

A study of Coping Style and Emotional Competency between Disturbed and Non-disturbed couples in Married Life

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ABSTRACT

The present study sheds further light on the relationship between coping style and emotional competency between disturbed and non-disturbed married couples in four district (Sirsa, Fatehabad, Hisar and Bhiwani) of Haryana (India) that is previously untested. Conflict resolution style inventory and emotional competency scale was used for data collection. A total of 400 of married couples were selected and analyzed using the F test, and describing using two way annova.. Results reveal that non-disturbed couples shows a higher score and significant relationship in comparison to disturbed married couples on dimension of coping resolution style inventory. Overall, Finding reveals that family type was significantly associated with gender difference among non-disturbed and disturbed married couples. This research gives insight and helpful for counselors to understand the perception and mindset of couples.

KEYWORDS-Emotional Competency;Coping style; marital life; Prevention;

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INTRODUCTION

Many factors affect the institution of marriage and thus create several difficulties that together early and ancient couples have to deal with. Conflict in marriage can be well-defined as a public of stiffness or tension among marriage mates as couples try to satisfy their marital responsibilities. The point that twofold people come to an agreement or plan to live composed as husband and wife demand diverse opportunities and hopes, specific of which can be contented while others persist imperfect. Subsequently, couples are both human besides godless, it is likely to assume that there will be variances of belief, ethics, desires, and habits that are the amount of ordinary life. He remembers the fact that no human relationships are without conflict and occasional disagreements,

many families with our communities are experiencing difficulties because of marital disputes. This attitude a serious hazard to marital peacetime and solidity in our minor and large communities. The study about marriage, Tolorunleke (2008) would be a happy and positive one of the association amongst husband and wife is envisioned to improve every day or year. Conversely, small kinds of stuff can get into a rapport, and accordingly, Okafor, (2002) points out, at what time these small things are not handled properly, they can generate pressures and end up becoming more prevalent among spouses that can grow concluded the years. Evidence from technology sources, journals, reporters, court events, and environmental considerations has shown that marital unpredictability is rampant in our civilization currently and this is mainly unpaid to

marital disputes that life partner face while frustrating to accomplish their marital roles as their the social order demands. The emphasis of this broadside is on “explain Marital Conflicts and help to Prevention of conflict with the use of coping styles in Married Life.”

Coping and Married Life

The family is the co-operative unit of any community with a diverse and strong relationship within the family. The family plays a vital role in human development. Exposure to stressful health experiences, knowledge of chronic worry, and equal mental resources stay based on the communal framework of human health (Denton & Walter, 1999; and Chowdhury et al., 1999). In the study, Denton et al. (2004) analyzed the Canadian National Population Health Survey Data, and initiate that societal and emotional health structures were particularly signification behalf of women in high-income, community support, and full-time work, and family care fullness stood more clairvoyants of better health than male. Even though, lifestyle items contribute to women's health.

“Coping refers to the human process of dealing with needs, both internally and externally, in situations that are perceived as threats. This can mean doing the right thing at the moment to deal with the situation most safely or easily possible. “Coping with adversity depends on self-confidence and confidence. It grows within stressful situations, before even knowing and socializing. Involvement with others is a basic human response to stress management.

According to Bodenmann, Pihet, and Kayser (2006) marriages play an important role in social movement in modern Western societies. In marriage, a man and a woman enjoy a satisfying relationship that they give of their time and energy. Married couples have to deal with various pressures that affect their contentment and marital relationship. The origin of copying depends on the principle of trial and error (Lazarus, 1993).

The study was done by Aditi, and Kumari (2005) to define female personality patterns concerning work and pressure tolerance. A data consisting of 200 employed women and 200 unemployed women were given EPPS and STI. Many analytical analyses reveal patterns of

common and special needs that contribute to stress tolerance, for working and unemployed women. It was argued that as demand increased, the stress insights of occupied women were reduced, which managed to an increase in stress tolerance, while that of unemployed women was strengthened and embellished which led to a reduction in stress tolerance. It was too debated that the possessions of peer pressure correction and other public sustenance programs have had a significant impression on the high intensities of stress tolerance among employed women.

