

LEVEL OF ANXIETY AMONG THE COUPLES OF ARRANGE MARRIED AND LOVE MARRIED

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ABSTRACT

Research Background: Anxiety, the common thread that connects the various types of anxiety disorders, can be experienced in different ways, from the intense fear associated with a panic attack to the generalized sense of foreboding or worry in generalized anxiety disorder. In this study, an investigator has focused on finding out the level of anxiety among the couples of arrange married and love married.

Objectives: The study objective was, to study the significance difference in level of anxiety among the couples of arrange married and love married. Another, objective was, to study the significant difference in level of anxiety among the male and female.

Procedure: For the study one hundred twenty marital adults were selected from male and female. Their age range was between 30 to 50 years. The study type of couples and type of gender were independent variables and level of anxiety was dependent variable. The study purposive sampling technique was used for the selection of the samples. In the present study, samples were selected from various urban and rural locations in the state of Maharashtra. This study anxiety scale developed by Dr. R. L. Bhardwaj, Dr. H. Sharma, and Dr. M. Bhargava has been used.

Conclusions: It is concluded that, the arrange married and love married couples have found equal on their level of anxiety. The male and female adults have found equal level on their level of anxiety. There is insignificant interaction found between the effects of type of couples and type of gender.

Application: This study will definitely help us to understand the significant difference between arrange married couples and love married couples in terms of their level of anxiety. This study will help us to understand the significant difference between married males and married females in terms of their level of anxiety.

Keywords: Anxiety, Married Couples.

INTRODUCTION

“Anxiety is a generalized state of apprehension or foreboding but anxiety becomes abnormal. The maladaptive anxiety reaction, which can cause significant emotional distress or impair the person’s ability to function, is labeled an anxiety disorder. Anxiety, the common thread that connects the various types of anxiety disorders, can be experienced in different ways, from the intense fear associated with a panic attack to the generalized sense of foreboding or worry in generalized anxiety disorder. Anxiety disorders are very common, affecting nearly one in five adults in the United States, which works out to more than 40 million people” (Torpy, Burke, & Golub, 2011).

In contrast to fear and panic, the anxiety response pattern is a complex blend of unpleasant emotions and cognitions that is both more oriented to the future and much more diffuse than fear (Barlow, 1988, 2002). But like fear, it has not only cognitive/ subjective components but also physiological and behavioral components. At the cognitive/subjective level, anxiety involves negative mood, worry about possible future threats or danger, self-preoccupation, and a sense of being unable to predict the future threat or to control it if it occurs. At a physiological level, anxiety often creates a state of tension and chronic over arousal. At a behavioral level, anxiety may create a strong tendency to avoid situations where danger might be encountered, but there is not the immediate behavioral urge to flee with anxiety as there is with fear (Barlow, 1988, 2002). Although there are many threatening situations that provoke fear or anxiety unconditionally, many of our sources of fear and anxiety are learned. Years of human and nonhuman animal experimentation have established that the basic fear and anxiety response patterns are highly condition able (Fanselow & Ponnusamy, 2008; Lipp, 2006).

Marriage is an important and universal social institution of society. As a social institution, it provides a recognized form for entering into a relatively enduring heterosexual relationship for the bearing and rearing of children. through marriage there comes into existence the family, a relatively stable social group, that is responsible for the care and training of children. In all these respects, then, marriage has historically provided the institutional mechanisms necessary for replacement of social members and thereby has been meeting the important prerequisites of human survival and society's continuance. However, these societal prerequisites do not encompass all the values and goals of marriage. Historically marriage has been found to exist in a wide variety of forms in different societies. Also it has been found to perform differing functions. Indeed, even the manner in which marriage is to be obtained reveals an astonishing variety of modes and customs. There is an almost endless variety in nearly everything concerning marriage. Type of marriage and gender are impact on individual's anxiety level. In this study, investigator has focused on finding out the impact of level of type of marriage and gender on married couples of arrange and love.

OBJECTIVES OF THE STUDY

1. To study the significance difference in level of anxiety among the couples of arrange married and love married.
2. To study the significant difference in level of anxiety among the male and female.
3. To study the significant interaction between the effects of type of couples and type of gender on individuals' anxiety.

HYPOTHESIS OF THE STUDY

1. There will be no significant difference in level of anxiety among the couples of arrange married and love married.
2. There will be no significant difference in level of anxiety among the male and female.
3. There will be no significant interaction between the effects of type of couples and type of gender on individuals' anxiety.

