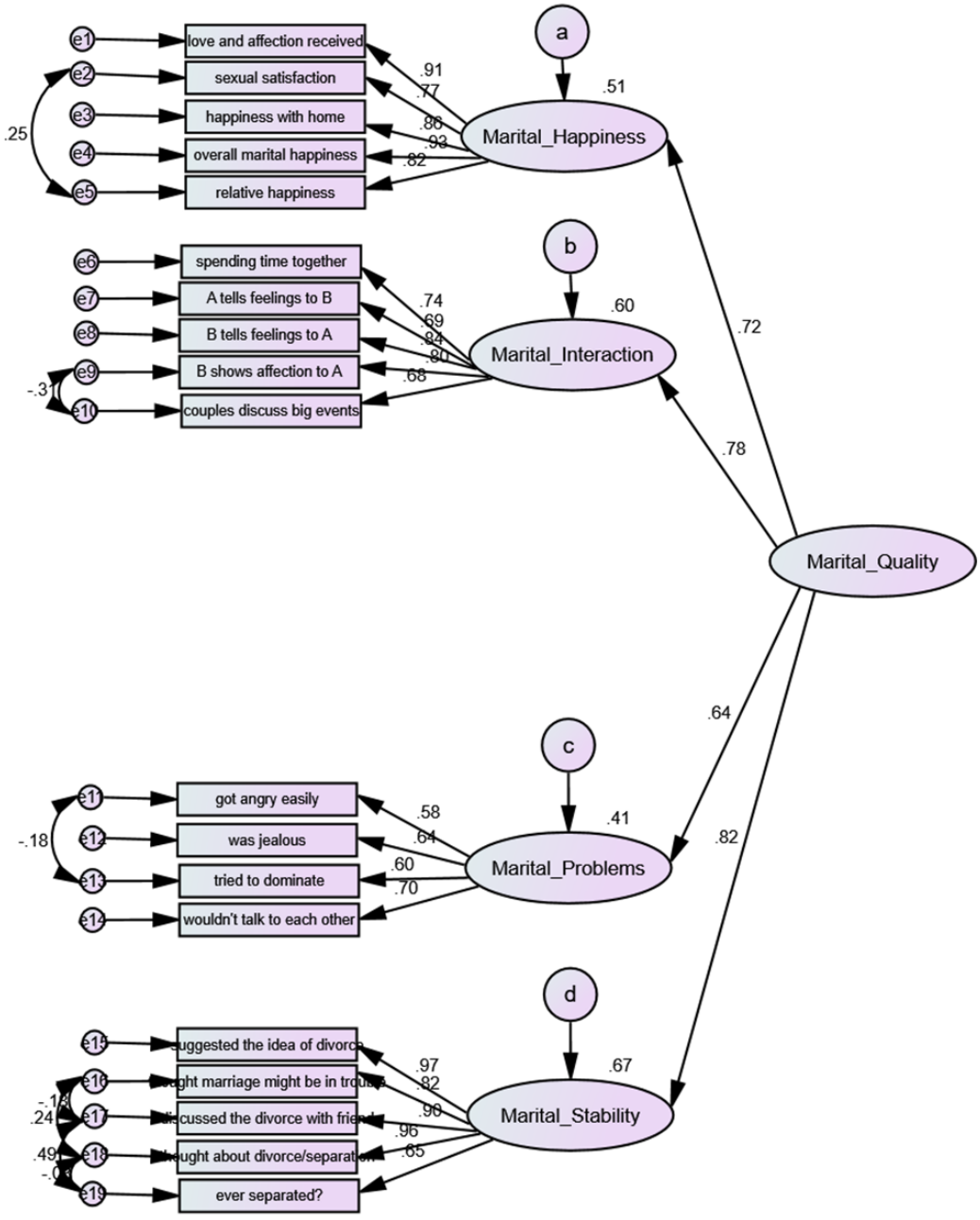
Table 9: Vital indices reported for the 4-dimensional model of marital quality

Chi-square	Df	p-value	CFI	TLI	IFI	RMSEA	PCLOSE
688.454	174	.000	**0.899**	0.878	0.900	**0.099**	.000

Do we find any improvement on the previous model? In a sense we do have a model with us that is slightly better than the previous one. It is, nonetheless, not at the satisfactory level that we are looking for. The value of CFI (0.899) is still less than 0.9. Moreover, we still have RMSEA = 0.099 which is way beyond the acceptable limit of less than 0.08. Therefore, although this four-dimensional model of marital quality seems to represent our society to a better degree, it can only be taken as a vaguely fitting model.

