Correlation Between Marital Satisfaction and Subjective Well Being of Working Husbands With Working Wives

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ABSTRACT

Fostering marital relationships is desirable by everyone with the aim to achieve happiness and satisfaction in life. In the past, women were identical with the roles and responsibilities to take care of the family, in contrast to present days, where women also get the opportunity to make a living either to help the husband support the family's economy or for her self-actualization. Several studies have shown that the dual role of the wife influences marital satisfaction and subjective well-being of the husband. This research was conducted to find the relationship between marital satisfaction and subjective well-being of husbands whose wives are also employed. The measurement of marital satisfaction uses ENRICH Marital Inventory and the measurement of subjective well-being uses a SWB measurement tool made by the Research and Measurement Board of the Faculty of Psychology, Tarumanagara University. This research uses quantitative research method in the form of Google form questionnaire to obtain data from 69 participants. The results showed r (69) = 0.389 and p = 0.001 <0.05 so that it can be concluded that there is a positive and significant relationship between marital satisfaction variable and subjective well-being variable. More specifically, there is a positive and significant relationship between marital satisfaction and subjective well-being of a husband with a working wife so that it can be concluded that the higher the level of marital satisfaction of a husband, the higher the subjective well-being he has.

Keywords: Marital Satisfaction and Subjective Well Being

1. INTRODUCTION

Canel (in Koçyiğit, 2017) [1] stated that marriage consists of two people who are in a relationship and have been involved in a bond and can fulfill each other's needs such as the need for love and a sense of belonging, the need to feel safe and feel protected (safety needs), as well as basic human needs (physiological needs). In older times, women were always identified as someone who has the duties and responsibilities to take care of the household while men have always been the breadwinner. Today, however, many women are employed. According to Patra and Suar (2009) [2] now men are no longer considered the breadwinner of the family because women have begun to receive higher education to be able to work and at the same time, take care of the household. Women who work are certainly motivated by a variety of things, including having to meet their financial needs or to achieve life satisfaction for themselves.

In general, if both the husband and the wife work to make a living it can be described by the term "dual earner". According to Hayghe (quoted in Gradianti & Suprapti,

2014) [3] a dual earner couple is a married couple who work to earn money to meet household needs. A dual earner family has both positive and negative aspects. Having a relatively stable financial condition and being able to improve their socioeconomic status are positive aspect of dual earner marriage. Meanwhile, the negative aspect is the lack of time that can be spent with the family because the focus of the dual earner couple will be divided between taking care of and spending time with family and work.

According to Sekaran (quoted in Gradianti & Suprapti, 2014) [3] the source of conflict that occurs in dual earner pairs is the assignment of roles that is often unclear in the household, the demands of other roles that must be fulfilled from the environment, imbalance in responsibilities and assignment of roles by the couple for family and work can cause instability in marriage. In the context of this study, the aforementioned couples are dual earner couples who both work to make a living to meet household needs. By getting married, individuals are considered to be able to improve their subjective well-being. However, if the married couple has low level of subjective well-being, then it is an unhappy marriage. Pradipta and Prihanto (quoted in Christina & Matulessy, 2016) [4] also suggested that every

married couple would expect a marriage to be based on happiness. However, every married person will naturally face a variety of inevitable conflicts. Diener and Chan (2011) [5] defined subjective well-being as a form of evaluation of an individual's life based on the feelings or emotions that are being experienced. This study focuses on the marital satisfaction and subjective well-being of husbands whose wives are employed. Theories used in this research are marital satisfaction theory and subjective well-being theory. According to Fowers and Olson (1989) [6], marital satisfaction is a form of evaluation of some aspects that exist in marriage, including internal and external problems. Diener and Ryan (2009) [7] described subjective well-being as the level of individual welfare based on an evaluation or assessment of a person in their lives that comes from the perspective of the individual itself.

2. METHOD

2.1. Participants

This study involved 69 participants with the characteristics of: early adult men with an age range of 20 to 40 years old, married with a minimum marriage duration of two years and had a child. In addition, the subjects' wives must also be alive, employed, and the couples are living together. Subjects lived in Jakarta, Bogor, Depok, Tangerang or Bekasi. Subjects and their spouses have a minimum education level of diploma or equivalent.

2.2. Measures

Marital satisfaction is measured using the ENRICH Marital Inventory based on a theory by Fowers and Olson (1989) [6] which was later expanded upon by the authors. The measuring instrument measures the level of marital satisfaction consisting of ten aspects, namely: (a) aspects of personality; (b) equalitarian roles; (c) communication; (d) conflict resolution; (e) financial arrangements; (f) leisure activities; (g) sexual relationship; (h) children and parenting; (i) family and friends; and (j) religious orientation. The scale used in the measuring instrument is a Likert scale with five alternative answer choices, namely 1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, and 5 = Strongly Agree. After conducting item testing of the measuring instrument, the results showed Cronbach's Alpha value of 0.886.

