

## “Journey for Marital Happiness”

<sup>1</sup> Shobhna Singh

Department of Home Science

Banasthali Vidyapith

Rajasthan

Email - [atulshobhna95@gmail.com](mailto:atulshobhna95@gmail.com)

<sup>2</sup> Dr. Parul Tripathi

Department of Home science

Banasthali Vidhyapeeth

Rajasthan

Email - [tripathiparul007@gmail.com](mailto:tripathiparul007@gmail.com)

**Abstract:** Marriage and marital relationship is the start of beginning a family. There are various elements affecting marital satisfaction but factors such as sexual contentment have an important impact on satisfaction of marital relationship. To maintain their happy married life with sexual satisfaction it is necessary for both the couples to speak about their sexual problem and not to neglect because erroneous thought can develop in a way that some couples considered "initiating sexual relationship" as losing their chastity and personality. This paper seeks to conclude that the complexity as well as importance of sexual satisfaction and aimed to decide the relationship of marital pleasure with sexual contentment because one of the core relationships that have undergone large changes in recent times in India is the bond between married partners, Couples do not consider the pleasure of sex as their own right and suffer from sexual dissatisfaction. Whereas, for the most admirable married life, marital satisfaction with sexual pleasure is necessary.

**Key Words:** Marriage, Sexual Contentment, Marital contentment.

### 1. INTRODUCTION:

#### India's present status –

Even in the face of increasing societal mores, marriage remains an essential social institution in India. Marriage is defined as "not just a collection of social structures, but also the ideas, beliefs, and values that support those arrangements"(Beteille, 1992: 13). In the cultural environment of Indian society, a marital union was traditionally viewed as an eternal and irreversible sacrament (Aura, 2008; Ramachandrappa, 2012). Marriages in India are seen as a socially brought together relationship between two families, not only a relationship between the couple (Aura, 2008). Modernising factors, on the other hand, have altered India's socio-cultural fabric, impacting the structure, functioning, and role expectations of familial and marital relationships (Madan, 1993; Singh, 2002; Sharangpani, 2010).

#### Quality of marital satisfaction in couples –

There is a lot of ambiguity when it comes to defining and operationalizing marital principles (Sinha, 1996). Overlapping definitions have been attributed to concepts such as marriage satisfaction, marital success, marital quality, marital adjustment, and so on. A frequently used concept, marital contentment, is interpreted differently by different people, based on their culture, gender, employment, position, and other factors. The concept of marital quality is a more comprehensive term for understanding the subjective impressions of married couples, which includes contentment.

In general, "satisfaction, contentment, adjustment, and other associated qualities and evaluations of the married relationship" are included in the idea of marital quality (Thomas, et al, 1984). Roach et al. (1981) defined contentment as a state of mind that can shift throughout time, particularly in response to big life events. Marital quality is "measured by interrogating components of the relationship chosen by the researcher and is thus determined by criteria defined by the researcher," according to Cohen et al (2010), whereas marital pleasure "refers to the respondents' subjective feelings about their marriages" (Cohen et al, 2010).

Cultural and ethnic connotations abound in these notions of marriage fulfilment and quality (Chand, 2008). The origins and channels of such happiness and greater quality are culturally dictated, and in India, familism continues to play a large role. In an Asian context, marital satisfaction and quality would encompass not just the relationship between the husband and wife, but also the relationship with in-laws, children, and social networks, all of which play important roles in determining marital pleasure. It's important to consider the concept's cultural context, as the concept's cultural mediation and operationalization might have a significant impact on comparability across various measuring instruments (Lucas et al, 2008).

As a result of the significant overlap of constructs connected to the measuring of elements in marital life, attempts to compartmentalise particular concepts may lead to a disconnect between them and the reality as experienced by married people. Thus, in our study, marital quality is viewed as a multi-dimensional global construct that relates to the presence of a sense of contentment in one's marital relationship as well as a favourable assessment of one's spouse's behaviour. This is determined by determining how one feels about one's marriage at any particular time, as well as how often one experiences pleasant marital interactions with a partner. The degree to which one sees one's partner's behaviour and the resulting sense of contentment or discontent is a key predictor of the relationship's ability to achieve marital adjustment.

As a result, a high-quality marriage has a reasonably decent balance of real behaviour that promotes/fosters marital adjustment, as well as a sense of contentment with such behaviour. It's worth noting that, while marital quality can easily be discussed at the couple level, the study also considers the quality of the individual in the relationship. It is not unreasonable to believe that one partner's perception of the quality of the relationship can be a predictor of the marriage's quality.