Thompson et al., (2005) conducted a study and examined a model in which stress in the workplace affects the police performance of women in their family unit as part of the frustration and emotional exhaustion. The job evaluators assessed were an ambiguous and very full role. Work-based support from directors, but not co-workers, was expected to decrease role stress, emotional exhaustion, and expand sensitivities of family effectiveness (solidarity and conflict). Facts were collected over a postal survey of 1081 women working for the Australian state police. The active study was retrieved by 421 female police officers. The method analysis showed a positive fit in the model. Supervisor, but not supportive co-worker eased the role stress, which played an important role in family unity and conflict, with emotional exhaustion. These findings suggest that the most effective way to assess family stress management would be to evaluate behaviors associated with emotional exhaustion.

A study conducted by Gill and Aujla (2006) examining psychological and physical stressors among occupied and unemployed women. A data sample of 75 working women and 75 unemployed women were selected from four parts of the city of Ludhiana. The results showed that the most common stress factors in both categories were unfinished jobs, forced labor, unwanted relatives, and sleep deprivation. For working women, the burdens were 'more than to others' ($M = 0.92$), and really hard work ($M = 1.04$), and for the unemployed women the pressures were 'not working well', ($M = 0.97$), and not being involved in family decision-making ($M = 1.02$).

According to a study, that working women were more worried equaled to jobless women. In another study, Aujla et al. (2004) also observed similar findings. In opposition to Beja Jr. (2012)

noted that employed women tended to report higher well-being and subjection than rural women.

In the study of Sanlier, and Arpacı (2007) the relationship between stress, and performance in women. They initiate that the level of tension for occupied women was higher compared to non-working women's. A study by Perry-Jenkins et al. (2007) stated that enlarged participation in the role was confidently correlated with all stress and engagement.

A study by Hashim et al. (2007) investigate the relationship between marital adjustment, and depression. The study sample involved 75 unemployed married women and 75 working women. These findings showed that employed marital women had to aspect more problems in their married life equated to unemployed nuptial women. The outcome also showed that greatly accomplished and unemployed married women could effort better in married life and were less worried than their equivalents.

In a study, Anderson (2009) found that occupied mothers had good mental health and conveyed less stress than jobless mothers. Many women's characters are decent for their mental health. The most stressed source of employed mothers is that, they did not have sufficient time to do the whole thing, and unemployment of unemployed mothers was a major factor.

Emotional Intelligence and Competency in Disturbed and Non-Disturbed Couples

Vinita and Talawar, (2015) aim to focus on how maternal adjustment affects the emotional maturity of their children. The study is a descriptive test. The study sample consisted of 50 mothers of different ages and duration of marriage and 50 children of the same women. Using a purposeful sampling process with a snowball, the sample was collected. The measures used by the researcher include Dr. Singh's EMS and Bargava's measurement.

Education has helped to balance decisions-making, and peoples are more open to change who are educated. Conversations began to open up, and social issues changed slightly. People begin to think about the quality of marital life. As the term 'self-improvement' has become a keyword in society, this has led to a new set of different expectations and ideas about marital life including

sex as an integral part (Kshire, Kulkarni, 2004), with age range 25 to 35. Research of (Shefali, & Doshi, 2005) shows that some basic thinking ability is needed to maintain good relationships. Intelligence, thought to be a common skill, later emerged as the majority. Research findings have shown that success in life depends on emotional intelligence rather than traditional intellectual perspectives. Different types of EI were suggested by Mayer and Salovey (Emotional Comprehension Model), Bar-on (Relationship Model), Daniel Goleman (Emotional Skills model), etc. Goleman's model proposes five dimensions namely, self-awareness, self-control, motivation, empathy, and social skills, consisting of 25 sub-skills (Goleman, 1995). It has been found that emotionally mature people are more comfortable with themselves and more disruptive than those who are not yet emotionally mature. (Murray J. 1997)

Emotional growth and the degree of marital preparation created by researchers evaluating marital preparation. The findings of the study revealed that maternal adjustment in marriage reflects the influence on the emotional development of her children; the difference in the marriage arrangement of mothers of the upper and lower classes was significant; among mothers with marital lengths <15 years and> 16 years, differences in marital preparation were not significant.

