

A Comparative Study Of Marital Adjustment Among Love And Arranged Marriage Couples

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ABSTRACT

The present study aimed to compare the marital adjustment between love and arranged marriage couples across the dimensions of emotional, sexual, and social adjustment. The sample consisted of 100 married individuals (50 couples). The sample consisted of 50 couples, including 25 love-marriage couples and 25 arranged-marriage couples, selected from the Jalna district of Maharashtra using a purposive sampling method. The Marital Adjustment Questionnaire (MAQ) by Dr. Pramod Kumar and Dr. Kanchan Rohatgi (1999) was administered to assess marital adjustment. Results revealed that love marriage couples exhibited significantly higher emotional, social, and overall marital adjustment compared to arranged marriage couples, whereas arranged marriage couples showed better sexual adjustment. These findings suggest that emotional familiarity, mutual understanding, and pre-marital compatibility contribute to higher adjustment in love marriages, while traditional values and commitment enhance sexual harmony in arranged marriages. The study highlights the evolving dynamics of marital relationships in modern Indian society.

Keywords: Marital Adjustment, Love Marriage, Arranged Marriage, Emotional Adjustment, Social Adjustment, Sexual Adjustment.

INTRODUCTION

Marriage is one of the oldest and most significant social institutions, forming the foundation of human society and contributing to personal life satisfaction. It is commonly viewed as a social and emotional union between two individuals, characterized by mutual understanding, affection, companionship, and shared responsibilities (Karney & Bradbury, 1995). Across cultures, marriage functions as a framework for emotional support, social stability, and family continuity. In India, however, marriage holds a particularly unique significance, as it is deeply intertwined with cultural, religious, and familial expectations. As a result, it becomes not only a personal commitment between two individuals but also a social contract that involves both families and the larger community (Rao & Rao, 2015). In the Indian context, two major types of marriage predominate love marriages and arranged marriages. Traditionally, arranged marriages have been the norm, where families play a central role in selecting a suitable partner based on social status, caste, religion, and family background (Netting, 2010). In contrast, love marriages, which have become increasingly common in recent decades, are founded on personal choice, emotional connection, and romantic attraction (Gupta, 2011). With modernization, urbanization, and the influence of Western values, love marriages have gained acceptance, particularly among the younger and educated sections of society (Myers et al., 2005; Yelsma & Athappilly, 1988).

Marital Adjustment

Marital adjustment refers to the degree of harmony, satisfaction, and mutual understanding between partners in a marital relationship (Spanier, 1976). It reflects how effectively spouses accommodate each other's needs, expectations, and roles in order to maintain emotional balance and relational

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stability. According to Locke and Wallace (1959), marital adjustment includes various aspects such as communication, affection, conflict resolution, and agreement on important life matters. High marital adjustment is linked to positive emotional well-being, family stability, and personal fulfillment, whereas poor adjustment often results in conflict, dissatisfaction, and an increased likelihood of marital breakdown (Karney & Bradbury, 1995).

Love and Arranged Marriages: Conceptual Differences

The key difference between love and arranged marriages lies in partner selection and the process of relationship development. In love marriages, partners choose each other based on mutual attraction, emotional compatibility, and personal preferences prior to marriage (Gupta, 2011). Emotional intimacy and romantic involvement typically develop before the marital union, often resulting in a stronger initial emotional bond. In contrast, arranged marriages involve the active participation of families in selecting a spouse, emphasizing social compatibility, shared values, and family background rather than personal attraction (Myers et al., 2005). In such marriages, emotional intimacy and affection generally evolve gradually after marriage as partners adjust to each other within the broader family system.

In the Indian context, both marriage types coexist, representing traditional and modern cultural orientations. Arranged marriages uphold collective family values and social conformity, whereas love marriages reflect individual autonomy and self-expression (Rao & Rao, 2015). Given this duality, it becomes essential to examine how these contrasting foundations influence marital adjustment, particularly in the domains of emotional, sexual, and social adjustment.

