



Influence Of Personality Pattern On Marital And Family Satisfaction Of Adults

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DOI - 10.5281/zenodo.10906228

Abstract:

Research Background: According to K. Young, Personality is a patterned body of habits, traits, attitudes and ideas of an individual, as these are organized externally into roles and statuses, and as they relate internally to motivation, goals, and various aspects of self-hood. Personality pattern is effect on marital and family satisfaction individuals. That's why in this study, investigator find out impact of personality pattern on marital and family satisfaction of adults.

Objectives: The study objective was, to find out influence of personality pattern on marital and family satisfaction of adults as well as influence of gender difference on marital and family satisfaction of individuals.

Procedure: For the study, four hundred adults had been selected from the different districts in state of Maharashtra. For the study four hundred sample were selected. Out of this sample, two hundred adults (100 Male adults and 100 Female adults) were chooses from introvert and same way two hundred adults (100 Male adults and 100 Female adults) were chooses from extrovert. The purposive sampling technique had been used for the selection of the samples. The sample age range was between 35 and 60 years of age. This study introversion and extraversion inventory developed by Dr. P. F. Aziz and Dr. Rekha Gupta and life satisfaction scale developed by Dr. Pramod Kumar and Dr. Jayshree Dhyani have been used.

Conclusions: It is concluded that, extroverted adults have found in high levels of marital satisfaction and family satisfaction than introverted adults. Other hand side, the male and female adults have found equal levels on their marital and family satisfaction.

Application: The present study findings can be beneficial and helpful for counselors, society member, psychologists to understanding impact of personality pattern and type of gender on marital and family satisfaction. Also, these study findings can be beneficial for national and international research scholars

Keywords: *Personality Pattern, Marital Satisfaction, Family Satisfaction.*

Introduction:

The term 'personality' is derived from the Latin word 'persona' which

means a mask. According to K. Young, "Personality is a patterned body of habits, traits, attitudes and ideas of an individual,

as these are organized externally into roles and statuses, and as they relate internally to motivation, goals, and various aspects of self-hood.” According to Baron, (1993) ; Personality is usually defined as an individual’s unique and relatively stable patterns of behavior, thoughts, and emotions. In psychological terms, personality is a combination of characteristics acquired by a person’s behavior, physical appearance, physical and mental abilities, external environment, thoughts, feelings, attributes, and habits. Personality is related to her overall behavior. Personality is not static but dynamic, the organizational pattern determines the kind and degree of adjustment of the individual to his environment, and this adjustment pattern is unique to the individual. According to , G. W. Allport a person’s pattern of habits, attitudes, and traits which determine his adjustment to his environment.” According to Robert E. Park and Earnest W. Burgess, personality is “the sum and organisation of those traits which determine the role of the individual in the group.”

There are many theories of personality each provides different answers about the way they treat the issues of personality functioning. Many psychologists have been trained in either psychiatry or psychology field as well as many psychologists has been drawn on their experiences as psychotherapists.

Life satisfaction refers to an individual's well-being, quality of life, and happiness. It is a state of feeling pleasure in an organism, which is the ultimate goal

that human beings are thriving to achieve in their entire lives. A higher level of life satisfaction functions as a psychological strength and actively fosters resilience and well-being whereas a lower level of life satisfaction is associated with several adverse outcomes, such as depression, anxiety, and adjustment-related problems. Life satisfaction is our subjective appreciation of our life as a whole. The synonyms are happiness and subjective well-being (Veenhoven, 2014). Marital and Family satisfaction are aspect of our life satisfaction. Personality pattern is effect on marital and family satisfaction individuals. So, in this study investigator focused on to find out the influence of personality pattern on marital and family satisfactions of individuals.

Objectives Of The Study

1. To examine the marital satisfaction among the adults of introvert and extroverted.
2. To study the marital satisfaction among the male and female adults.
3. To examine the family satisfaction among the adults of introvert and extroverted.
4. To study the family satisfaction among the male and female adults.