Yuksel, and Dag (2015), explored the role of mediator of sexual behavior and coping strategies and attempted to learn how they demonstrate their influence in the adjustment of marriage and women's psychological characteristics. The study sample included 248 married women. The measures used in the study are the marital adjustment Scale, the Ways of Coping Questionnaire, the Brief Symptom Inventory, and the Gender Role Attitudes Scale. All respondents in the study completed a personal datasheet. The findings of the study revealed that the rate of marital relationships and the level of psychological symptoms were partly influenced by a self-help subdivision. Besides, it was also found that the Marriage Correction for women and their psychological symptoms go hand in hand.

Chandrakant and Jamadar (2015) aimed to study the differences in the style of dealing with marriage between single and unemployed women.

The study sample consisted of 50 married women, of whom 25 were unemployed and 25 were working women. A sample of working women was taken from Strides Arcolabs Limited, Bangalore, and a sample of unemployed married women was taken from Bangalore. A simple random sample was used in the study. The measures used in the study include Swetha Singh's (Marital coping scale (MCS) scale (2013). Data statistical analysis performed.

Agboola, (2017) attempted to study emotional maturity and patterns of marital conflict. The study was experimental, which used a design that was descriptive research for selecting a study sample, the process used was a multi-stage sample. A total of 1100 married workers from universities of southwestern Nigeria participated selected for the study. The measures used in the study are the "Emotional Maturity Questionnaire (EMQ)" and the "Patterns of Marital Interaction Questionnaire (PMIQ)" to measure emotional maturity and marital interaction respectively. Statistical analysis was performed using percentages, Relative Significance Index (RSI), and k-mean. The results of the study suggested that the level of emotional maturity and conflict patterns in a marriage indicated a relationship, which was important. In the study, a large percentage of respondents were found to have moderate emotional maturity rates.

Dr. Sharma, (2017) aims to study the impact of emotional maturity on the preparation of women's marriage. The study was conducted on a sample of 300 participants, of whom 150 were unemployed women and 150 were working women. Women have been selected from Haridwar and Dehradun districts, Uttarakhand province. In this study, the process of intentional sampling was used. Participants' age was between 30 and 55 years.

Singh and Bargava's EMS (1984) to measure emotional maturity and MAQ by Drs.Pramod Kumar and Drs.KanchanaRohatgi (1987) to measure the adjustment of Marriage. Statement analysis was performed using a t-test. In her study, the outcomes presented that there was a substantial difference between unemployed women and working women concerning their emotional maturity and marital adjustment. Also important in her study was that emotional maturity did not significantly affect women's conversion in marriage, but women who were extremely stable in

their emotions showed better marital adjustment compared to those who showed a more stable balance with their emotions.

Rani, Singh, Jaiswal, (2017), examined the relationship between marital preparation and emotional growth in the cultural context of India. The study sample consisted of 100 married couples, and at least they graduates and were from the Varanasi region of Uttar Pradesh. A randomized testing procedure was used to select the study sample. Behavioral methods used in the study include Singh and Bargava's EMS, (1990) to measure emotional maturity and the Limit on Marriage Correction by Singh et al., (2010) to measure marital correction. Data collection was performed and using a step-by-step analysis, the data were analyzed statistically. The findings of the study suggested that all aspects of emotional maturity and all aspects of the quality of marital health are closely related.