### **Impact of sexual contentment on marital satisfaction -**

Marriage is regarded as the first step toward family life, and more than 90% of the world's population will tie the knot at least once in their lives. It comprises of the rules and regulations that regulate couples' rights, duties, and benefits. It is a family institution that admits both men and women and assists in the development of good relationships. Marital satisfaction is defined as "a social compact between two persons that legally, economically, and emotionally binds their lives together." This gives the married sexual relationship validity (Panganiban, 2007). The majority of married life is based on how well expectations match what people are experiencing (Myers, 2005). Marital satisfaction is a broad and multifaceted notion that encompasses psychological, economical, physical, and other factors. In the early stages of marriage, there is a significant deal of adjustment and danger as both partners come from different backgrounds and strive to blend their methods of managing the marriage (Ziaee et al., 2014).

It is clear that marital contentment has been addressed numerous times, but not with a primary focus on sexual contentment. Individual behaviours or interpersonal interactions can lead to sexual contentment, which is a pleasurable experience (Rahmani A, 2009). Sexual fulfilment is linked to mental health, overall happiness, career accomplishments, and good social interactions, and is one of the foundations for a strong and long-lasting marriage connection. Job stress, couples' conflicts, education level, cultural influences, economic problems, moral and sexual consistence, and physical and mental disorders all influence sexual contentment (Heidari AR 2012). Sexual happiness builds respect and a higher level of understanding between couples by recognising that each individual's sexual needs are met, as well as honouring one's own partner's requests and providing a positive assessment of the sexual relationship as a whole. It has everything to do with the overall connection (Santtila et al. 2008). Sex life is based on a couple's experience, which is mostly determined by their physical and mental well-being.

Sexual dissatisfaction can result in negative mental and spiritual consequences such as disappointment, depression, insecurity, unhappiness, and spiritual, mental, and psychological imbalance. As a result, there are numerous emotional and physical advantages to having pleasurable intimacy with one's spouse. Physical intimacy in marriage also fosters trust between couples and helps them gain confidence in one another. Sexual happiness in marriage is crucial for the rest of life since it promotes communication, helps with cardiovascular health, and enhances the immune system (Raina P, 2018).

As a result, the goal of this study was to describe couples' happiness with their sex life in newly married couples' lives and see whether there are any differences in each partner's impressions of the other's sex lives.

## **2. MATERIALS & METHOD:**

An extensive literature search was concluded using all relevant search engines for keywords such as challenges or problem faced by newly married couples in maintaining their marital satisfaction and the importance of sexual contentment. The study data and information come from (secondary database) a variety of papers and articles on marital satisfaction. Information is also gathered from a variety of reliable websites.

## **3. DISCUSSION & FINDINGS:**

Marital satisfaction is a complex term that covers personality traits, financial problems, child-rearing approaches, and sexual relations, as well as a positive attitude and emotion for wife and husband sexual encounters. The goal of this

study is to see how sexual skills training affects good feelings toward spouses and marital satisfaction in terms of several aspects of the marriage, such as conflict resolution style, sexual relationship, and total marital contentment. Furthermore, sexual skills training can help in the elicitation of pleasant feelings and the preservation of love, as well as personal emotions and beliefs about the function of sexual connections in marriage maintenance (Lotfi Kashan 2012).

Married ladies can't be happy in their lives until they're happy in their marriage. However, there is a possibility that sexual pleasure, in addition to marital satisfaction, can contribute to overall life satisfaction in married women. The goal was to see if sexual contentment played a mediating role in marital satisfaction as a predictor and life fulfilment as an outcome among married Pakistani women. The findings show that in married women, sexual pleasure entirely mediated the connection between marital satisfaction and life satisfaction. It was determined that married women cannot achieve marital and life fulfilment without a fulfilling sexual life (Ahmad Bilal 2020).

Satisfaction in marriage is influenced by a number of aspects, one of which is sexual relations, which might be one of the most important. If a couple's sexual relationship isn't maintained in a desirable manner, it can lead to emotions of deprivation, failure, and marital conflict. The goal of this study was to see if there was a link between sexual satisfaction and marital problems among women who went to the Mazandaran forensic medicine centre in Sari for domestic violence in the last six months of 2016. As a result, there was a strong link between marital problems and sexual satisfaction. It was concluded that sexual satisfaction has a substantial negative link with marital conflicts, and that sexual satisfaction in marital relationships should be prioritised in medical interventions and family education (Razeghi N, 2019).