Hypothesis Of The Study:

1. Extroverted adult will have a high level of marital satisfaction than adults of introverted.
2. Male adults will have a high level of marital satisfaction than female adults.

3. Extroverted adult will have a high level of family satisfaction than adults of introverted

4. Male adults will have a high level of family satisfaction than female adults.

Research Procedure :

Variables Of The Study:

Independent Variables

Personality Pattern

- a) Introvert Adults
- b) Extrovert Adults

Dependent Variable

Type of Gender

- a) Male Adults
- b) Female Adults

- a) Marital Satisfaction
- b) Family Satisfaction

Sample Selection Procedure:

The present study's objective was to find out the level of life satisfaction among adults who are introverts and extroverts. The random sampling method had been used for the selection of the sample. In it, the purposive sampling technique had been used for the selection of the samples. In the present study, four hundred adults had been selected from the different districts in state of Maharashtra. For the study four hundred sample were selected. Out of this sample, two hundred adults (100 Male adults and 100 Female adults) were chooses from introvert and same way two hundred adults (100 Male adults and 100 Female adults) were chooses from extrovert. The sample age range was between 35 and 60 years of age.

For the collection of the data, the investigator first determined a research sample of male and female adults between 35 and 60 years old. After that, the introversion and extraversion inventory developed by Dr. P. F. Aziz and Dr. Rekha Gupta has been given to male and female adults. In the second stage, the scores of the introversion and extraversion inventory

solved by male and female adults have been determined on the basis of the manual booklet. In the third stage of data collection, the life satisfaction scale developed by Dr. Pramod Kumar and Dr. Jayshree Dhyani has been administered to the study groups. After the data collection, in the fourth stage, the data were scored according to the guidelines of the manual booklet of inventories. The collected information obtained in the fifth stage had been statistically processed through SPSS. In it, normal curves, descriptive statistics, and analysis of variance techniques have been used and explained.

Operational Definitions:

a) Personality Pattern:

In this study, the pattern of personality of the adults was measured by the introversion and extraversion inventory developed by Dr. P. F. Aziz and Dr. Rekha Gupta. In this study, those adults who have achieved scores below fifteen from the introversion and extraversion inventory developed by Dr. P. F. Aziz and Dr. Rekha Gupta have been called adults of introverted personality. On the other hand,

those adults who have achieved scores of fifteen and above from the introversion and extraversion inventory developed by Dr. P. F. Aziz and Dr. Rekha Gupta have been called adults of extrovert personality.

b) Marital and Family Satisfaction:

In this study, those adults who have achieved scores above average on the dimension of marital and family satisfaction of the life satisfaction scale developed by Dr. Pramod Kumar and Dr. Jayshree Dhyani have been called high-level marital and family satisfaction adults. On the other hand, those adults who have achieved scores below average on the dimension of marital and family satisfaction of the life satisfaction scale developed by Dr. Pramod Kumar and Dr. Jayshree Dhyani have been called marital and family dissatisfaction adults. As well, those adults who have achieved scores average on the dimension of marital and family satisfaction of the life satisfaction scale developed by Dr. Pramod Kumar and Dr. Jayshree Dhyani have been called average marital and family satisfaction adults.

Study Materials:

1. Introversion and Extraversion Inventory:

The introversion and extraversion inventory was developed by Dr. P. F. Aziz and Dr. Rekha Gupta in 2013. The inventory has sixty items for the purpose of measuring personality patterns. This introversion and extraversion inventory is suitable for adult males and females. This inventory is very simple to use and score.

2. Life Satisfaction Scale:

This scale was developed by Pramod Kumar and Jayshree Dhyani in 2019. The scale consists of 54 items. The scale of 54 sentences is divided into five dimensions. These are mental, job, social, marital, and family. This scale was developed for adults over the age of eighteen, both male and female. It was standardized on educated, married, and urban-based, both male and female age ranges of 35 to 60 years.