HasmukhChavda, (2018) aims to study the emotional maturity and mental health of unemployed and working women. The study sample consisted of 100 female participants. Of these 100 participants, 50 women were employed and 50 were unemployed women and were randomly selected. All respondents were selected from the same constituency in Rajkot district, Gujarat. Emotional growth in respondents was measured using Singh and Bhargava's (1991) Emotional Maturity Scale (Gujarati translation by Jogsan, 2017). Another tool used in the study was mental health questions by Dr. Bhatt and Gida (1992).Statistical analysis of the data was performed using a t-test, Karl Pearson's integration method. The results of the study showed that emotional maturity and mental health were positive. The findings have shown that there is no difference between unemployed single women and active married women in their married life, but there are differences in coping styles between unemployed single women and active married women. It has been concluded that in some aspects of family life, working women are less likely to contribute significantly, due to time constraints, to family well-being. This can also be because their attention is divided between work and family.

Methodology Participantes

In this study the sample will be collected from four districts of Haryana (Hisar, Sirsa, Fatehabad and Bhiwani). A total sample of 400 persons will be collected. Out of these 400 persons 200 will be disturbed persons (100 males and 100 females) and 200 will be non-disturbed persons (100 males and 100 females).

Inclusion Criteria in Disturbed couple group

- Persons whose case of domestic quarrel/ divorce are pending will be included in this group.
- Persons having more than 3 years of marital experience will be included in this study.

Exclusion Criteria in Disturbed Couple Group

- Persons having any kind of mental disorder will be excluded from this study

Inclusion Criteria in Non-Disturbed Couple Group

- Persons who have not filed any complaint against their life spouse will be included in this study
- Persons having more than 3 years of marital experience will be included in this study

Exclusion Criteria in Non-Disturbed Couple Group

- Persons having any kind of mental disorder will be excluded from this study

Instruments

In the present study Coping resolution style inventory and Emotional competency scale used.

Emotional competency scale

Emotional competencies as an efficiency to deal effectively with several dissociable but related processes is a blending of five competencies, these are adequate depth of feeling, adequate expression and control of emotions, ability to function with emotions, ability to cope with problem emotions and encouragement of positive emotions. A feeling of being confident or capable with all reality assumptions may be termed as adequate depth of feeling specifically associated with effective

judgement and personality integration, which ensures vigorous participation in living. Adequate expression and control of emotions refer to a tendency marked by adequate emotional expressiveness based on fulsome expression and control of emotions. Ability to Function with Emotions is sometime difficult to carry out even routine work, when one finds himself face to face with a highly emotional situation. Ability to Cope with Problem Emotions emotional competencies requires an understanding of the role of sensitivity and the detrimental effects of such emotions in the beginning and also development of the ability to resist their harmful effects thereafter. The encouragement of positive emotions refers to the ability of himself to ensure a meaningful and fairly well integrated file.

Conflict Resolution Style Inventory:

Kurdek (1994) designed the Conflict Resolution Style Inventory (CRSI) for assessing the conflict resolution strategies used by both partners. In CRSI 16 items includes. Initially, the scale consisted of three conflict resolution styles: positive, conflict engagement, and withdrawal.

a. Positive –

It explain involves compromise and negotiation

b. Conflict Engagement –

Denoting to the use of personal attacks and loss of control

c. Withdrawal -

Implies refusing to discuss a problematic issue, tuning out the partner

Procedure

All the two scales were joined together to form a single document and then administered to selected sample. Disturbed males, and females were selected randomly from family courts, and their residence etc. Non-disturbed males, and females were selected randomly from

four districts. After this the scoring of these test and measures was done according to their prescribed patterns given in the manual. The tabulation of data took place and appropriate statistical tools were also used according to the necessity. In the final phase of the study the process of analysis of data was done and results were discussed in the light of supporting studies.