To find a better fit for our data, we try to drop some of the variables with low factor loadings from this four-dimensional model. We remove one each from the indicator variables measuring marital interaction and marital problems. What we get with this model having 19 indicator variables is the following:

Figure 3: Modified Four-dimensional model of Marital Quality in India



The output indices for this four-dimensional model are as follows:

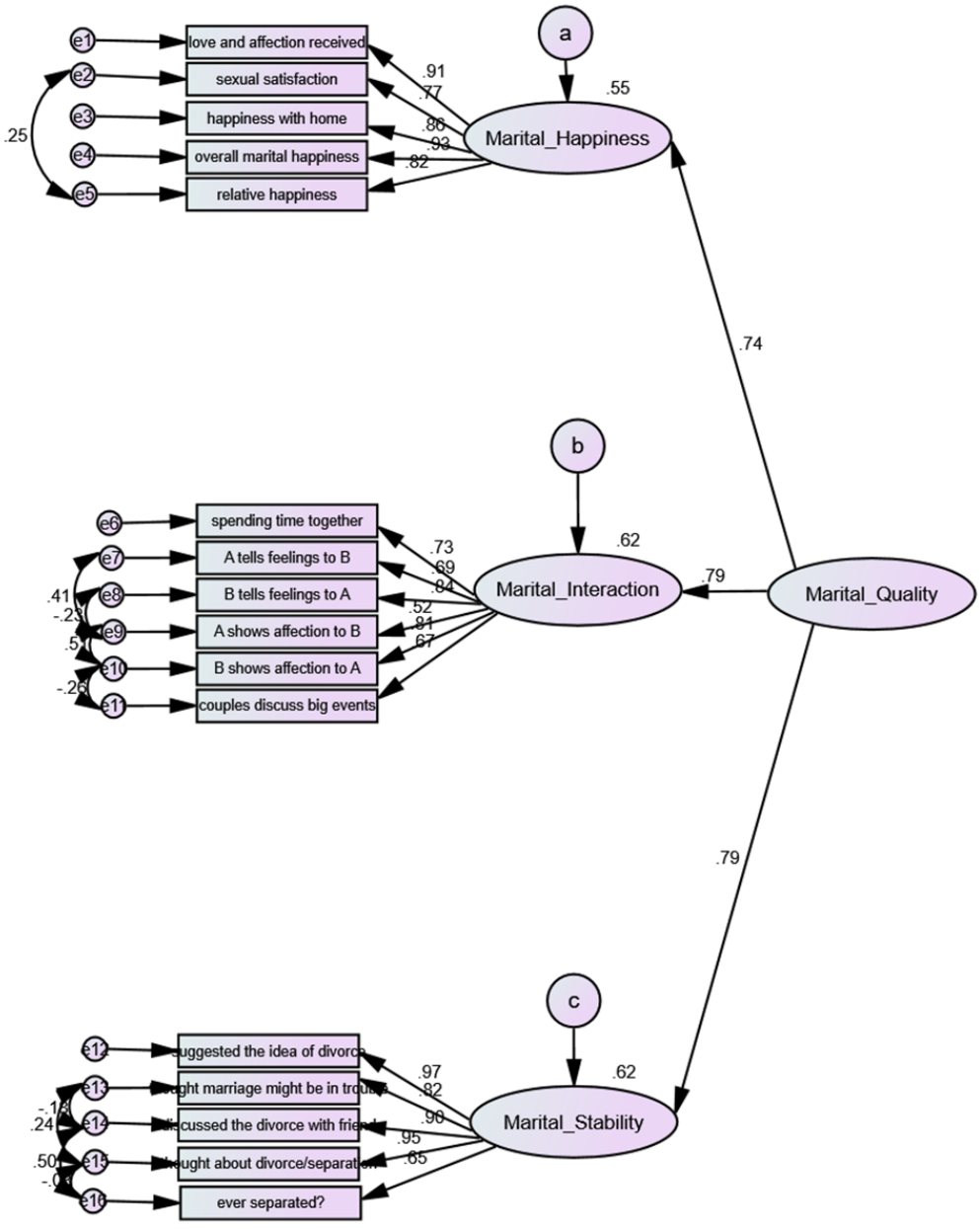
Table 10: Vital indices reported for the modified 4-dimensional model of marital quality

Chi-square	Df	p-value	CFI	TLI	IFI	RMSEA	PCLOSE
534.125	141	.000	**0.913**	**0.895**	**0.914**	**0.096**	.000

One needs to take a look at the three indices highlighted in the table. Two out of the three display a value greater than 0.9 with CFI being 0.913 which is close to the acceptable value of 0.95 that is indicative of a good fitting model. However, we still have RMSEA > 0.08 that raises some questions as to the appropriateness of this model in explaining the model of marital quality in our society.