Statistical Analysis And Results:

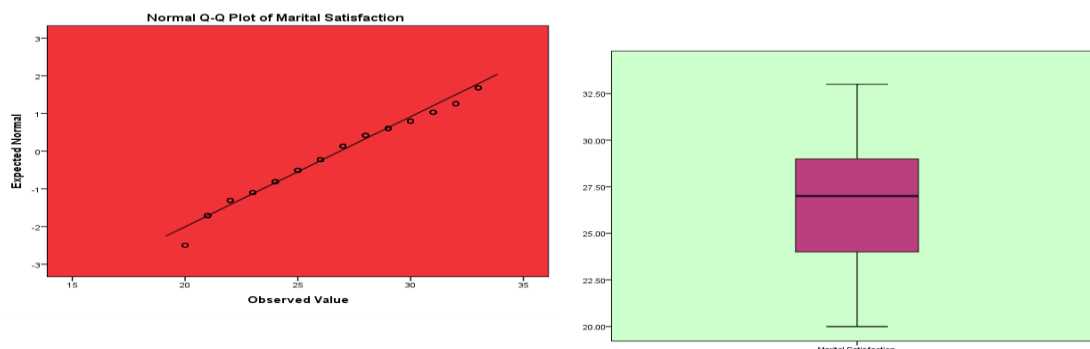
In this section, the investigator has explained the difference between the adults of introverted and extroverted in terms of their level of marital and family satisfaction. In the present study, the investigator has analyzed the data in the following manner.

Table:1: Shows the assessing normality of the variable marital satisfaction

Variable	Descriptive Statistics		Statistic	Std. Error
Marital Satisfaction	Mean		26.862	0.17108
	95% Confidence Interval for Mean	Lower Bound	26.526	
		Upper Bound	27.198	
	5% Trimmed Mean		26.858	
	Median		27.000	
	Variance		11.708	
	Std. Deviation		3.421	
	Minimum		20.00	
	Maximum		33.00	
	Range		13.00	
	Inter quartile Range		5.00	
	Skewness		0.130	0.122
	Kurtosis		-0.715	0.243

Table 1 indicates that the trimmed mean value (26.858) is very close simple mean (26.862). Skewness value is positive and indicate that distribution is somewhat

positively skewed, and kurtosis value is negative and indicate that distribution is flatter (Platykurtic) but the shape of the distribution is considered normal.

Graph: 1 : Shows the Normal Q-Q and Box plot of variable marital satisfaction**Table:2: Shows descriptive statistics of the marital satisfaction on the basis of each cell.**

Personality Pattern	Gender	Mean	SD	N
Introvert Adults	Male Adults	26.420	3.482	100
	Female Adults	26.270	3.024	100
	Total	26.345	3.254	200
Extrovert Adults	Male Adults	27.510	3.647	100
	Female Adults	27.250	3.388	100
	Total	27.380	3.513	200
Total	Male Adults	26.965	3.598	200
	Female Adults	26.760	3.241	200
	Total	26.862	3.421	400

Table no.2 is very useful as it provides the mean and standard deviation for the groups that have been split by both independent variables. In addition, the

table also provides "Total rows, which allows means and standard deviations for groups only split by one independent variable or none at all to be known.

Table: 3: Shows summary of ANOVA of the dependent variable marital satisfaction

Source	Sum Squares	df	Mean Square	F	Sig	Partial Eta Squared
Personality Pattern	107.122	1	107.122	9.303	0.01	0.023
Type of Gender	4.203	1	4.203	0.365	NS	0.001
Personality Pattern X Type of Gender	0.303	1	.303	0.026	NS	0.000
Error	4559.810	396	11.515			
Total	293309.000	400				
Corrected Total	4671.438	399				

Significant Level, df (1,396) ---- 0.05 = 3.86 0.01= 6.70

Eta Squared effect size, 0.01= small 0.06= moderate 0.14= large effect (Cohen, 1988)

From table 3 a two-way ANOVA was conducted that examined the effect of the personality pattern (Introvert Adults and Extrovert Adults) and gender (Male Adults and Female Adults) on individual's marital satisfaction. Our dependent variable, marital satisfaction, was normally distributed for the groups formed by the combination of the type of personality pattern, such as introverted adults and extroverted adults as well as gender such as male and female adults as assessed by the histogram, skewness, and kurtosis.

