

MARITAL SATISFACTION AMONG FEMALES: EFFECT OF ANXIETY ON OVERALL HAPPINESS

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Abstract: Marital satisfaction is one of a stable family's key attributes, and is recognised as an important indicator of overall quality of life. In daily life tension is inevitable and it can affect marital relationships. In addition, employed married people face more stressors than unmarried people, especially when their jobs are challenging and stressful. The aim of this paper is to determine whether the degree of anxiety has any significant impacts on female life satisfaction. The greatest happiness with one's life is the dream of all women, but it seems so elusive. So what is comfortable and happy? The time has come when women in public life must come out of their homes and take up their posts. A strong housewife and mother and the best part they can play as working women. As a dutiful mother she will make happy, safe and responsible people of her children. As a housewife, she's the source of the Her husband enjoys warmth and inspiration, and as working woman she works outside.

Keywords: Anxiety, Life Satisfaction, Marital satisfaction

1.0 Introduction

Psychological and social research offers compelling proof that the health of an individual is negatively impacted by unemployment. Whereas unemployment has an effect on Quality of life, these dual effects of low and high anxiety have been well established. Life satisfaction levels have been less well determined. [1] Over late decades, there has been a colossal increment in the quantity of females entering the Market. In any case, creates the impression that society actually sees females as the essential transporters of kids and other relatives and, subsequently, numerous ladies are presently confronted with shuffling the function of mother, accomplice and girl just as worker. Indian ladies have stirred their part sleep.

2.0 Anxiety

Anxiety disorders are actual, serious medical problems-just as real and significant as physical disorders like diabetes or heart disease. The most frequent and chronic psychiatric disorders in the United States are anxiety disorders. Over the past year, the prevalence of any anxiety condition has been higher for females (23.4%) than for males (14.3%).¹ The word "anxiety disorder" applies to various psychological conditions involving intense fear or anxiety, including common anxiety disorder.

2.1 Anxiety Disorders Categories

Generalized anxiety disorders, or GAD, involve intense anxiety and worry about common activities or events like health, family, income, or work. By interfering with the job, school or family, GAD can interrupt daily life.

Obsessive-Compulsive Disorder, or OCD, is a mental health disorder that affects people of all ages and happens in a series of obsessions and compulsions when a person is trapped.^[2]

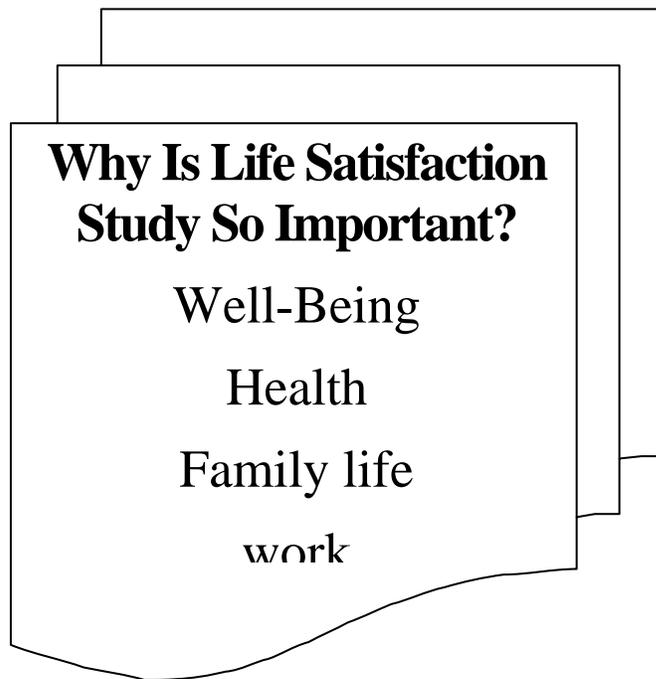
Panic Disorder In individuals who experience spontaneous and sudden panic attacks and are very concerned with the risk of a repeated attack, Panic Disorder is diagnosed. Many women may have extreme anxiety between panic attacks because these attacks are so unpredictable.^[3]

Post-Traumatic Stress Disorder (PTSD) is a syndrome that occurs in certain individuals who have endured a shocking, terrifying, or dangerous incident.[4]

3.0 Life satisfaction

In the social science study of ageing, life satisfaction is one of the oldest research problems. This research initially concentrated on pathology and coping, but later the matter became expectations of quality of life. Life fulfillment and other abstract prosperity measures have been of extensive significance in gerontology. Life fulfillment is a general evaluation of emotions and perspectives about one's life at a specific point in time running from negative to positive. It is one of three significant markers of prosperity: life fulfillment, beneficial outcome, and negative impact. Besides, the distinctions in conjugal fulfillment among ladies and men may be because of the distinctions in articulation of their sentiments: ladies will in general adapt to their feelings by looking for social help

Personal satisfaction examines will in general partition wellsprings of prosperity into two classes: outside conditions, for example, accessible network administrations or family life, and inside miens, for example, confidence or the feeling that one controls one's own destiny. In one examination it was discovered that the quantity of companions an individual had was a superior indicator of bliss than was salary (Robert Lane, 1994).



4.0 Martial satisfaction

An overall assessment of the state of one's marriage and a reflection of marital happiness and work is marital satisfaction [5,6]. Not only can marital satisfaction affect both spouses' physical and mental health [7], but also the growth, well-being, academic success, social skills, and relationships of children [8]. Regular worry in current life can influence all parts of human life including family and conjugal connections. Stress essentially decides conjugal fulfillment and the improvement of cozy connections [9]. Martial fulfillment speaks to one significant factor in wedded people which can impact all parts of life and subsequently their QOL. The general point of this proposition was to research the connections between conjugal fulfillment, QOL

5.0 Gender- and marital-satisfaction quality of life

The positive association between marital satisfaction and QOL in men and women confirmed research findings that marital satisfaction is positively linked to personal wellbeing, including physical health [10] and psychological

health [11]. There is a reciprocal relationship between marital satisfaction and QOL: stressful marital relationships, declining spousal intimacy, less positive interactions, and increasing numbers of marital disputes and violence may reduce QOL. Marital Adjustment is supposed to be the capacity to satisfy everyday needs, changes and duties of marriage with whatever level of passionate smoothness and proficiency is required at that point. It likewise includes coexisting with and appreciating the friendship of the conjugal accomplice, partaking in the intrigue and exercises of the family bunch tolerating extra duties as they emerge and changing one's style of life to relate with changing in the family life.

6.0 Conclusion

The studies indicate that there was no impact on marital adjustment as well as marital satisfaction in the occupational stress group of women. Despite supporting past research, however, it has been found that there is no significant link between occupational stress levels and marital adjustment and marital satisfaction. In the present 21st century each young lady gets instructed and seeks after her vocation after marriage. With females turning out to be more independent they face numerous different issues. Marriage is additionally said to give an individual the essential structure to set up a family relationship and raise the people to come.

7.0 References

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