What do we do now? We extend this analysis further in search of a better fit for our data. In this quest, we further reduce the number of variables that seem to load poorly with the final variable with the factor they purportedly measure. In the model above, we notice that variables measuring marital problems seem to have moderate factor loadings in the range of 0.6. Hence, we get rid of the entire factor and re-run the whole process with three dimensions, i.e., marital happiness, marital interaction, and marital instability. This is what we find with this model:

Figure 4: Three-dimensional model of Marital Quality in India



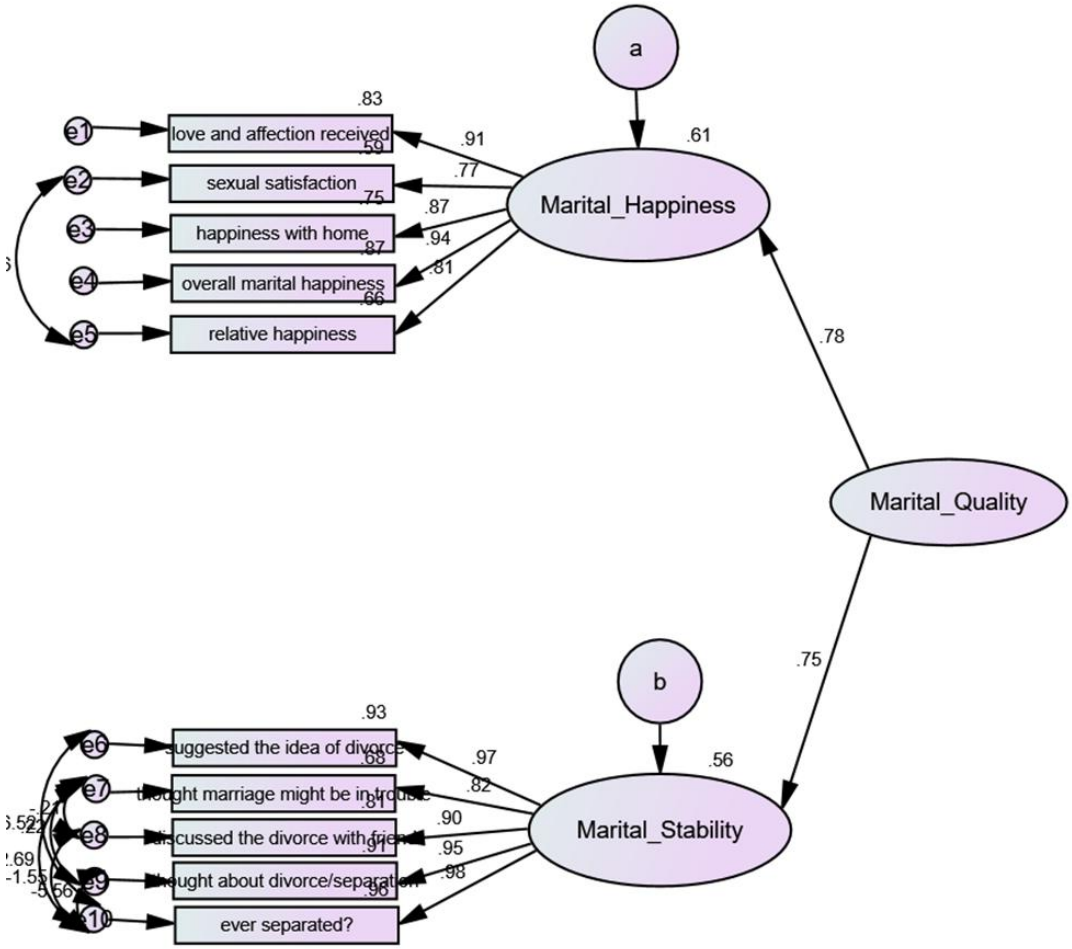
The indices for the model fit are shown below:

Table 11: Vital indices reported for the 3-dimensional model of marital quality

Chi-square	Df	p-value	CFI	TLI	IFI	RMSEA	PCLOSE
404.776	92	.000	**0.929**	**0.908**	**0.930**	**0.106**	.000

That seems a better fit than all previous models with the CFI being close to 0.93, although it still falls short of the acceptable 0.95 mark. The practical significance of the result is that it implies the non-significance of marital problems as predictor of marital quality in India. However, we still haven't got a satisfactory value for RMSEA that ought to be less than 0.08. Therefore, we need to further find a model that satisfies our quest to the maximum possible degree. When we tried the previous technique of getting rid of variables with low factor loadings we could not come up with a three-dimensional model that fits the data better. Thus, we went ahead with dropping the entire dimension of marital interaction. Now, retaining just two dimensions, marital happiness and marital stability, we re-run the process. This is how the two dimensional model looks like:

Figure 5: Two-dimensional model of Marital Quality in India



The output indices for the model are as follows:

Table 12: Vital indices reported for the 2-dimensional model of marital quality

Chi-square	Df	p-value	CFI	TLI	IFI	RMSEA	PCLOSE
63.844	27	.000	**0.988**	**0.980**	**0.988**	**0.067**	**0.087**

Now we get a model that satisfies most of the criteria for a good model fit using confirmatory factor analysis on SPSS Amos. We can easily see all three indices here being greater than 0.95 with the most important CFI being 0.988. Besides, we also get a value for RMSEA that is less than 0.08. Although it is still not close to the ideal 0.05 mark, it, nonetheless, lies in the acceptable zone. In addition to these we also get a PCLOSE value of greater than zero that indicates a good model fit.

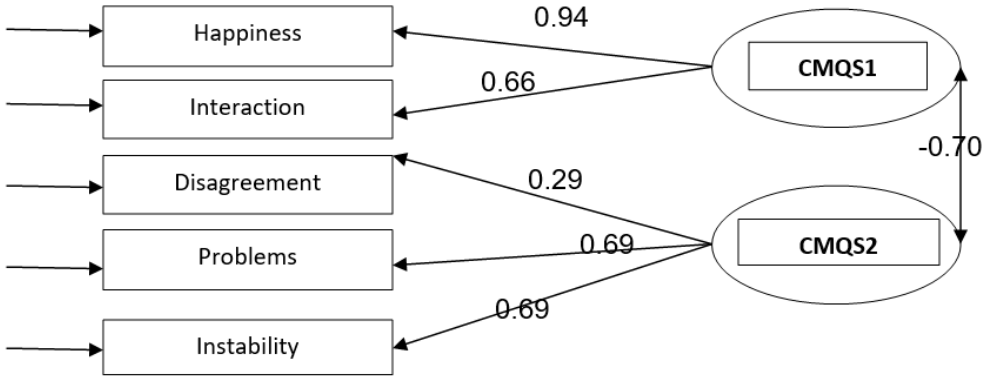
On the basis of these results, we may now conclude that for the segment of Indian society represented by this sample, marital quality is essentially a two-dimensional construct with *marital happiness* and *marital stability* being its two dimensions. The practical significance of this finding lies in the fact that marital quality in India is determined by the level of happiness that people enjoy in their married life and the stability of the marriage.

Comparison with other studies

Thus, we now come to realize that save these two factors - marital happiness and marital stability - other factors have only a peripheral influence on marital quality in India, that is, if one derives happiness from one's marriage and at the same time is safe from the risk of divorce, one tends to register a high marital quality without being much affected by issues such as disagreements and conflicts within marriage. Hence, a comparison with similar studies conducted elsewhere seems to be relevant at this point.

A fresh line of analysis stems from the observation made in the study conducted in Beijing (Zhang, Xu, & Tsang, 2013). The study found that marital quality, though composed of these five dimensions, finally gets factorized into two that follows the scheme of classification proposed by Fincham and Linfield (1997). Hence, empirically, it seems difficult to find a singular factor called marital quality. Rather, marital quality as a whole is simultaneously constituted by two facets of marital quality – *positive* and *negative*. The model proposed by the Chinese study is as follows:

Figure 6: Two-factor model of Marital Quality in China



The study compared the model fit indices for the two models (one-factor and two-factor) as shown below:

Table 13: Vital indices reported for the two models of marital quality found in Chinese society

Models	X^2	df	p	GFI	CFI	AGFI	RMR	Result
One factor model	71.306	5	0.000	0.931	0.884	0.794	0.822	Rejected
Two factor model	25.305	4	0.000	0.974	0.957	0.904	0.583	Accepted
Difference	45.731	1	0.000					

There's clear evidence to suggest that the two-factor model explains marital quality in China better than the one-factor model. Thus, let us take a look at how it plays out for our data collected in India. It turns out that neither of the models analyzed above tend to be better explained if we assume a two-factor model of marital quality. The model fit indices tend not to deviate much from the values they assume in case of a one-factor model of marital quality, hence not providing us enough ground to reject the one-factor model in support of the two-factor model.

Interrelationship between dimensions of marital quality

Having discovered the dimensions of marital quality in the Indian context, one is left with the task of uncovering the interrelationship that each of those dimensions have. It is for the simple reason that more often than not the cause of a particular effect is wrongly attributed to a factor that is itself determined by some other factor, both of which could be seen as individual dimensions of the final variable which is the one that is investigated.