There was homogeneity of variance between groups as assessed by Levene's test for equality of error variances.

There is no significant interaction between the effects of type of personality pattern (Introvert Adults and Extrovert Adults) and gender (Male Adults and

Female Adults) on individuals marital satisfaction, $F(1,396) = 0.026, P > 0.05$.

The main effects analysis showed that for the type of personality pattern (Introvert Adults and Extrovert Adults) is significant, $F(1,396) = 9.303, P < 0.01$. Therefore, the type of personality pattern is a significant influence on the marital satisfaction of individuals. Extrovert adults have found high marital satisfaction than adults with introverted personalities.

The main effects analysis showed that for the type of gender (Male Adults and Female Adults) is not significant, $F(1,396) = 0.365, P > 0.05$. Therefore, the type of gender does not significantly influence on marital satisfaction of individuals. Male and female adults have been found to be equal on their marital satisfaction.

On the basis of the description in *Hypothesis No.1* is accepted. Because,

there is a significant difference found in marital satisfaction among adults of introverted and extrovert personalities. Extroverted adults have found high-level marital satisfaction than adults with introverted personalities. It means the personality pattern (Introvert Adults and Extrovert Adults) of the adults is a

contributory factor to deciding their of marital satisfaction level.

On the basis of the description in, *Hypothesis No. 2* is rejected. Because, male and female adults do not found significantly differ in their marital satisfaction. The male and female adults have found equal levels of marital satisfaction.

Table: 4: Shows the assessing normality of the variable family satisfaction

Variable	Descriptive Statistics		Statistic	Std. Error
Family Satisfaction	Mean		15.110	0.10451
	95% Confidence Interval for Mean	Lower Bound	14.904	
		Upper Bound	15.315	
	5% Trimmed Mean		15.200	
	Median		15.000	
	Variance		4.369	
	Std. Deviation		2.090	
	Minimum		10.00	
	Maximum		18.00	
	Range		8.00	
	Inter quartile Range		3.00	
	Skewness		-0.249	0.122
	Kurtosis		-0.559	0.243

Table 4 indicates that the trimmed mean value (15.200) is very close simple mean (15.110). Skewness value is negative and indicate that distribution is somewhat

negatively skewed, and kurtosis value is negative and indicate that distribution is flatter (Platykurtic) but the shape of the distribution is considered normal.

Graph: 2 : Shows the Normal Q-Q and Box plot of variable family satisfaction

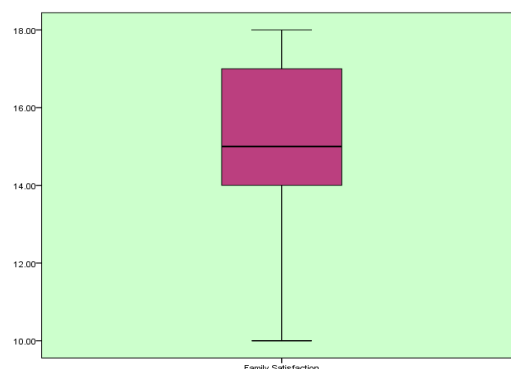
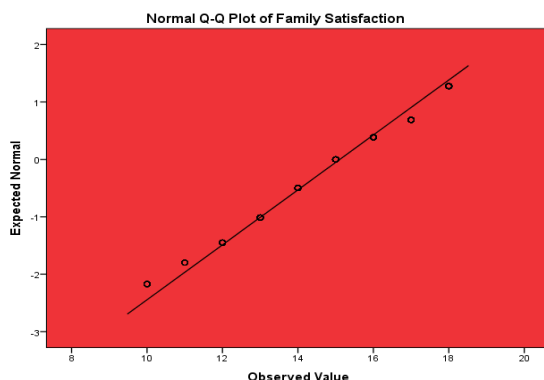


Table: 5 : Shows descriptive statistics of the family satisfaction on the basis of each cell.