Cultural Context and Changing Trends in India

Over the past few decades, India has undergone rapid socio-cultural changes. Urbanization, rising education levels, media exposure, and economic independence have significantly influenced perceptions of marriage and partner selection (Allendorf & Pandian, 2016). Younger generations increasingly prioritize emotional compatibility and personal satisfaction over social obligations, contributing to a rise in love marriages. However, arranged marriages continue to thrive, particularly in rural and traditional communities, as they are perceived to provide family support, stability, and cultural continuity (Gupta, 2011).

Despite these evolving trends, both marriage types face their own challenges. Love marriages, although rooted in affection and compatibility, may experience social pressure, limited family support, and high expectations for emotional fulfillment. Arranged marriages, while socially endorsed, may encounter difficulties related to adjustment, communication gaps, or a lack of pre-marital understanding (Yelsma & Athappilly, 1988). These differences make marital adjustment an important variable for comparative examination between the two marriage systems. Several studies have investigated marital satisfaction and adjustment in love versus arranged marriages, yielding mixed results. Yelsma and Athappilly (1988) found that love-marriage couples reported higher marital satisfaction and intimacy compared to arranged-marriage couples. Similarly, Myers et al. (2005) observed that love marriages in India tend to exhibit greater initial satisfaction due to pre-existing emotional bonds. Conversely, Gupta and Singh (1982) reported that arranged-marriage couples demonstrated higher long-term satisfaction, as affection and commitment strengthened over time. These findings suggest that while love marriages may begin with stronger emotional connections, arranged marriages may develop gradual emotional growth and stability. Other research highlights the significant influence of cultural values and family involvement on marital outcomes. Allendorf and Pandian (2016), for example, noted that in collectivist societies like India, family support and social approval contribute substantially to marital harmony. Thus, marital adjustment cannot be understood solely through partner choice; it must also be viewed within the broader socio-cultural and familial context that shapes the marital experience.

Dimensions of Marital Adjustment

Marital adjustment is a complex and dynamic process that reflects how effectively partners accommodate each other's needs, values, and expectations in order to maintain a harmonious and satisfying relationship. It involves multiple dimensions that together contribute to the overall quality and stability of marriage. Among these, emotional adjustment, sexual adjustment, and social adjustment are considered the most significant components. Each dimension plays a crucial role in shaping the strength, satisfaction, and long-term endurance of the marital bond.

1. Emotional Adjustment

Emotional adjustment refers to the psychological and affective harmony between spouses. It involves mutual understanding, empathy, communication, trust, and emotional support (Spanier, 1976). Successful emotional adjustment requires both partners to develop a deep sense of acceptance and appreciation for each other's strengths and limitations. It is not merely the absence of conflict but the ability to manage disagreements constructively and maintain emotional closeness even during challenging times.

Couples with high emotional adjustment demonstrate open communication, effective problem-solving skills, and emotional responsiveness, all of which foster feelings of security and belonging. In contrast, poor emotional adjustment often leads to misunderstandings, resentment, and emotional withdrawal. Emotional compatibility also plays a critical role in determining how couples cope with stress, handle differences, and express affection. According to Karney and Bradbury (1995), emotional regulation and mutual empathy are central to long-term marital satisfaction, as they enhance trust and reduce conflict. Thus, emotional adjustment serves as the foundation upon which all other dimensions of marital life are built.

2. Sexual Adjustment

Sexual adjustment is another crucial dimension of marital life that contributes significantly to intimacy, satisfaction, and overall relationship quality. It refers to the degree of compatibility and satisfaction that partners experience in their sexual relationship (Locke & Wallace, 1959). Healthy sexual adjustment involves a mutual understanding of each partner's desires, preferences, and boundaries. It reflects not only physical compatibility but also emotional intimacy, affection, and trust. Sexual fulfillment has consistently been linked to higher marital satisfaction and stronger emotional bonding. When couples experience harmony in their sexual life, it enhances their emotional connection and fosters a sense of mutual fulfillment. Conversely, sexual dissatisfaction or incompatibility may lead to frustration, emotional distance, and conflict, thereby negatively affecting other areas of marital adjustment.

Several factors influence sexual adjustment, including communication about sexual needs, physical health, stress levels, and cultural attitudes toward sexuality. In collectivist societies like India, open discussion about sexual matters is often restricted, which can create barriers to achieving full sexual compatibility. Thus, sexual adjustment encompasses not only physical intimacy but also emotional openness, communication, and understanding between partners.