In one study, it was found that there is a positive correlation between marital happiness and marital interaction. What's more, the effect is gender-neutral, which is to say, men and women experience the same effect (Zuo, 1992). Taking the discussion forward keeping marital happiness at the centre, it must also be mentioned that life happiness is related to marital happiness (Kamp Dush, Taylor, & Kroeger, 2008). Although the study also confirmed a long-held belief regarding marital happiness that marital happiness is bound to decline over time, this study interestingly discovered that those with high marital happiness had the lowest rate of decline.

In a different study, it was found that an either-or situation does not arise when it comes to differentiating marital conflict from marital happiness. Socioeconomic status turned out to be an important factor in determining beneficial or pernicious effects of marriage on the married. It was found that even though it was true that marital happiness improved health of the people measured for a variety of health indicators, it represented only a partial reality. In sooth, it was the more educated who enjoyed the joy of (and hence, increased conditions of health) marital happiness. On the other hand, people with lower income levels bore the brunt of marital conflict to a greater degree than others, resulting in a reduction in the conditions of health (Choi & Marks, 2013). In a nutshell, the study goes to show that people with a higher socioeconomic status tend to report better self-rated health that largely rests on marital happiness, whereas those occupying a lower position on the ladder of socioeconomic status suffer more due to marital conflict. Put simply, the absence of one is not the presence of the other. Rather, there are other intervening factors that, sometimes, can result in the presence of both marital happiness and marital conflict in good measure depending on the socioeconomic status of the married couple.

In one of the classic studies on marital happiness, it was found that marital happiness is determined by the net difference between the scores of positive affect called marital satisfaction and negative affect known as marital tension (Orden & Bradburn, 1968). However, it was found later that marital companionship which is an indicator of marital interaction measured on the basis of the amount of time one spends with one's spouse turns out to be a strong determinant of marital happiness (Marini, 1976).

An important interconnection seems to have been discovered between marital happiness and marital stability (or instability). Glenn and Weaver (1981) leave no ambiguity as they make the following claim: "Everything else being equal, the divorce rate will vary positively with the extent to which marriage is depended on for personal happiness." (p. 167). The two scholars had earlier found that most poor marriages are characterized by some personal unhappiness (Glenn & Weaver, 1977). It must also be mentioned that they were well aware of the relativistic difference that one might encounter in modern societies other than the USA.

We tried to find out how interrelated the dimensions of this study are. In pursuing this goal, we calculated the correlations of all dimensions with marital quality and with each other. Below is what we found:

Table 14: All five dimensions are correlated with Marital Quality

		Index of Marital Quality	Index of Marital Happiness	Index of Marital Interaction	Index of Marital Disagreement	Index of Marital Problems	Index of Marital Stability
Index of Marital Quality	Pearson Correlation	1	**.776****	**.788****	**.307****	**.615****	**.813****
	Sig. (2-tailed)		**0.000**	**0.000**	**0.000**	**0.000**	**0.000**
	N	303	303	303	303	303	303
Index of Marital Happiness	Pearson Correlation		1	**.510****	0.050	**.328****	**.586****
	Sig. (2-tailed)			**0.000**	0.385	**0.000**	**0.000**
	N	303	303	303	303	303	303
Index of Marital Interaction	Pearson Correlation			1	0.015	**.368****	**.561****
	Sig. (2-tailed)				0.801	**0.000**	**0.000**
	N	303	303	303	303	303	303
Index of Marital Disagreement	Pearson Correlation				1	**0.074**	**0.073**
	Sig. (2-tailed)					0.200	0.207
	N	303	303	303	303	303	303
Index of Marital Problems	Pearson Correlation					1	**.455****
	Sig. (2-tailed)						**0.000**
	N	303	303	303	303	303	303
Index of Marital Stability	Pearson Correlation						1
	Sig. (2-tailed)						
	N	303	303	303	303	303	303
**. Correlation is significant at the 0.01 level (2-tailed).							

It is easy to locate on the table that all five dimensions are correlated to marital quality at the 99 per cent confidence level. In most cases, the dimensions seem to be significantly correlated with each other. However, it must be pointed out that marital disagreement is not significantly correlated with any of the other four dimensions of marital quality in India.

IV. Conclusion

Hence, it may be clearly stated that marital quality in India is a two-dimensional variable with *marital happiness* and *marital stability* acting as the determinants. Although we came across three other variables – *marital interaction, marital problems, and marital disagreement* – found to be correlated with marital quality in India.

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