RESEARCH PROCEDURE

➤ VARIABLES OF THE STUDY:

Independent Variables		Dependent Variable
Type of Couples a) Love Marriage Couples b) Arrange Marriage Couples	Type of Gender a) Married Male b) Married Female	Anxiety

➤ SAMPLE SELECTION PROCEDURE:

For the study one hundred twenty marital adults were selected from male and female. Out of this sample, sixty marital adults were selected from male and sixty marital adults were selected from female. Their age range was between 30 to 50 years. The study type of couples and type of gender were independent variables and level of anxiety was dependent variable. The study purposive sampling technique was used for the selection of the samples. In the present study, samples were selected from various urban and rural locations in the state of Maharashtra. This study anxiety scale developed by Dr. R. L. Bhardwaj, Dr. H. Sharma, and Dr. M. Bhargava has been used.

➤ OPERATIONAL DEFINITIONS:

a) Anxiety Level:

In this study, those couples who have achieved high scores on the anxiety scale developed by Dr. R. L. Bhardwaj, Dr. H. Sharma, and Dr. M. Bhargava have been called high-level anxiety couples. On the other hand, those couples who have achieved low scores on the anxiety scale developed by Dr. R. L. Bhardwaj, Dr. H. Sharma, and Dr. M. Bhargava have been called low-level anxiety couples.

➤ STUDY MATERIALS:

1. **Comprehensive Anxiety Test** is developed by Dr. R. L. Bhardwaj, Dr. H. Sharma, and Dr. M. Bhargava in 1992. The present test consists of 90 items. The scoring of the anxiety test is very easy and of quantitative nature. The test can be scored accurately by hand and no scoring or stencil key id needed. Each item of the test is answered either by 'Yes', or by 'NO'.

STATISTICAL ANALYSIS AND RESULTS

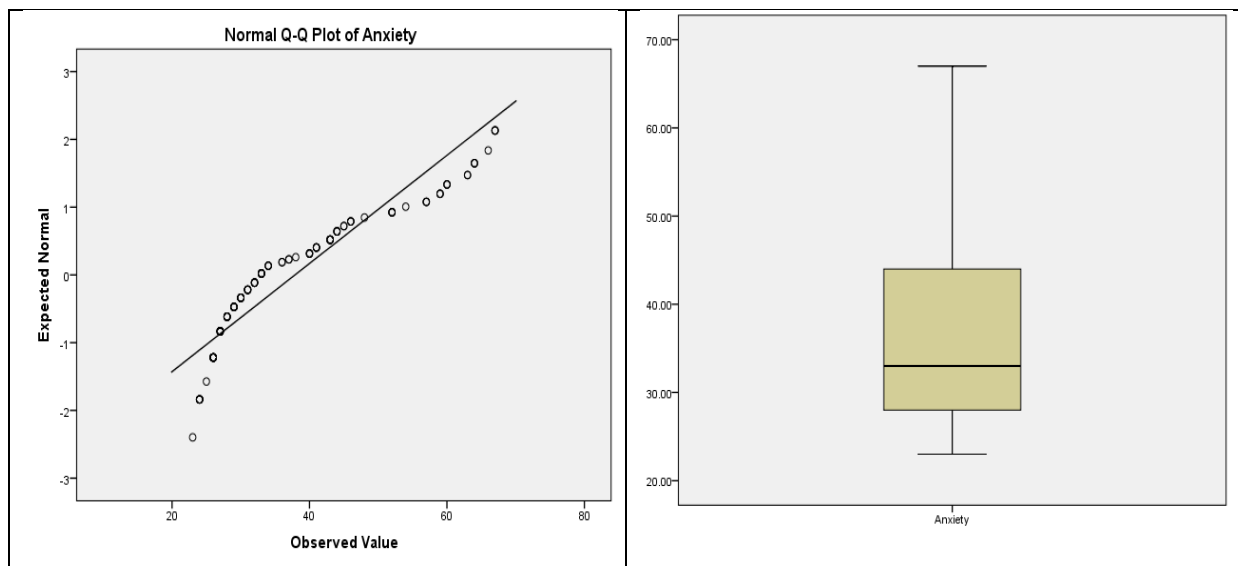
Table:1: Shows the assessing normality of the variable anxiety

Variable	Descriptive Statistics		Statistic	Std. Error
	Mean		37.8833	1.14380
	95% Confidence Interval for Mean	Lower Bound	35.6185	
		Upper Bound	40.1482	

Anxiety	5% Trimmed Mean	37.1111	
	Median	33.0000	
	Variance	156.995	
	Std. Deviation	12.52975	
	Minimum	23.00	
	Maximum	67.00	
	Range	44.00	
	Interquartile Range	16.00	
	Skewness	0.935	0.221
	Kurtosis	-0.304	0.438

The table 1 indicates that the trimmed mean value (37.1111) is very close simple mean (37.8833). The purpose of this trimming is to obtain a measure of central tendency that is unaffected by extreme values. Hence, we confidently explain that our simple mean is not affected by extreme values, and indicates that there is not a single outlier in our data. (Sheridan, J. Coakes, 2006). The Skewness value is positive and indicates that distribution is somewhat positively skewed, and kurtosis value is negative and indicates that distribution is flatter (Platykurtic).