3. Social Adjustment

Social adjustment refers to a couple's ability to integrate and function harmoniously within their family, community, and broader social environment. It involves managing relationships with in-laws, friends, and social groups, as well as fulfilling the social responsibilities expected of married individuals (Karney & Bradbury, 1995). In many cultures, especially in India, marriage is not merely a union between two individuals but a bond between two families. Therefore, the ability of the couple to adapt socially and maintain cordial family relationships becomes an essential component of marital success.

A socially well-adjusted couple demonstrates cooperation, respect for family traditions, and effective management of social expectations. They balance their personal relationship with external relationships, ensuring that social pressures do not interfere with marital harmony. Poor social

adjustment, on the other hand, can lead to familial conflicts, social isolation, and strain on the marital bond. For instance, couples in love marriages may face challenges in gaining family acceptance or navigating cultural expectations, while couples in arranged marriages may struggle with limited personal autonomy in social interactions.

Emotional, sexual, and social adjustment collectively define the quality and stability of marital relationships. Each dimension interacts with the others—for example, emotional intimacy enhances sexual satisfaction, while social harmony provides external support that strengthens emotional and physical bonds. Understanding these dimensions helps identify areas where couples may require guidance or intervention. As emphasized by Locke and Wallace (1959) and Spanier (1976), marital adjustment is not static but evolves as couples grow, adapt, and negotiate the changing demands of life.

Thus, effective adjustment across emotional, sexual, and social domains is essential for achieving lasting marital satisfaction and overall well-being. Differences in upbringing, expectations, and socialization between love-marriage and arranged-marriage couples may influence these dimensions in distinct ways. Understanding these aspects provides valuable insights into the dynamics of successful marital relationships within the Indian cultural context.

RESEARCH GAP

Although several studies have examined marital satisfaction in general, relatively few have compared emotional, sexual, and social adjustment between love and arranged marriage couples within the Indian context. Most existing research has either focused on overall marital satisfaction or has been limited to specific cultural or regional samples (Gupta & Singh, 1982; Yelsma & Athappilly, 1988). Given India's diverse social fabric and rapidly changing marital patterns, there is a clear need for a deeper and more comprehensive comparative understanding. The present study seeks to fill this gap by analyzing how different marital arrangements influence various dimensions of marital adjustment.

PURPOSE OF THE STUDY

The primary purpose of this research is to compare marital adjustment between love-marriage and arranged-marriage couples. Specifically, it aims to examine how these two groups differ across the emotional, sexual, and social domains of adjustment. The study seeks to determine which form of marriage is associated with higher levels of satisfaction, harmony, and mutual understanding between partners. By doing so, it contributes to the broader discourse on marital relationships within the context of modern Indian society.

NEED FOR THE PRESENT STUDY

The need for the present study arises from the changing nature of marriage in modern Indian society. With increasing levels of education, urbanization, and exposure to global values, individuals today are exercising greater autonomy in choosing their life partners. Consequently, love marriages are becoming more common, coexisting alongside the long-established tradition of arranged marriages. Despite this social transformation, limited research has examined how these two forms of marriage differ in terms of marital adjustment, particularly across emotional, sexual, and social dimensions. Understanding these differences is essential for identifying the factors that contribute to marital satisfaction, stability, and harmony. This study seeks to bridge the existing research gap by providing empirical evidence on how the type of marriage influences marital adjustment among couples. Furthermore, the findings are expected to assist marriage counselors, psychologists, and social workers in developing effective strategies to enhance communication, understanding, and relationship quality among couples in both love and arranged marriages.

SIGNIFICANCE OF THE STUDY

The present study holds significant importance in understanding the dynamics of marital adjustment within the Indian cultural framework, where both love and arranged marriages continue to coexist. By comparing emotional, sexual, and social adjustment among couples from both marriage types, this research provides valuable insights into how different marital systems influence relationship satisfaction and overall well-being. The findings of this study will assist psychologists, marriage counselors, and family therapists in gaining a deeper understanding of the unique challenges and strengths associated with each form of marriage. Such insights can guide the development of culturally sensitive counseling strategies aimed at enhancing communication, emotional intimacy, and mutual understanding between partners. Moreover, the study will offer empirical evidence that can serve as a foundation for future research on marital dynamics in diverse socio-cultural settings. Ultimately, it will help increase awareness among couples and society at large regarding the key factors that contribute to successful, harmonious, and enduring marital relationships.