Sexual pleasure is defined as a judgement and examination of one's own sexual behaviour using sexual satisfaction as a method of "orgasm." The goal of this study is to look at the link between marital instability and sexual pleasure among Iranian women. Age, economic position, quantity of money, duration of marriage, number of children, housing, alcohol/drug addiction by a spouse, being abused by a spouse, forcible marriage, a spouse's second marriage, and being satisfied with current partner all had significant associations with sexual satisfaction. Sexual satisfaction was found to play a crucial impact in the marital stability of Iranian women. To improve Iranian couples' knowledge of their sexual relationship, realistic measures for cultural intervention must be developed (Farzad Gheshlagh 2013).

Sexual satisfaction is a major predictor of relationship satisfaction and is an important indicator of sexual health. However, there has been little research into lay definitions of sexual enjoyment. "How would you describe sexual fulfilment?" Two key themes emerged from this exploratory study: personal sexual well-being and dyadic dynamics. The first theme is pleasure, pleasant sentiments, arousal, sexual openness, and orgasm, which are all positive features of individual sexual experiences. Mutuality, romance, expression of sentiments, inventiveness, acting out impulses, and frequency of sexual activity are all aspects of the second theme. Our findings show that reciprocal enjoyment is an important part of sexual happiness, and that sexual fulfilment stems from pleasant sexual encounters rather than the absence of conflict or dysfunction. The findings support positive sexual outcomes-focused definitions and models of sexual satisfaction, as well as the use of measures that include items related to personal and dyadic sexual rewards for both men and women (Nuno Monteiro Pereira 2013).

The authors investigated the link between marital quality and general life satisfaction and experienced (momentary) well-being in older husbands and wives, as well as the relative importance of own versus spouse's marital appraisals for well-being and the extent to which the relationship between own and spouse's appraisals is moderated by spouse's appraisals. Life satisfaction and instant happiness are both closely linked to marital satisfaction, with no substantial differences between men and women. There was no link between spouses' marital judgments and their personal happiness, according to the authors. The association between a husband's marital quality and life happiness is strengthened when his wife reports a happy marriage, while it is flattened when his wife reports an unhappy marriage. The findings have implications for better understanding marriage dynamics and later life well-being.

The objective was to describe the sexual life satisfaction of couples in the climacteric stage and see if there were any discrepancies between satisfaction perception and each partner's sex life. There was some agreement in the partners' comments to how satisfied they were with their sexual lives. Furthermore, there was a small degree of concordance between women's sexual life satisfaction and their partners' judgments of the women's sexual life pleasure. Furthermore, there was a small degree of concordance between men's sexual life satisfaction and their spouses' judgments of the men's sexual life pleasure. This study adds to the body of knowledge regarding Chilean couples in the climacteric stage in terms of self-reported and perceived sexual satisfaction (Alide Salazar-Molina, 2015).

#### 4. RECOMMADATION:

- Communication and connection are the foundations of great sex. "The quality of your sex life will be determined by how honest and vulnerable you are with each other."
- Sex makes you feel more connected to your lover. It's the most intimate physical act you can have with your spouse. It's easy to lose track of your connection if you don't have it. Relationships and a healthy sexual life necessitate ongoing effort.
- The most important thing is to priorities having an intimate connection with your partner. "Consider what makes you feel close and what you like to do sexually. Then consider how you may achieve that with your partner."

#### 5. CONCLUSION:

Because sexuality influences an individual's social life by affecting his or her behaviour toward himself, his or her sexual partner, and all other people, the major goal of the paper was to focus on marital fulfilment in the index of sexual satisfaction. In order for a marriage to be stable, sexual fulfilment is essential. To improve couples' understanding of their sexual relationship, realistic techniques to provide cultural intervention must be developed. Since this study has showed that if a couple's sexual interaction cannot be maintained in a desirable manner, it can lead to emotions of deprivation, failure, and marital strife because the early years of a marriage are the most vulnerable, and happiness is at its most perilous. Marriage can be sustained by elements such as marital relationships, since marriage is more effective when married couples produce a sense of accomplishment, and both partners must understand that marriage is more effective when married couples create a sense of fulfilment.

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