Personality Pattern	Gender	Mean	SD	N
Introvert Adults	Male Adults	14.600	2.108	100
	Female Adults	15.050	1.816	100
	Total	14.825	1.975	200
Extrovert Adults	Male Adults	15.330	2.229	100
	Female Adults	15.460	2.110	100
	Total	15.395	2.166	200
Total	Male Adults	14.965	2.194	200
	Female Adults	15.255	1.974	200
	Total	15.110	2.090	400

Table no. 5 is very useful as it provides the mean and standard deviation for the groups that have been split by both independent variables. In addition, the

table also provides "Total rows, which allows means and standard deviations for groups only split by one independent variable or none at all to be known.

Table :6: Shows summary of ANOVA of the dependent variable family satisfaction

Source	Sum Squares	df	Mean Square	F	Sig	Partial Eta Squared
Personality Pattern	32.490	1	32.490	7.570	0.01	0.019
Type of Gender	8.410	1	8.410	1.959	NS	0.005
Personality Pattern X Type of Gender	2.560	1	2.560	0.596	NS	0.002
Error	1699.700	396	4.292			
Total	93068.000	400				
Corrected Total	1743.160	399				

Significant Level, $df(1,396) ---- 0.05 = 3.86 \quad 0.01 = 6.70$

Eta Squared effect size, 0.01= small 0.06= moderate 0.14= large effect (Cohen, 1988)

From table 6 a two-way ANOVA was conducted that examined the effect of the type of personality pattern (Introvert Adults and Extrovert Adults) and gender (Male Adults and Female Adults) on individual's family satisfaction. Our dependent variable, family satisfaction, was normally distributed for the groups

formed by the combination of the type of personality pattern, such as introverted adults and extroverted adults as well as gender (Male and Female Adults) as assessed by the histogram, skewness, and kurtosis.

There was homogeneity of variance between groups as assessed by

Levene's test for equality of error variances.

There is no significant interaction between the effects of type of personality pattern (Introvert Adults and Extrovert Adults) and gender (Male Adults and Female Adults) on individuals family satisfaction, $F(1,396)=0.596, P > 0.05$.

The main effects analysis showed that the type of personality pattern (Introvert Adults and Extrovert Adults) is significant, $F(1,396)=7.570, P < 0.01$. Therefore, the type of personality pattern is a significant influence on family satisfaction of individuals. Extroverted adults have found high family satisfaction than adults with introverted personalities.

The main effects analysis showed that the type of gender (Male Adults and Female Adults) is not significant, $F(1,396) = 1.959, P > 0.05$. Therefore, the type of gender does not significantly influence family satisfaction in individuals. Male and female adults have found equal levels of family satisfaction.

On the basis of the description in *Hypothesis No. 3* is accepted. Because, there is a significant difference found in family satisfaction among adults of introverted and extrovert personalities. Extrovert adults have found high-level family satisfaction than adults with introverted personalities. It means the personality pattern (Introvert Adults and Extrovert Adults) of the adults is a contributory factor to deciding their makeup of family satisfaction level.

On the basis of the description in, *Hypothesis 4* is rejected. Because, male

and female adults do not found significantly differ in their family satisfaction. It means, that gender difference (Male Adults and Female Adults) is not a contributory factor to decide the family satisfaction of adults. The male and female adults have found equal in their family satisfaction.

Implementations:

The present study findings can be beneficial and helpful for counselors, society member, psychologists to understanding impact of personality pattern and gender on marital and family satisfaction of individuals. Also, these study findings can be beneficial for national and international research scholars.

Conclusions:

- There is a significant difference found in the level of marital satisfaction among introverted and extroverted adults. Extroverted adults have found in high levels of marital satisfaction than introverted adults.
- There is no significant difference found in the level of marital satisfaction among male and female adults. Male and female adults have found equal levels of marital satisfaction.
- There is a significant difference found in the level of family satisfaction among introverted and extroverted adults. Extroverted adults have found in high levels of

family satisfaction than introverted adults.

- There is no significant difference found in the level of family satisfaction among male and female adults. Male and female adults have found equal levels of family satisfaction.

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