RATIONALE FOR THE STUDY

Marriage, as a vital social institution, significantly influences individual well-being and social stability. In India, two main forms of marriage love and arranged represent distinct values, expectations, and interpersonal patterns. Love marriages are rooted in personal choice, emotional connection, and compatibility, while arranged marriages emphasize family involvement, cultural congruence, and societal approval. Although both forms coexist in modern India, their effects on marital adjustment are still underexplored. Despite growing research on marital satisfaction, few studies have directly compared love and arranged marriages in terms of emotional, sexual, and social adjustment. Examining these dimensions can help identify the key factors influencing marital harmony and satisfaction. This study aims to bridge this gap by analyzing the adjustment levels of love and arranged marriage couples. The findings will offer valuable insights for psychologists, counselors, and researchers in fostering culturally sensitive approaches to strengthen marital well-being in Indian society.

REVIEW OF RELATED LITERATURE

Allendorf and Pandian (2016) emphasized that modernization, urbanization, and education have altered marital expectations in India, leading to a rise in love marriages. However, family endorsement remains critical for marital harmony, suggesting that love marriages that receive parental approval tend to have better adjustment than those opposed by families. This indicates the continuing impact of social and cultural structures on marital outcomes.

Dandekar and Rathi (2014), marital adjustment is not static but evolves with time, requiring partners to adapt to new life roles, expectations, and stressors. This dynamic nature underscores the importance of examining the different types of marriages and how cultural and relational factors influence adjustment outcomes.

Gupta and Singh (1982) conducted one of the earliest empirical comparisons between love and arranged marriages among Indian couples. Their findings revealed that although love marriage couples reported higher levels of initial satisfaction and intimacy, arranged marriage couples demonstrated greater long-term stability and commitment. This was attributed to the gradual development of affection and strong family support systems typical of arranged marriages.

Gupta, (2011); and Netting, (2010) this studies marital adjustment because of the coexistence of two distinct marriage systems: love marriages, based on individual choice and emotional connection, and arranged marriages, founded on family involvement and social compatibility

Karney & Bradbury, (1995) this study found that High levels of adjustment are associated with emotional well-being, family stability, and effective problem-solving.

Kiran and Varma (2010) reported that mutual respect, patience, and shared responsibilities enhance emotional adjustment irrespective of the marriage type, suggesting that time and understanding play vital roles in emotional harmony.

Kurdek (1999), couples with high emotional intelligence and open communication exhibit greater emotional adjustment and marital satisfaction.

Locke & Wallace, (1959) this study found this Sexual adjustment is an essential but often less-discussed dimension of marital life, particularly in collectivist cultures like India. It involves mutual satisfaction, sexual compatibility, and the ability to communicate about sexual needs

Myers, Madathil, and Tingle (2005) compared Indian and American couples and discovered that love marriages in India showed higher levels of wellness and relationship satisfaction, largely due to mutual understanding developed before marriage. However, they also noted that the influence of family and cultural norms continued to play a role in sustaining both types of marriages.

Pasricha (2016) indicated that couples who communicate openly about sexual needs and respect boundaries tend to achieve higher overall marital satisfaction, highlighting the interconnection between emotional and sexual adjustment.

Rani & Singh, (2013) this study found that Love marriage couples may face social challenges such as family disapproval or cultural dissonance, which can strain the relationship.

Rao and Rao (2015) emphasized that open communication and mutual understanding about sexual needs, even within conservative Indian settings, are linked to higher overall marital satisfaction. Sexual adjustment is therefore closely connected to emotional adjustment and marital harmony. And love marriage couples tend to show better emotional adjustment due to greater premarital familiarity and communication. However, arranged marriage couples gradually build emotional intimacy over time as they adapt to each other and receive support from their families.

Rehman & Holtzworth-Munroe, (2007) this study found that Gender also plays a role in how couples experience and manage marital adjustment. Studies indicate that women often invest more emotionally in maintaining marital harmony, while men may focus more on problem-solving and financial responsibilities.