Data analysis

The obtained data in this study was subjected to different analysis by SPSS software. The data were analysed, separately for males and females by making use of the following statistical techniques:

- * Descriptive Statistics
- * Inter - Correlation
- * Analysis of Variance
- * Factor analysis

Result

We used IBM SPSS 2020 software to represent the data conditions. Descriptive statistics provided a check for the distribution of data into four groups, mean and standard deviation of each group. F test provided for check significant difference between the means of four independent groups.

Descriptive statistics and Analysis of Variance

Mean, standard deviation, and F value of four groups of married couples on the three dimension of coping resolution style inventory is shown in table no. 1,2,3 and five dimension of emotional competency scale were shown in table 4 to 8.

Conflict engagement

The findings mentioned in the Table 1 depict the F -value for the main effect of gender and family type on conflict engagement as a consequence of applying 2X2 ANOVA. The F - values gender [$F(1,396) = 42.46$ $p < 0.01$] and family type [$F(1,396) = 57.13$ $p < 0.01$] has been found significant. The F value between interactional effect of gender and family type [$F(1,396) = 31.69$ $p < 0.01$] has been also found significant. It suggests that gender and family type have significant to reveal their salience from the viewpoint of conflict engagement. The two groups formed on the basis of gender and family type have differ on conflict engagement. The mean of non-disturbed family is 19.34 and disturbed family 16.44. It shows that non-disturbed couples relatively use their conflict engagement more than disturbed couples.

Table 1: Two- Way ANOVA Results on Conflict Resolution Style Inventory (Conflict Engagement)

Source	Sum of Squares	df	Mean Squares	F	Level of Significance
Type of family (Disturbed or Non-Disturbed)	841.000	1	841.000	57.138	.01**
Gender	625.000	1	625.000	42.463	.01**
Type of family (Disturbed or Non-Disturbed) X Gender	466.560	1	466.560	31.698	.01**
Error	5828.600	396	14.719		
Total	135782.000	400			

** $p < 0.01$, * $p < .05$

Positive

The findings in present Table 2 depict the F values for the main effects as well as for the interactional effect from the viewpoint of positive. The F - value for gender is [F (1,396) = 25.39 $p < 0.01$] and for family type [F (1,396) = 74.23 $p < 0.01$] and interactional effect of gender and

family type F value has been found non-significant. Table shows mean score of disturbed couples is 14.65 and mean of non-disturbed couples is 16.04. According to mean of family non-disturbed couples use their positive dimension more than disturbed couples.

Table 2: Two- Way ANOVA Results on Conflict Resolution Style Inventory (Positive)

Source	Sum of Squares	df	Mean Squares	F	Level of Significance
Type of family (Disturbed or Non-Disturbed)	194.603	1	194.603	25.396	.01**
Gender	568.822	1	568.822	74.232	.01**
Type of family (Disturbed or Non-Disturbed) X Gender	.202	1	.202	.026	.871
Error	3034.450	396	7.663		
Total	97955.000	400			

** $p < 0.01$, * $p < .05$

Withdrawal

The finding in the table 3 reveal the impact of gender and family type on withdrawals as a consequence of applying 2X2 ANOVA. The F values for the effect of gender is non-significant and for family type disturbed or non-disturbed [F (1,396) = 92.21 $p < 0.01$] has been found to be

significant. The F value for the interactional effect of gender and family type is [F (1,396) = 26.45 $p < 0.01$] has been also found significant. The mean for Disturbed family is 17.63 and for Non-disturbed family mean is 22.54. The mean score reveal that in marriage, Non-disturbed couples use their withdrawal more than disturbed couples.