The SWB measurement tool was designed by the Research and Measurement Board of the Faculty of Psychology of Tarumanagara University (2008) adapted from Diener (1984) [8]. The instrument contains a list of forty-three feelings and five items statement with four categories of answer choices, namely: TP (Never); JR (Rarely); SR (Often); and SL (Always). The scale used in the measuring instrument is a Likert scale with four alternative answer choices, namely 1 = Never, 2 = Rarely, 3 = Often, and 4 = Always. Subjective well-being instrument has three dimensions, namely positive affect, negative affect, and general life satisfaction. After conducting an item test on the three dimensions of the measuring instrument, Cronbach's Alpha of 0.949 were obtained for the dimension of positive affect and the corrected item-total correlation value of all items of the measuring device dimensions showed values above 0.2, therefore no items were discarded. Cronbach's Alpha of 0.928 for the dimension of negative affect was obtained, and after analysis, the corrected item value-total correlation of item 5 shows the number 0.013. A number below 0.2 means that the item must be discarded. After item 5 is removed, Cronbach's Alpha value was 0.937 and the corrected item-total correlation value of all items from the dimensions of the measuring instrument shows values above 0.2, so no other items need to be removed.

3. RESULTS

Marital Satisfaction was measured using ENRICH Marital Inventory based on a theory by Fowers and Olson (1989) [6] with a hypothetical mean of 3.0 and an empirical mean of 4.189. Empirical mean is greater than the hypothetical mean means that the participants have high marital satisfaction.

Subjective Well Being was measured using tool was designed by the Research and Measurement Board of the Faculty of Psychology of Tarumanagara University (2008) with a hypothetical mean value of 2.5 and an empirical mean of 2.636 The results show that empirical mean value is greater than the hypothetical mean. Therefore, it can be concluded that the participants have high subjective well being.

Normality test was conducted using One-sample Kolmogorov Smirnov. The results showed that for the marital satisfaction variable, the value of $Z = 0.695$ and the value of $p = 0.720 > 0.05$ were obtained. For subjective well being variable, the value of $Z = 0.672$ and the value of $p = 0.757 > 0.05$ were obtained, which means that the data distribution of the two variables were normally distributed.

The main data analysis (relationship test) was performed using Pearson Correlation because the data obtained was normally distributed. The results showed the value of r (69) = 0.389 and $p = 0,001 < 0.05$. From these results it can be concluded that there is a positive and significant relationship between marital satisfaction and subjective well-being.

Table 1. Correlation test between Marital Satisfaction and Subjective Well Being

Variable	r	P	Description
Marital Satisfaction and Subjective Well Being	.389	.001	There is a significant and positive relationship

Furthermore, the researchers also tested the relationship between marital satisfaction and marriage duration by using Pearson Correlation because the marital satisfaction data is normally distributed. The result showed r (69) = 0.258 and p = 0.032 <0.05. This means that there is a relationship between marital satisfaction and marriage duration because the value of p obtained is less than 0.05.

Table 2. Correlation test between Marital Satisfaction and Marriage Duration

Variable	r	P	Description
Marital Satisfaction and Marriage Duration	.258	.032	There is a relationship

The relationship between marital satisfaction and the number of children were also tested using Pearson Correlation because the distribution of marital satisfaction data is normally distributed. The result showed the value of r (69) = 0.101 and p = 0.408> 0.05 This means there is no relationship between the marital satisfaction and the number of children because the value of p obtained is more than 0.05.

Table 3. Correlation test between Marital Satisfaction and Number of Children

Variable	r	P	Description
Marital Satisfaction and Number of Children	.101	.408	There is no relationship

Then, the researchers tested the relationship between subjective well-being and marriage duration using Pearson Correlation because the data is normally distributed. The result showed *r* (69) = 0.386 and *p* = 0.001 < 0.05. This means that there is a relationship between subjective well-being and marriage duration because the value of p obtained is less than 0.05.

Table 4. Correlation test between Subjective Well Being and Marriage Duration

Variable	r	P	Description
Subjective Well Being and Marriage Duration	.386	.001	There is a relationship

The relationship between subjective well-being and the number of children was tested using Pearson Correlation because the data is normally distributed. The result showed *r* (69) = 0.224 and *p* = 0.065 < 0.05. This means that there is a relationship between subjective well-being and the number of children because the value of p obtained is less than 0.05.