Sharma (2019) highlighted that emotional adjustment in Indian couples is strongly influenced by gender roles, with women often taking primary responsibility for maintaining emotional harmony. Working women with supportive spouses reported better emotional adjustment than those constrained by traditional family expectations.

Spanier, (1976) this study found that Marital adjustment is a measure of the harmony, understanding, and satisfaction between spouses, encompassing emotional, sexual, and social domains

Yelsma and Athappilly (1988) found that love marriage couples experienced higher marital satisfaction due to better communication and emotional openness.

STATEMENT OF THE PROBLEM

Marriage is a vital social institution that greatly influences emotional stability, social harmony, and individual well-being. In India, two dominant forms of marriage love and arranged represent different social and cultural orientations. While love marriages are generally based on emotional bonding, personal choice, and mutual understanding, arranged marriages emphasize family involvement, social norms, and traditional values. Both forms have their own advantages and challenges, which may influence the level of marital adjustment experienced by couples.

However, despite the increasing prevalence of love marriages alongside the traditional arranged system, there remains a lack of comprehensive research comparing the adjustment patterns between the two. The problem, therefore, lies in understanding whether couples in love marriages differ significantly from those in arranged marriages in terms of emotional, sexual, and social adjustment. This study seeks to examine and compare these dimensions of marital adjustment to better understand their impact on overall marital harmony and satisfaction.

OBJECTIVE OF THE STUDY

The study is guided by the following objectives:

1. To compare the emotional adjustment between love and arranged marriage couples.
2. To assess the sexual adjustment among couples in love and arranged marriages.
3. To evaluate the social adjustment of love and arranged marriage couples.
4. To determine the marital adjustment in love and arranged marriages.

HYPOTHESIS OF THE STUDY

- There will be a significant difference in emotional adjustment between love and arranged marriage couples.
- There will be a significant difference in sexual adjustment between love and arranged marriage couples.
- There will be a significant difference in social adjustment between love and arranged marriage couples.
- There will be a significant difference in marital adjustment between love and arranged marriage couples.

METHODS

SAMPLE

The present study comprised a total sample of 100 married individuals (50 couples), including 25 love marriage couples and 25 arranged marriage couples. The participants were selected using a purposive sampling technique from the Jalna district of Maharashtra. The age of the participants ranged from 25 to 40 years, with a minimum marital duration of two years to ensure adequate marital experience. The sample-maintained gender balance, consisting of an equal number of males and females (50 males and 50 females), representing both types of marriages equally for comparative analysis.

RESEARCH DESIGN: -

The present study employed a balanced comparative research design, ensuring equal representation of love marriage and arranged marriage couples. This design was selected to provide a fair and systematic comparison between the two groups across different dimensions of marital adjustment.

VARIABLES USED FOR STUDY

Independent Variable: - Types of marriage couples

- 1) love marriage couples
- 2) arranged marriage couples.

• **Dependent Variables:** - Marital Adjustment

- 1) Sexual Adjustment
- 2) Social Adjustment
- 3) Emotional Adjustment

OPERATIONAL DEFINITIONS

Love Marriage Couples:

In the present study, *love marriage couples* refer to those partners who have chosen each other based on mutual affection, emotional bonding, and personal choice before marriage, without primary family arrangement or intervention. These marriages are characterized by premarital familiarity, emotional connection, and voluntary commitment.

Arranged Marriage Couples:

Arranged marriage couples refer to those whose marital union was organized primarily by their families or relatives, following traditional customs and social norms. The partners generally have

limited emotional interaction or familiarity before marriage, and mutual understanding develops after marriage.

Marital Adjustment:

Marital adjustment refers to the degree of understanding, compatibility, satisfaction, and harmony between spouses in maintaining a stable and fulfilling marital relationship. It reflects the couple's ability to adapt to each other's emotional, social, and sexual needs for marital stability and satisfaction.

Emotional Adjustment:

Emotional adjustment refers to the partners' ability to understand, empathize, communicate, and maintain emotional balance within the relationship. It involves managing emotions, resolving conflicts effectively, and sustaining emotional closeness and support in marriage.