Table 3: Two- Way ANOVA Results on Conflict Resolution Style Inventory (Withdrawal)

Source	Sum of Squares	df	Mean Squares	F	Level of Significance
Type of family (Disturbed or Non-Disturbed)	2410.810	1	2410.810	92.219	.01**
Gender	42.250	1	42.250	1.616	.204
Type of family (Disturbed or Non-Disturbed) X Gender	691.690	1	691.690	26.459	.01**
Error	10352.360	396	26.142		

Total	174860.000	400
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** p< 0.01, * p<.05

Adequate Depth of Feeling

The findings mentioned in the Table 4 depict the F value for the main effect of gender, family type and interactional effect were on adequate depth of feeling as a consequence of applying 2X2 ANOVA. The F values gender [F (1,396) = 35.36 p<0.01], family type [F (1,396) = 500.32 p<0.01] and interactional effect of gender and family type [F (1,396) = 80.57 p<0.01] were

found to be significant. It suggests that gender and family type have significant to reveal their salience from the viewpoint of adequate depth of feeling. The two groups formed on the basis of gender and family type have differ on adequate depth of feeling. The mean of non-disturbed family is 18.15 and disturbed family 11.28. It shows that non-disturbed couples relatively use their adequate depth of feeling more than disturbed couples

Table 4: Two- Way ANOVA Results on Emotional Competency Scale (Adequate Depth of Feeling)

Source	Sum of Squares	df	Mean Squares	F	Level of Significance
Type of family (Disturbed or Non-Disturbed)	4712.823	1	4712.823	500.317	.01**
Gender	333.062	1	333.062	35.358	.01**
Type of family (Disturbed or Non-Disturbed) X Gender	759.002	1	759.002	80.576	.01**
Error	3730.190	396	9.420		
Total	96177.000	400			

** p< 0.01, * p<.05

Adequate Expression and Control of emotions

The findings in present Table 5 depict the F values for the main effects as well as for the interactional effect from the viewpoint of adequate expression and control of emotions. The F- value for gender [F (1,396) = 26.11 p<0.01], family type [F (1,396) = 89.61 p<0.01], and interactional effect

of gender and family [F (1,396) = 1.37 p<0.01] were found to be significant. Table's shows mean score of non-disturbed couples is 14.86 and mean of disturbed couples is 11.47. According to mean of family disturbed couples use their adequate expression and control of emotions more than non-disturbed couples.

Table 5: Two- Way ANOVA Results on Emotional Competency Scale (Adequate Expression and Control of emotions)

Source	Sum of Squares	df	Mean Squares	F	Level of Significance
Type of family (Disturbed or Non-Disturbed)	1149.210	1	1149.210	89.619	.01**

Gender	334.890	1	334.890	26.116	.01**
Type of family (Disturbed or Non-Disturbed) X Gender	17.640	1	17.640	1.376	.01**
Error	5078.020	396	12.823		
Total	75854.000	400			

** p< 0.01, * p<.05

Ability to Function with Emotions

The finding mentioned in the table 6 reveal the impact of gender and family type on ability to function with emotions as a consequence of applying 2X2 ANOVA. The Table reveals that F values for the effect of gender [F (1,396) = 8.49 p<0.01] and for family type disturbed or non-disturbed [F (1,396) = 777.57 p<0.01] has been

found to be significant. The F value for the interactional effect of gender and family type [F (1,396) = 35.86 p<0.01] has been also found significant. The mean for Disturbed family is 9.03 and for Non-disturbed family mean is 18.65. This depict that non-disturbed couples are higher on ability to function with emotions s as compared disturbed couples.

Table 6: Two- Way ANOVA Results on Emotional Competency Scale (Ability to Function with Emotions)

Source	Sum of Squares	df	Mean Squares	F	Level of Significance
Type of family (Disturbed or Non-Disturbed)	9244.823	1	9244.823	777.571	.01**
Gender	101.002	1	101.002	8.495	.01**
Type of family (Disturbed or Non-Disturbed) X Gender	426.422	1	426.422	35.866	.01**
Error	4708.190	396	11.889		
Total	91071.000	400			