Table 5. Correlation test between Subjective Well Being and Number of Children

Variable	r	P	Description
Subjective Well Being and Number of Children	.224	.065	There is no relationship

Comparative test on subjective well-being variables based on education level was conducted using one-way Anova because the data distribution is normally distributed with more than two distinguishing groups. Based on the result

the F value obtained was 0.247 and p value obtained was 0.782> 0.05. This means that there is no significant difference in subjective well-being in terms of education level

Table 6. Comparative test between Subjective Well Being based on Education Level

Education Level	N	Mean Rank	Z	p	Description
D3	8	2.6023	.247	.782	There is no significant difference
S1	53	2.6312	.247	.782	
S2	8	2.6994	.247	.782	

Comparative test on marital satisfaction variable based on education level was conducted using one-way Anova because the data distribution is normally distributed with more than two distinguishing groups. Based on the result

the F value obtained was 0.247 and p value obtained was 0.585> 0.05. This means that there is no significant difference in subjective well-being seen from education level.

Table 7. Comparative test between Marital Satisfaction based on Education Level

Education Level	N	Mean Rank	Z	p	Description
D3	8	2.6023	.541	.585	There is no significant difference
S1	53	2.6312	.541	.585	
S2	8	2.6994	.541	.585	

4. DISCUSSION

The results of this study are in line with the results of another study conducted by Aryati (2010) [9] regarding "The Relationship between Marital Satisfaction and Subjective Well-Being in Dual Career Women" that there is a positive and significant relationship between marital satisfaction and subjective well-being. This means that the perception of the wife and husband (in this study) towards marital satisfaction and subjective well-being appear to be the same. In Aryati's research, the dual career wives felt happier and more satisfied because they were given the opportunity for actualization, whereas in this study, the husbands were influenced by the happiness of their spouses who were employed (increased socioeconomic status, increased confidence of the wife, psychological comfort) which affects marital satisfaction.

According to Myers (quoted in Papalia & Martorell, 2014) [10] a person who is married has a tendency to be happier than an unmarried person. After analysis of the marital satisfaction data it was found that participants show a high level of marital satisfaction because a hypothetical mean value of 3.0 was obtained while the empirical mean value was 4.189 (SD = .5236). The empirical mean value shows a greater result than the hypothetical mean, which means that participants' marital satisfaction is high. Then, data analysis on subjective well-being obtained a hypothetical mean of 2.5 while the empirical mean is 2.636 (SD = .2902). Greater

empirical mean value means that the participants' subjective well-being is high.

Faisal and Sari (2017) [11] explained that the duration of marriage is one of the factors that can influence the level of marital satisfaction. This is in line with Umberson et al., (quoted in Carr, Cornman, Freedman & Schwarz, 2014) [12] who also revealed that the duration of marriage is one of the factors that influence the quality of marriage and the subjective well-being of a person. In this study, it can be seen that the longer the age of marriage is, the higher the marital satisfaction. A correlation test between marital satisfaction and marriage duration obtained r (69) = 0.258 and p = 0.032 <0.05. Based on the results of the analysis, it was proven that there is a relationship between marital duration satisfaction and marriage duration because the p value was less than 0.05. A correlation test between marital satisfaction and marriage duration found the value of r (69) = 0.386 and p = 0.001 <0.05. Based on the results of the analysis, it can be concluded that there is a relationship between subjective well-being and marriage duration because the value of p was less than 0.05.

The Researchers also conducted a correlation test between marital satisfaction and the number of children. The result showed r (69) = 0.101 and p = 0.408> 0.05, which means that there is no relationship between the marital satisfaction and the number of children because the value of p is larger than 0.05. This finding is supported by a statement from Stone and Shackelford (quoted in Faisal & Sari, 2017) [11]

that the presence of a child can increase marital stability, but may also reduce the level of marital satisfaction. In this study it was found that children do not determine the level of marital satisfaction.

The researchers have some suggestions for further research. Other researchers conducting research on this theme is expected to be able to conduct more in-depth research on the two variables. Another research can be conducted more specifically, taking into account the occupation and the amount of income earned by each spouse.

5. CONCLUSION

This research was conducted with the aim to find out the relationship between marital satisfaction and subjective well-being of working husbands whose wives are also employed. Based on the results of data analysis, it was concluded that marital satisfaction has a positive and significant relationship with subjective well-being of working husbands whose wives are also employed. This means that the higher the level of marital satisfaction, the higher the subjective well-being, while lower level of marital satisfaction

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