Social Adjustment:

Social adjustment denotes the ability of spouses to interact harmoniously with each other and their extended social environment, including family, friends, and community. It involves cooperation, shared values, and adaptation to social roles and responsibilities within the marital and social context.

Sexual Adjustment:

Sexual adjustment refers to the level of satisfaction, comfort, and mutual understanding between partners in their sexual relationship. It includes aspects such as physical intimacy, communication about sexual needs, and emotional connection contributing to sexual harmony within marriage.

RESEARCH TOOLS: -

The Marital Adjustment Questionnaire (MAQ) developed by Dr. Pramod Kumar and Dr. Kanchan Rohatgi (1999) was used to assess the level of marital adjustment among the participants. The questionnaire includes items that evaluate various aspects of marital life, specifically focusing on emotional adjustment, sexual adjustment, and social adjustment. The tool demonstrates strong psychometric properties, with a reliability coefficient exceeding 0.80, indicating high internal consistency. Moreover, it has been validated on Indian samples and shows good construct validity, making it suitable for use in the Indian cultural context.

PROCEDURES OF DATA COLLECTION: -

In the present study, participants were personally approached and clearly informed about the purpose and objectives of the research. Informed consent was obtained from all participants, with assurances of confidentiality and anonymity. The Marital Adjustment Questionnaire (MAQ) developed by Dr. Pramod Kumar and Dr. Kanchan Rohatgi (1999) was administered individually to both partners in a comfortable and non-intrusive setting. The responses were scored according to the standardized instructions provided in the manual, and scores were categorized under the three dimensions of emotional adjustment, social adjustment, and sexual adjustment. The collected data were then carefully tabulated and statistically analyzed to examine the differences in marital adjustment between love marriage and arranged marriage couples.

STATISTICAL TREATMENT:

The data obtained in the present study were analyzed using both descriptive and inferential statistical techniques. The Mean and Standard Deviation (SD) were computed separately for each group to describe the distribution of scores across the dimensions of marital adjustment. To determine whether there were significant differences between love marriage and arranged marriage couples, a t-test was applied for the dimensions of emotional adjustment, social adjustment, sexual adjustment, and overall marital adjustment. The level of significance was set at 0.05 and 0.01, ensuring both moderate and high levels of statistical rigor in the interpretation of results.

RESULTS

Table No-01 Summary and Results of Analysis of variance showing the Types of marriage and Marital Adjustment

	Types of marriage	Mean	SD	N	DF	't' Value	Sign.
Emotional Adjustment	Love Marriage Couples	29.76	3.93	50	98	3.85	0.01
	Arranged Marriage Couples	26.62	4.21	50			
Sexual Adjustment	Love Marriage Couples	26.62	4.87	50	98	2.31	0.01
	Arranged Marriage Couples	28.80	4.59	50			
Social Adjustment	Love Marriage Couples	28.08	4.12	50	98	3.27	0.01
	Arranged Marriage Couples	25.36	4.18	50			
Marital Adjustment	Love Marriage Couples	84.46	6.58	50	98	2.94	0.01
	Arranged Marriage Couples	80.78	5.92	50			

DISCUSSION

Observation of Table No. 01 the present study indicates a significant Types of marriage in the Emotional Adjustment among Couples. Love Marriage Couples obtained a higher mean score ($M = 29.76$, $SD = 3.93$) compared to Arranged Marriage Couples ($M = 26.62$, $SD = 4.21$). The difference was statistically significant, t value (98) = 3.85, $p < 0.01$, suggesting that Couples in love marriages demonstrate significantly higher levels of emotional adjustment compared to couples in arranged marriages.

The findings of the present study reveal that love marriage couples exhibit significantly higher levels of emotional adjustment compared to arranged marriage couples. This suggests that emotional compatibility and mutual understanding may be more developed in love marriages, where partners choose each other based on affection, shared values, and emotional connection prior to marriage. Such pre-existing emotional bonds often foster open communication and empathy, which enhance emotional stability within the marital relationship (Gupta & Singh, 1982). Several earlier studies have reported similar results, emphasizing that love marriages are often characterized by greater intimacy, self-disclosure, and mutual support than arranged marriages (Myers, Madathil, & Tingle, 2005). Emotional adjustment is strongly influenced by marital satisfaction, which tends to be higher in relationships founded on voluntary choice and affection (Kansal & Chugh, 2014). In contrast, arranged marriages may involve limited emotional familiarity before marriage, leading to a longer adjustment period as partners gradually develop mutual understanding (Yelsma & Athappilly, 1988). Cultural transitions and modernization in India have also contributed to changing perceptions of marital relationships. Younger generations increasingly prioritize emotional compatibility and personal choice over traditional norms, which may explain the observed higher emotional adjustment among love marriage couples (Netra, 2019).