Graph:1: Normal Q-Q, and Box plots of the variable anxiety



Above plots indicates normality of variable anxiety. The values on the vertical axis indicate the frequency of cases. The values on the horizontal axis are midpoints of value ranges. The shape of the distribution is considered normal.

Table:2: Descriptive Statistics of anxiety

Type of couples	Type of Gender	Mean	SD	N
Arrange Marriage Couples	Married Male	39.3667	12.82907	30
	Married Female	40.5333	13.93763	30
	Total	39.9500	13.29384	60
Love Marriage Couples	Married Male	34.6667	10.84796	30
	Married Female	36.9667	12.10723	30
	Total	35.8167	11.45587	60
Total	Married Male	37.0167	12.01481	60
	Married Female	38.7500	13.06778	60
	Total	37.8833	12.52975	120

The 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. It is observed that the mean value arrange marriage couples is 39.950, and SD value is 13.293 and other hand mean value of love marriage couples is 35.816 and SD value is 11.455 on level of anxiety. As well as the mean value of married male is 37.0167 and SD value is 12.014 and other hand mean value of married female is 38.750 and SD value is 13.67 on level of anxiety.

Table:3: Shows summary of ANOVA of the dependent variable anxiety

Source	Sum of Squares	df	Mean Square	F	Sig	Partial Eta Squared
Type of Couples	512.533	1	512.533	3.290	0.072	0.028
Type of Gender	90.133	1	90.133	0.579	0.448	0.005
Type of Couples X Type of Gender	9.633	1	9.633	0.062	0.804	0.001
Error	18070.067	116	155.776			
Total	190900.000	120				
Corrected Total	18682.367	119				

Significant Level, df (1,116) ---- 0.05 = 3.92 0.01= 6.85

From the table 3 a two-way ANOVA was conducted that examined the effect of type of couples (arrange married and love married couples) and type of gender (Married Male and Married Female) on individual's anxiety. Our dependent variable, anxiety, was normally distributed for the groups formed by the combination of the type of couples (arrange married and love married couples) as well as type of gender (Married Male and Married Female) as assessed by the Q-Q Plots, Box Plots, Skewness and Kurtosis.

The main effects analysis showed that for type of couples (arrange married and love married couples) is not significant, $F(1,116)=3.290, P>0.05$. Therefore, type of couples is found significantly influences on anxiety of individuals. The arrange married and love married couples have found equal on their level of anxiety. So, hypothesis no.1 is accepted. It means, type of marriage is not contributory factor in level of anxiety.

The main effects analysis showed that for type of gender (Married Male and Married Female) is not significant, $F(1,116)=0.579, P>0.05$. Therefore, type of gender is not significantly influences on level of anxiety of individuals. The male and female adults have found equal level on their level of anxiety. So, hypothesis no. 2: are accepted. It means, gender difference is not contributory factor in level of anxiety.

There is insignificant interaction between the effects of type of couples (arrange married and love married couples) and type of gender (Married Male and Married Female) on individuals level of anxiety, $F(1,116) =0.062, P >0.05$. Therefore, Hypothesis no. 3 is accepted. Because, type of couples and gender is found not significantly influences on level of anxiety of individuals.

IMPLEMENTATIONS

The present study findings can be beneficial and helpful for counselors, society member, psychologists to understanding impact of type of couples (arrange married and love married couples) and type of gender (Married Male and Married Female) on social relationships. Also, these study findings can be beneficial for national and international research scholars. This study will definitely help us to understand the significant difference between arrange married couples and love married couples in terms of their level of anxiety. This study will help us to understand the significant difference between married males and married females in terms of their level of anxiety.

CONCLUSIONS

1. Type of couples (Arrange Married and Love Married Couples) is not significantly influences on level of anxiety of individuals. The arrange married and love married couples have found equal on their level of anxiety.
2. Type of gender is not significantly influences on level of anxiety of individuals. The male and female adults have found equal level on their level of anxiety.
3. There is insignificant interaction found between the effects of type of couples (arrange married and love married couples) and type of gender.

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