** p< 0.01, * p<.05

Ability to cope with problem emotions

The finding mentioned in the table 7 reveal the impact of gender and family type on ability to cope with problem emotions as a consequence of applying 2X2 ANOVA. The Table reveals that F values for the effect of gender [F (1,396) = 166.96 p<0.01] and for family type

disturbed or non-disturbed [F (1,396) = 30.77 p<0.01] has been found to be significant. The F value for the interactional effect of gender and family type [F (1,396) = 543.16 p<0.01] has been also found significant. The mean for Disturbed family is 12.87 and for Non-disturbed family mean is 14.53. This depict that non-disturbed couples

higher on ability to cope with problem emotions as compared disturbed couples.

Table 7: Two- Way ANOVA Results on Emotional Competency Scale (Ability to cope with problem emotions)

Source	Sum of Squares	df	Mean Squares	F	Level of Significance
Type of family (Disturbed or Non-Disturbed)	268.960	1	268.960	30.774	.01**
Gender	1459.240	1	1459.240	166.964	.01**
Type of family (Disturbed or Non-Disturbed) X Gender	4747.210	1	4747.210	543.168	.01**
Error	3460.980	396	8.740		
Total	81172.000	400			

** p< 0.01, * p<.05

Encouragement of positive emotions

The findings mentioned in the Table 8 depict the F -value for the main effect of gender and family type on encouragement of positive emotions as a consequence of applying 2X2 ANOVA. The F values gender [F (1,396) = 41.18 p<0.01], family type [F (1,396) = 287.04 p<0.01] and interactional effect of gender and family type [F (1,396) = 20.67 p<0.01] were found to be significant. It suggests that gender and family type

have significant to reveal their salience from the viewpoint of encouragement of positive emotions. The two groups formed on the basis of gender and family type have differ on encouragement of positive emotions. The mean of non-disturbed family is 12.98 and disturbed family 8.35. It shows that non-disturbed couples relatively use their encouragement of positive emotions more than disturbed couples.

Table 8: Two- Way ANOVA Results on Emotional Competency Scale (Encouragement of positive emotions)

Source	Sum of Squares	df	Mean Squares	F	Level of Significance
Type of family (Disturbed or Non-Disturbed)	2134.440	1	2134.440	287.041	.01**
Gender	306.250	1	306.250	41.185	.01**
Type of family (Disturbed or Non-Disturbed) X Gender	153.760	1	153.760	20.678	.01**

Error	2944.660	396	7.436
Total	51036.000	400	

** p< 0.01, * p<.05

CONCLUSION

According to the study, it was clear that marital disputes are unavoidable. Conversely, marital disputes can be well-ordered before they occur or are disallowed which leads to a minor or complete collapse of the home. This will generally be contingent on the dating and management of the couple. The success of a marriage is the result of much patience, acceptance, endurance, and actual management of all metamorphoses. Fruitful marriages, according to Nadir (2003), be situated not the only conflicts that have the potential for conflict but for those who work for the good. Therefore, to enhance the stability and contentment of marriage, married people must learn to be fair, just, and honest in their dealings with others. Couples requirement to build an affiliation to grow in their marital.

This can be through interactive their emotional state of praise, love, and aversion to each other. Good communication breathes life into a marriage. There should be adequate provision for counselling, correction, and rehabilitation interventions for marriage and sexual orientation. There is an essential for pre-marriage counselling for couples to support them appreciate themselves before marriage. They would be visible to some of the complications that can central to conflicts and how they can be accomplished. Conferences and workshops for couples should be arranged on issues distressing conflict perseverance and marital congruence. Such consultations can be prearranged and directed by governments at several levels (State, National, and local councils), religious organizations e.g. weekly and non-governmental organizations (NGOs). Dispute arbitrators/facilitators should be trained under dispute resolution techniques. Trained marriage counselors and send them to community services or religious administrations. Educational establishments should comprise in the curriculum an era of pre-marital psychoanalysis for those who have reached adulthood.

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