Observation of Table No. 01 the present study indicates a significant Types of marriage in the Sexual Adjustment among Couples. Love Marriage Couples obtained a higher mean score ($M = 26.62$, $SD = 4.87$) compared to Arranged Marriage Couples ($M = 28.80$, $SD = 4.59$). The difference was statistically significant, t value (98) = 2.31, $p < 0.01$, suggesting that Couples in love marriages demonstrate significantly higher levels of Sexual Adjustment compared to couples in arranged marriages.

The findings of the present study reveal a significant difference in sexual adjustment between love marriage and arranged marriage couples. Specifically, couples in love marriages exhibited significantly higher levels of sexual adjustment compared to those in arranged marriages. This suggests that the emotional intimacy and premarital familiarity often present in love marriages may contribute to better understanding and communication between partners in their sexual relationship. These findings align with the results of Kamble and Nanda (2019), who reported that couples in love marriages tend to experience higher sexual satisfaction and mutual comfort due to stronger emotional bonding and self-selected partnership. Similarly, Sharma and Gupta (2017) found that love marriage

partners, having established affection and compatibility prior to marriage, often engage in more open communication about physical intimacy, leading to better sexual harmony. In contrast, arranged marriage couples may require more time to develop mutual understanding and comfort, as their relationship often begins after marriage under familial and cultural expectations. Furthermore, Singh and Kaur (2020) emphasized that sexual adjustment is closely related to emotional intimacy and mutual respect, both of which are often higher in love marriages due to voluntary partner selection and shared values. The results of the present study are also consistent with Spanier's (1976) conceptualization of marital adjustment, which includes sexual satisfaction as a key dimension contributing to overall marital harmony.

In the Indian cultural context, where social norms and family involvement play a significant role in marital arrangements, the difference in sexual adjustment between love and arranged marriages may reflect evolving attitudes toward marital intimacy and partner compatibility. The higher sexual adjustment observed among love marriage couples indicates a shift toward valuing personal choice and emotional connection as essential components of marital well-being.

Observation of Table No. 01 the present study indicates a significant Types of marriage in the Social Adjustment among Couples. Love Marriage Couples obtained a higher mean score ($M = 28.08$, $SD = 4.12$) compared to Arranged Marriage Couples ($M = 25.36$, $SD = 4.18$). The difference was statistically significant, t value (98) = 3.27, $p < 0.01$, suggesting that Couples in love marriages demonstrate significantly higher levels of Social Adjustment compared to couples in arranged marriages.

The findings of the present study reveal that couples in love marriages demonstrate significantly higher levels of social adjustment compared to those in arranged marriages. This indicates that love marriage couples may experience better interpersonal understanding, communication, and social compatibility, which enhances their overall adjustment within the social dimension of marital life. These results align with earlier studies suggesting that self-choice marriages tend to foster stronger emotional bonds and open communication between partners (Gupta & Singh, 1982; Myers et al., 2005).

Gupta and Singh (1982) found that love marriages initially begin with high levels of affection and intimacy, which contributes to better social interaction and adaptability in the relationship. Love marriage couples often share mutual understanding and similar value systems before marriage, which supports smoother post-marital social integration (Kumar & Rohatgi, 2011). In contrast, arranged marriages, although traditionally stable, may involve partners who are less familiar with each other before marriage, leading to slower social and emotional adaptation (Nair, 2013).

Furthermore, the findings can be interpreted through the lens of social exchange theory (Thibaut & Kelley, 1959), which posits that satisfaction and adjustment in a relationship are dependent on the perceived rewards and costs exchanged between partners. In love marriages, partners voluntarily choose each other based on perceived compatibility and mutual benefit, thus enhancing social harmony and cooperation. However, it is also important to note that social adjustment is influenced by multiple socio-cultural factors such as family expectations, community norms, and gender roles (Singh & Chadha, 2015). Hence, while love marriages may exhibit higher social adjustment in modern and urban contexts, arranged marriages may demonstrate stronger adjustment in traditional or collectivist settings where extended family support is prominent (Raval & Martini, 2019).

Observation of Table No. 01 the present study indicates a significant Types of marriage in the Marital Adjustment among Couples. Love Marriage Couples obtained a higher mean score ($M = 84.46$, $SD = 6.58$) compared to Arranged Marriage Couples ($M = 80.78$, $SD = 5.92$). The difference was statistically significant, t value (98) = 2.94, $p < 0.01$, suggesting that Couples in love marriages demonstrate significantly higher levels of Marital Adjustment compared to couples in arranged marriages.

These results are consistent with previous research indicating that love marriages are often characterized by higher mutual understanding and emotional intimacy, which facilitate better adjustment (Gupta & Singh, 1982; Myers, Madathil, & Tingle, 2005). Gupta and Singh (1982) observed that love marriages begin with higher levels of affection and intimacy, leading to enhanced

satisfaction and stability over time. Similarly, Myers et al. (2005) found that individuals in self-chosen marriages in both India and the United States reported greater marital satisfaction and well-being compared to those in arranged marriages.

In love marriages, partners usually have prior acquaintance, shared interests, and voluntary choice, which enhance compatibility and open communication (Kumar & Rohatgi, 2011). This familiarity helps couples in resolving conflicts effectively and developing a sense of equality in the relationship (Nair, 2013). Conversely, arranged marriages, though socially supported and stable, may initially lack emotional closeness and mutual understanding since partners are brought together by family arrangements rather than personal choice (Raval & Martini, 2019).

From a theoretical standpoint, the findings can be understood through the lens of the social exchange theory (Thibaut & Kelley, 1959), which emphasizes that marital satisfaction and adjustment depend on perceived rewards, costs, and equity within the relationship. Since love marriage partners enter the relationship with mutual consent and attraction, the balance of rewards tends to be higher, promoting better adjustment.

CONCLUSION

Couples in love marriages demonstrate significantly higher levels of emotional adjustment compared to couples in arranged marriages.

This may be attributed to the pre-marital familiarity, mutual understanding, and emotional bonding developed before marriage, which contribute to better communication and empathy between partners. Love marriages often emerge from personal choice and compatibility, allowing couples to manage conflicts more effectively and adapt to each other's emotional needs. In contrast, arranged marriages may initially lack such emotional intimacy, as partners require time to develop mutual trust and understanding, leading to relatively lower emotional adjustment levels.

Couples in love marriages demonstrate significantly higher levels of social adjustment compared to couples in arranged marriages.

This may be because love marriage partners usually share similar social values, interests, and lifestyles before marriage, leading to smoother adaptation to each other's social environments. Their prior acquaintance and mutual acceptance help them adjust better within family, peer, and community settings. In contrast, couples in arranged marriages often come from differing social backgrounds and may face challenges in adjusting to new family norms and social expectations, which can temporarily hinder their social adaptation and comfort levels.

Couples in arranged marriages demonstrate significantly higher levels of sexual adjustment compared to couples in love marriages.

This could be due to the strong sense of commitment, respect, and traditional values that often characterize arranged marriages. Such couples may prioritize maintaining harmony and fulfilling marital responsibilities, including sexual relations, as an essential part of marital stability. Additionally, cultural and familial expectations in arranged marriages may encourage partners to develop mutual understanding and patience in their intimate life. In contrast, couples in love marriages might experience higher expectations and emotional fluctuations, which can sometimes affect sexual adjustment.

couples in love marriages exhibit significantly higher levels of marital adjustment compared to couples in arranged marriages.

This could be attributed to the emotional intimacy, mutual understanding, and compatibility developed before marriage, which form a strong foundation for a stable relationship. Love marriage partners generally share similar values, communication styles, and life goals, promoting cooperation and conflict resolution. In contrast, arranged marriage couples may take longer to build such understanding and emotional closeness, as their relationship often begins after marriage. Consequently, love marriage couples tend to experience greater harmony and overall marital satisfaction.

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